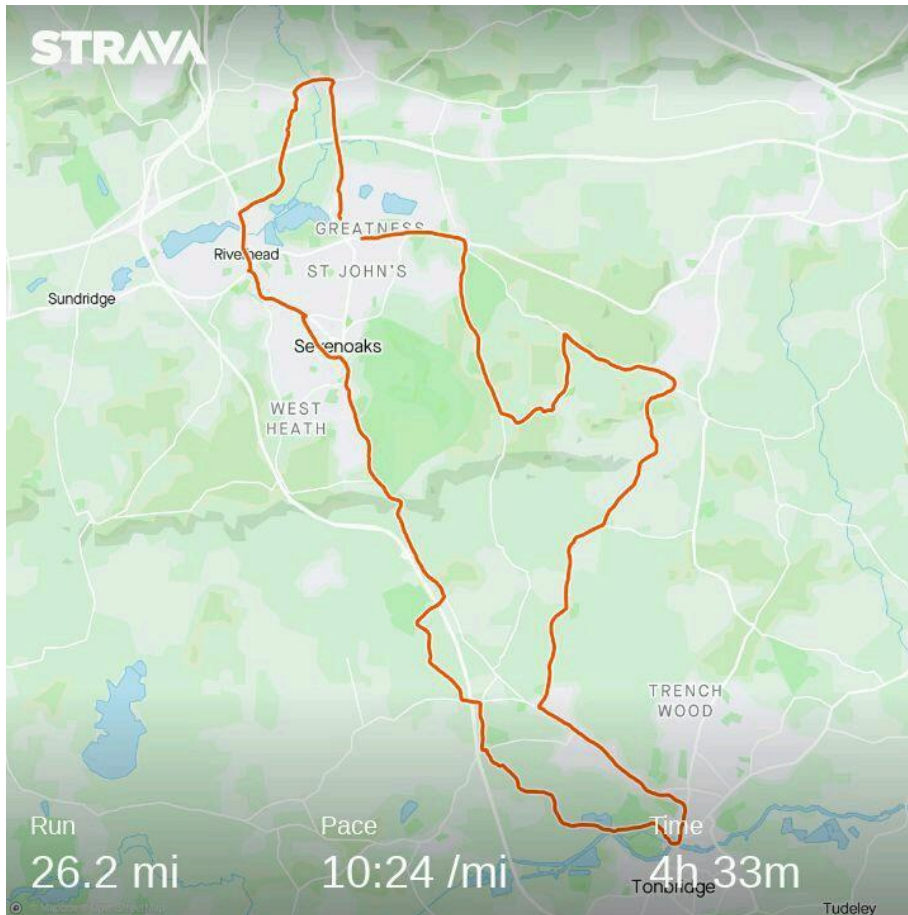


BRADBOURNE RDA COACH RUNS LONDON MARATHON AROUND SEVENOAKS!



Our Thursday evening coach, Emma Fenn, bravely signed up for the 2020 Brighton marathon to raise invaluable funds for our Group. Here is her story . . .

Unfortunately, due to lockdown, the April Brighton marathon could not go ahead. The event organisers pencilled in another date for the event - the 20th September, so as lockdown began to ease, I continued on with my marathon training, increasing mileage on my long run each week, until I had reached the 20-22 mile mark.

It was then announced in early August that the event would be reduced to a 'virtual' 20 miles followed by a 10k event in October. After all the kind sponsorships I had received and the many hours spent running, I wanted to run the full distance in one go. So off I set, in the pouring rain, to do a 26.2 mile hilly course around Sevenoaks.

I completed the distance in 4 hours and 33 minutes, over an elevation gain of 1820 ft. What kept me going in the final few miles as I splashed through puddles, my legs weary, was thinking of RDA and how incredible our riders are, overcoming adversity in their everyday lives. If they can do it, I could too!

I have raised a total of £235 for RDA, a big thank you to all who have sponsored me. My Virgin Money Giving page is still open, so if you would still like to sponsor me, the details can be found here: <https://uk.virginmoneygiving.com/EmmaFenn1>.

*Thank you!
Emma*