

Steve Taylor conquers the 2008 London Marathon

Thank you very much for your kind sponsorship of my London Marathon run. With your help I have raised over £2500 for Five Talents which is absolutely tremendous.

Marathon day was a truly memorable day. The start was great, it was bright and sunny, there were lots of people lining the route, the kids who were spectating had their hands out for high fives, everyone was cheering and it was a great atmosphere. I heard cheers of 'Come on big man', 'Go for it tall man' and even 'Go lanky! Go lanky!'. Then it started raining and I got soaked. Marion and Marcus came up to watch and they met me at mile 10 where I grabbed some energy gels and a quick hug before pressing on. It was a real boost to see them. From a running point of view the first 14 miles were easy and by then the rain had stopped. I had really expected my calf muscle to play me up as I strained it back in Feb and it had never properly

recovered. However I didn't get a single twinge from it for the whole run which I am still amazed at. After 14 miles of running though things started to get a bit harder as my knees started hurting. I stopped to put some ibuprofen gel on them but it was gradually getting more painful as each mile went on. I met Marion and Marcus again at mile 20 and grabbed a banana and some drink which was welcome. I (along with a lot of the other runners) wasn't doing quite so well then. Mile 21 though was my real low point, my knees where in absolute agony, it was hard to run more than 50 metres because they hurt too much, it was tipping it down with rain so much that the rain was getting in my eyes and I was getting a bit cold as my energy levels were dwindling. I'd look ahead to pick out a road sign or junction and run to that point before having to walk a bit to ease the pain in the knees. Once I got to mile 24 though it was a real mental boost as the end was in sight and looking at my watch I knew I could make it in less than 5 hours. So I pushed really hard from there to the finish. When I got over the finish line I almost couldn't believe I'd got to the end. I said to one of the marshal's "tell me it's OK to stop running" because in my head I'd been telling myself to keep going for so long. Crossing the line was a great feeling. I finished in 4hrs 50 mins. which I am dead chuffed with. After a stretch and a change into some warm dry clothes I met up with Marion and Marcus at the meet and greet area and hobbled to the nearest tube station at a very leisurely pace to head home.

It's now the day after, it's a struggle to get up the stairs due to the aching knees and I've got a few blisters and black toe nails to show for it. It was well worth it though and I was encouraged throughout by the number of people who had sponsored me and sent messages of support.

Thank you so much.

Steve.



Steve with his winner's medal