



DUSK TIL DAWN MIDNIGHT - 10 MILE WALK

In Memory of Roy Tomlinson

As most of you are aware my Friend Jane Waite and I embarked on a 10 mile charity walk for the Douglas MacMillan Hospice who looked after Roy in his final days of life.

We both wanted to give something back to the Hospice as this is a worthwhile cause. Jane's family has also been touched with cancer, as I suppose most families are. In particular her mother who has fortunate to beat cancer on two occasions – and is now much fitter than Jane and I. Not everyone is as fortunate though and may find themselves needing this specialist care at some point in their life and we wanted to help this happen.

There were 1200+ walkers on 25 June 2010 starting from the home of Stoke City – The Britannia Stadium at midnight. The atmosphere was electric as there was entertainment beforehand in the form of music from the

stage and a 20 minute work out to get us warmed up for the event. Jane and I needed a rest after that never mind the walk! Finally we were off, bunny ear and balloons at the ready. Mile markers were placed around the walk, and 1 mile came and went easily, 2 miles came and went ok, but legs were aching by now. We were walking at a good pace and high in spirit. Three and 4 mile markers and we were still laughing and joking as we walked, overtaking the slower walkers and feeling confident. Five mile marker and we were feeling the strain by now legs were aching badly and protesting the unfamiliar exercise they were getting. Six and 7 mile markers and we were really struggling now. Jane's hip was painful and she was limping badly and my legs were aching so much I was now waddling. We didn't dare to stop for fear of not getting started again. We were determined to finish the course no matter what. Eight miles seemed forever and we wondered why it was taking so long, then one of the marshals informed us that someone had nicked the 8 mile marker – is nothing safe! At least that was music to our ears as we were closer to the finish than we thought. Finally we got to the bridge over the A50 that would lead us to our destination. At the end of the bridge was the 9 mile marker. What! Another mile to the Stadium, we could easily see it now, however we could see in a straight line, the road to it was not. We were really flagging now, legs on auto pilot and backs bent in suffering. The marshals were jeering us on and try as we might we could not give it that last spurt of energy, but we did get there back to the Britannia Stadium, back to the 10 mile marker! 3 hours and 25 minutes of walking over. We were exhausted and vowed NEVER AGAIN. We couldn't even lift our legs to get back into the car to return home – and climbing the stairs to bed was like climbing the north face of Everest! The pain was still there on Saturday, and as we had not slept a wink Friday cos of the pain we were also very tired. NEVER AGAIN! Sunday and we were getting lots better, and planning next year's walk! So much for NEVER AGAIN!! We had raised a large sum of money from our supporters in cash and our webpage was up to £410 to date. We had raised £800+ much more than our target of £500! The website will stay active for the next three months, so a big **THANK YOU** to all of you who donated and supported us and for those that didn't, check out the website every penny is crucial.