

2010 run / cycle – update Day 2

Day 2 started with a call to see how Dean was. He was feeling better and going for a 'light jog' with a view of possibly joining us later.

Jo started from the layby just before the Polegate turning on the A27 and made excellent progress through Polegate and Wannock. We were amazed how quickly she climbed the steep hill up on to the downs.

We said we'd wait for her at The Seven Sisters Country Park. Here the challenge took a very different turn, one we had never envisaged happening and testing the resolve of the team.

The night before there had been heavy rain leaving the road under the trees damp and with fallen leaves. Jo came down the very steep hill towards The Seven Sisters Car Park and came off her bike at the 'S' bends at the bottom and was thrown over the barrier. Unfortunately Jo suffered injury to her abdomen, Malcolm, Fred and Di were there to provide first aid whilst we waited for the ambulance. We returned to Eastbourne District General Hospital with Jo, who throughout was brave and insistent that we complete the challenge.

One has to say that we really didn't have the incentive to continue but Jo was so insistent that, sitting in the car park of the hospital we formed a vague plan. Back to Bexhill to see Dean who was now nearly back to normal. Rob joined us here and we made the decision that the complete trip would be done but a bit fragmented! Dean and Di would set off from Bexhill to Hastings and Malcolm cycle from Hastings to the Sussex / Kent border. Rob supporting Malcolm and Fred supporting Dean and Di, all meeting at the Kent border. That would leave Seven Sisters to Hampshire and back on Day 3.

Dean faired quite well and would be back in the saddle well and truly for Day 3, so after Malcolm reached the border the plan for Day 3 was finalised.



Picture shows Malcolm at the end of Day 2 at the Sussex / Kent border