

Justine Kingsbury, ran the London Marathon for Visually Impaired Children Taking Action (VICTA) and here's how she got on.....

Running a marathon was a spur-of-the-moment decision while out on a run with the club one evening. Running the Grizzly last year gave me the confidence and incentive to enter the London Marathon. Running a small, local marathon did not appeal to me; I like the excitement of a 'big event', large crowds and plenty of atmosphere. I did not however, anticipate just how awesome the whole experience of London would be, I loved it. I can only describe it as, the biggest



carnival I have ever been to. It was exhilarating from start to finish and I defy anyone who says they did not feel like some kind of hero for the day, regardless of how fast or slow their finish time.

I entered the ballot but did not get a place. I therefore decided to run for a relatively small charity, VICTA (visually impaired children taking action). I raised just over £2,000 for them, which makes it all the more worthwhile.

I have been running for many years, but took a break after my first child was born. I then joined The Dorset Doddlers when my twins were just 4 months old. I would not have readily joined, had it not been

for a fellow Doddler taking me along one training evening. I grew up in a family where exercise and running was the norm. I loved athletics at school, particularly 800 and 1500 meters, but I never really did any fitness training despite my PE teacher urging me to go for a few runs to improve my fitness. I love running and cannot imagine life without it. I have a lot of energy and adrenalin and running is a great stress reliever, clears the head and makes me a much more positive, happy person.

Justine Kingsbury