

Race Report

BEACHY HEAD MARATHON 2011

Date: 22 October 2011
Location: Beachy Head, East Sussex

By: Miyako Scott

I entered Beachy head marathon this March while I was training for Brighton marathon. Because I knew Beachy head marathon will be the most scenic marathon and also challenging for me.

But after completing Brighton marathon I became ill. I think most people knew I have had Breast cancer last year and had to have 4 operations so far. Every time when I had operation I had to have a rest and couldn't run then when I came back to run that was very hard but I have had managed it.

Then this time I had Nephrotic syndrome which is some reason my kidney stop working properly and I stayed in hospital for weeks. My whole body was swelling and had absolutely no energy at all, I was in wheel chair. So this time I couldn't run for nearly 4 months so I found coming back to run was harder than ever.

My first run was with Alan for just 3 miles and that was hard enough. Then within 4 weeks I managed to complete New Forest half marathon after that I decided to do Beachy head marathon within only 4 weeks after my half marathon.

I knew that would be a risk to be ill again or injury because not enough time for training. But also the same time I knew that completing marathon hopefully give me the sign of end of my illness journey.

I was up 4.30 in the morning and Dave came and picked me up 6am. Just beautiful morning and saw lovely sunrise at Eastbourne beach before the race. I knew I couldn't race as I just wanted to complete with lots of walking so I decided to take my picnic gear with lots of foods & drink. That means I was carrying heavy camel bag but that I felt safer. That cause was just amazing immediately from start was incredibly steep hill. So I walked but even walking was I found tough. But when you get on top of the hill was just beautiful scenery and carry on for all way through.

Beginning of the race was bagpiper ,in middle of the race we had music band as well. So many spectators there cheer us up and such a happy atmosphere!



Also all runners particularly who was running with my speed, there wasn't racing as such ,more enjoying view like me and chatted to each other so made it more fun. I found scenery was spectacular and couldn't stop taking pictures.

Around 20miles to the end was most tough with steepest hill up and down on top of the cliff with heavy wind but I was smiling and enjoying amazing scenery but I wasn't running just walking with my fig rolls.

At the top of the hill I just sat down with my carrot cake and even I was reading texts & e-mails. Sounds can't be doing this but this marathon I really felt nobody racing such and I saw several people doing same as I was doing. Of course I imagine fast runners were racing there but I couldn't see them.

At the 16 miles check point there was sausage rolls and tea cakes, 20miles point even they served us cup of tea! When you get 26 miles point you just able to see finish line in bottom of that steep hill where climb up at beginning and still amazing scenery.

I just pretended running all way through to run fast to finish very strongly and everyone cheered me up.

Took me 5.38 and that was longest time I was running and walking all together but I almost didn't want stop carry on this beautiful marathon.

So I really really would like to say if someone thinking about doing this marathon but too tough for them that isn't true. Yes of course if you would like to run with speed then very tough but if you would like to just complete like me then I will say Go For It!! Because I have never run this beautiful scenic happy marathon before and I would love to everyone to have this experience!

Also I really would like to say thank you very very much to everyone from club helped me through my tough illness time. I couldn't finish this marathon without your fantastic support.

I am going to have my final operation in 2nd November. So I imagine doctor will say no running for 6 weeks but I imagine I will start run 3 weeks after operation because I know what I am like....

So see you soon and thank you very much again.

