

2010 run / cycle – update Day 1

The morning came and we were meant to start at 11am. Everything was in place, ready and packed the night before. The plan was that Dean and Jo would start at the Kent / Sussex border, Dean running and Jo cycling. We went to ‘see them off’ and then we were going to ‘pick them up again’ at Ore, Hastings and then ‘leap frog’ them.

Relays were organised and a bit of sleep was planned in the car. Malcolm was going to join them at St.Leonards.



Picture shows Jo, Fred, Dean and Malcolm at the Kent / Sussex border ready to start

Once Jo and Dean had started we headed back to Hastings. They were going to ring us so we joined them at Ore. The trailer was loaded with everything needed for three days – we were all set. We roughly calculated when to expect the call – the time came and went. At last a call – it was Jo on Dean’s phone, he was ill. We didn’t know what, they were at Fairlight Church. Fred and Di headed off and met them at Martineau Lane. We think Dean had been hit by a ‘bug’. We took him to the helipad – enter Bob. A quick call and he took Dean home.

Jo was determined to continue so a new plan. Jo would cycle, Malcolm would leave his St.Leonards home and start running, route planned and they would meet. Thank goodness for mobile phones, and we could keep in touch to see how Dean was.

Malcolm and Jo finally met up at Norman’s Bay.



Jo continued to the layby just before the Polegate turning. It was getting dark and for safety reasons we felt we should end day one here.

We headed home, at least it was a night in our beds rather than in the car! A call to Dean's wife found he was getting better after rest and fluids.