

London Marathon and DELTA bike ride...

This issue is packed with fantastic fundraising tales. Happy reading...

LONDON MARATHON 2007

Issue 10 (December 2006) saw an article written by Hiten Laad on the Great North Run. Six months later Hiten decided to run again for DELTA – this time at the London Marathon!

The event took place on Sunday 22 April 2007 – and the weather was lovely and sunny. However Hiten was not the only one who completed the London Marathon. Christopher Rule (and his father Brian) ran alongside Hiten.

I was in London at the time and I managed to find a spot (near Westminster Abbey) to watch the marathon and to look out for DELTA runners but there were too many runners! The weather was very warm and there were lots of crowds. There were 36,391 people running in the London Marathon and they were a mix of professionals, amateurs and celebrities; most of whom were raising money for charitable causes. I saw Superman, Elvis ('Bob Hope' from ITV's soap Emmerdale), Elvis II and Fred Flintstone and many others 'characters'.

Below is a picture of Christopher and Hiten posing for the camera before the run:-



Christopher and Hiten

Don't they look handsome in their running gears? They both survived and here is Hiten to tell us what did happen on the day:-

It's the morning of Sunday 22nd April, the time has finally arrived.

After the several muscles strain from running such races as 5K, 10K and half marathons in a cold weather, a couple of illness (it was a coughing factory in my department), moving to a new house, 2 months of being sober, taking fruits to work and not eating my usual morning bacon sandwiches and also going to a pub for lunch... would all my sacrifices pay off??

I ran with Chris Rule, who also running for DELTA. Before the start, I couldn't find him; my phone had no network coverage (it came back on after switching it off and on, technology hey!). I finally found him, the fun began and my nervousness was gone.

We have made a pact together that if one of us decided to stop; the other would carry on running. While we did that, Chris was amusing himself with his GPS watch whereas I got this little £25 watch from Argos!

As the gun was shot by Ronan Keating, or was it Boris Johnson, we only took 3 minutes to the start. Because of the record number of people running this year, it was very much stop and run for the first mile. I was tripped over a few times. I knew that if I fell to the ground, I would be able to stand up, so I was a bit cautious with my run. It was a gentle run for the next few miles but the heat of the sun was beginning to affect my rhythm. I hadn't really prepared for the hot weather but made sure that I drank plenty of water at every drinks station.

Chris and I surprised each other by running together up to 20 miles. I was pleased that we had decided to run together, it was good to have someone else to encourage me. We were held up once by an ambulance driving across the course.

Having completed 21 miles, we went to fetch a drink, with a crowd of people I lost Chris but decided to concentrate on my run keeping it under 10 minutes a mile. It wasn't long before I hit the infamous "wall". I think this was more to do with nerves than the 25 miles I have already completed. I decided that the best option would be to walk for a while as my legs would move faster than that. As I walked past the Buckingham Palace with 400m to go, I began to jog towards the finish line whilst savouring the moment. The atmosphere was electric and the support I received from the crowd made me like I was winning the race.

As I crossed the finish line, I couldn't stop shouting YES!!! I checked my watch and my time was 4 hours and something. I almost beat my target time of 4 hours 30 minutes by nearly 21 minutes. All my hard training and sacrifices have paid off!!

For those want to know if Chris has beaten me...yes he did but only by 20 seconds. I had known he was so close; I would have tried to trip him over.

I am glad to be back at work in one piece. I only had a day off work and came back on Tuesday. On Monday I have this lovely Swedish massage and I fell asleep for sometimes. I realised on the first week I got a little sunburnt on my arm and nose as skin was peeling off. My body aches disappeared after 3 days.

Again, it wasn't only my training that helps me. It was your generous support, luck and sponsorship that kept me going in the marathon. I wouldn't want to let anyone down. From the bottom of my bum, it is a lot bigger than my heart... THANK YOU!!

Some amusing moments...

- Saw a congestion charge sign posted on the 11th mile... realised I didn't take any money with me.
- Every time I fetch a sachet of lucozade and run for a few metres, the road was very sticky which means I have run a bit harder. I wouldn't be surprised if someone with shoelaces undone would lose their trainers.
- Ran to Canary Wharf where HSBC HQ is. It is such a big building and in an enclosed area. With the sun shining bright behind the building, it was almost night time there!!
- Ran past a real live Mummy!!
- I have found Scooby Doo... but where was Scrappy?
- When someone stepped on one of the discarded water bottles, the water would splash around my ankles, very refreshing.
- There were three shower sections on the course. After running the first one, I nearly ran back to go through again.
- Running past Buckingham Palace, everyone was waving expecting the Queen to be watching. Maybe she was.
- It took longer to get home than to run the marathon.
- I had enough with water and Lucozade, bring in the beers now.

Hiten Laad

Hiten would like to share his results:-

2007 London Marathon Result Summary:		2004	2007
<u>Hiten Laad</u>			
	10K	0.51:48	0.57:05
	20K	2.02:16	1.53:27
Overall Position: 11014	Half	2.12:14	1.59:35
Position (gender): 9051	30K	3.45:32	2.50:57
Position (age): 1201	40K	5.27:06	3.51:35
Finish time: 4:09:11	Finish	5.42:17	4.09:11

Well done Hiten – we are very proud of you. I am sure the Queen was watching behind her curtain at Buckingham Palace.

