

# The DMH Crusade

~ Midnight to Sunrise Walk 2008 ~ 10 miles



As the clock ticked ever closer to midnight on the 20<sup>th</sup> June 2008, LA's athletic crusaders assembled at the Britannia Stadium united in their quest.



The newcomers to the event (Linda, Joan, Hayley, Andrea, Vicki and Debs), awaited the arrival of the successful veterans of previous years, (Sharon and Mandy). All arrived by 11:30pm, as the warm up began.



Such was the enthusiasm, determination and desire in pursuit of the cause, muscles were torn and even trousers, as we were asked to "swing our pants", during the warm up !!!!!



The LA staff split naturally into 3 groups, there was **'The Young Whipper Snappers'** (Andrea, Hayley and Vicki), **'The Long In The Tooth, But Not Dead Yets'** (Joan, Linda and Deb), and **'The Veterans'** (Sharon and Mandy).

The balloons went up at 12:00 midnight. The three teams established a natural pace and the race was on. Just as in Formula 1, **'The Veterans'** had advised, the race could be won or lost in the pits, (or the queues for the toilets in our case !!!!!).

**'The Young Whipper Snappers'** stomped off into the distance as **'The Long In The Tooth, But Not Dead Yets'** hatched out their strategy of "No stops" - based upon the Veterans advice, with **'The Veterans'** bringing up the

As the race unfolded **'The Young Whipper Snappers'** made their first and only pit stop, the facilities were so congested that there was nothing for it but to go Al Fresco !!! behind a local Petrol station !!



During their stop, the **'The Long In The Tooth, But Not Dead Yets'** took the lead, maintaining a steady but consistent pace, with the **'The Veterans'** in hot pursuit.....

As the finish line beckoned **'The Veterans'** really started to feel the heat, with Mandy (who had already completed here own private marathon in Brussels only the day before!), insisting that Sharon call for an ambulance and a team of paramedics. Sharon at this



stage, had clearly heard enough, and started to wish she had gone off with the fairies at the outset !!

At approximately 8 miles walked the wear and tear started to show, brave Hayley who volunteered to walk, even though she still suffers from injuries sustained in her car accident, started to suffer shoulder pain. **'The Young Whipper Snappers'** rallied around to give support right to the end of the walk. Meanwhile Sharon's ears were starting to ache, as a result of Mandy's comprehensive verbal bashings !

At 9 miles members of the **'The Long In The Tooth, But Not Dead Yets'** started to experience something odd, the pace was quickening, there was dissension in the ranks !!!! was the whole race winning strategy to be compromised at such a late stage ?????

Linda and Deb matched the pace of the perpetrator Joan (the oldest member of the team), as she continually picked up momentum. By the 9 ½ mile post Joan had broken into a sprint, followed by calls of - *"we are supposed to be walking !!! We may get disqualified for running !!!!"*

Through exhaustion had Joan become delirious? Was she playing out harboured dreams of grandeur?

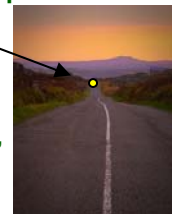
**'The Long In The Tooth, But Not Dead Yets'** surged past a multitude of startled walkers close to the finish. As



Linda and Deb were handed their finishing sachets and prizes, they witnessed Joan, first LA employee to cross the finish line, who had shot across the line, not stopping for sachets prizes etc. breaking into a sprint comparable only to

Lynford Christie as she disappeared into the distance.

**'The Long In The Tooth, But Not Dead Yets'** waited to greet their fellow walkers **'The Young Whipper Snappers'**, who were followed by **'The Veterans'** at the finish, whilst their fellow team member Joan, was barely visible on the horizon



Via an excellent example of team work, collectively the girls raised £752.50 sponsorship for DMH.

The Girls would like to thank the LA staff who contributed to the sponsorship campaign and also Paul Lukic, who as part of the Company's sponsorship agreement has pledged to match all entrance fees paid.

This effectively means 8 entrants at £15.00 each sponsorship, kindly matched by LA = **£120.00** together with the sponsorship reaching a fantastic !

**£870.00** for DMH.



The last word goes to the oldest member of the team who crossed the finish line first and kept going !!!

"Strategy is all well and good - but when you've got to go, you've got to go !!!!"