On Hiten's fundraising web page www.justgiving.com/hlaad you will see that he has raised over a whopping £1,000 for DELTA which exceeded his target to raise £500.00!

Well done Hiten – I think you deserve a big star for all the hard work you have done to raise money for DELTA.

Hiten Laad's London Marathon 2k7



Run Run Hitz man....dont pose!

Fundraising target: £500.00
My donations to date: £ 1,061.00

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Now it is Christopher's turn to tell his story:-

Five months of blood, sweat and tears (almost!) had amounted to one day – Sunday 22nd April. Was forcing myself to train in blizzards, heat waves and April showers going to be worth it? After pulling out through injury last year I was determined to make it this year.

The atmosphere on the day was electric, 36000 people with one thing in common – to cross the 26.2 mile finishing line.

It was great to see Hiten in the starting arena partly because he had energy sweets but mostly because it helps having a running partner. I did feel a little nervous after hearing about Hiten's fantastic half marathon time, I thought he might be a bit too quick for me but little did he know my plan was to tie his shoe laces together on the start line. I thought that would give me enough of a head start so he could waste a little energy catching me up. Unfortunately there was hardly enough room to breath on the start line let alone bend over to tie his shoe laces together. I was just going to have to play fair.

I heard the starter pistol somewhere in the distance and we spent the first few miles in a run/walk fashion making it pretty hard to get into a rhythm and avoid tripping over other runners. 13.1 miles came around fairly quickly but my legs were starting to feel heavy and I wasn't feeling as fresh as I had done in training – the heat started to take its toll and I could see my target time of 4 hours start to slip away. Hiten on the other hand looked as fresh a daisy – pointing out various buildings / tourist attractions / and even banks (!?) en-route. From here on the crowd of runners started to thin out as people started to slow down.

I hit the proverbial wall at about 21 miles, when people started running past me, others were walking, Hiten has disappeared and I knew I had no chance of making my 4 hour time so I decided I was going to walk... I tried to, I stopped moving my arms and jolted my upper body backwards to try and stop but over the last 21 miles my legs had fallen in to a rhythm so it felt easier just to carry on. Once I had made that decision things got a little easier mentally. Miles 22-25 are a blur; the last 1.2 miles are etched in my mind. The runners had really thinned out but the crowds of supporters were in their masses, cheering you on and making you run that little bit harder than you thought possible... and then crossing the finishing line to be greeted with a handshake and a medal. Grown men crying with elation (and probably a little pain), it was all quite overwhelming – we had completed the World's biggest marathon and not only that we had survived the hottest London Marathon on record!

I finished in 4 hours 8 minutes. Was it worth it? Defiantly! Would I do it again? I've little choice; I have to beat that 4 hours target... Lets just hope next time it will be a little cooler.

The icing on the cake... Beating Hiten by 20 seconds... but don't tell him I said that!

Chris

2007 London Marathon Result Summary:

Christopher Rule

Overall Position: 10916
Position (gender): 8971
Position (age): 358
Finish time: 4:08:44

	2007
10K	0:57:05
20K	1:53:27
Half	1:59:35
30K	2:50:56
40K	3:55:13
Finish	4:08:44

Wow Christopher – a proud achievement to outrun Hiten by 20 seconds!

Whilst I was in London I noticed there were lots of folks representing their charities and organisations – and I couldn't see DELTA reps! I think we should organise something for next year's London Marathon. We should go to London to support and cheer our runners and have fun! What do you think?

MORE SUBTITLES PLEASE...!

Did you know that over 86% of programmes on ITV1 and Channel 4 have subtitles and that over 95% of programmes on BBC1 and BBC2 have subtitles?

Do you want more subtitles on television? The Royal National Institute for Deaf People (RNID) is campaigning for better access to television programmes for deaf and hard of hearing people and they need our help. The RNID want you to ask Michael Grade, Executive Chairman of ITV, to subtitle more programmes on all ITV channels.

For further information about this subtitling campaign please click here:-

http://www.rnid.org.uk/howyoucanhelp/campaignwithus/ourcampaigns/access_to_entertainment/television/subtitle



REIGATE TO BRIGHTON BIKE RIDE 2007

Hiten Laad (yes – him again!) joined Steve Matthews and I to cycle 48 miles from Reigate to Brighton on Sunday 24 June 2007.



The boys (Steve, Ian and Hiten)

(Eagle eyes will notice that Hiten is wearing the same t-shirt – see London Marathon picture above)

This was my third bike ride in a row – and as always it was fun! However I have to say this year's event was the most challenging ride I have ever done. I had to cycle against the rain, coldness and strong winds (I was only wearing shorts and t-shirt) – clearly it was not a bright sunny day. Here is my story:-

23 June 2007 – 16:23

Hiten came to pick me up. I was unconvinced that the bike rack would be secured at the rear of the car. I was told not to worry. We drove off and Hiten said that he was concerned about the rack because it was 'rattling' a bit. Onto the M1 and a minute later Hiten said "oh no". I looked behind me and saw the bikes were just hanging in the air! We pulled onto the hard shoulder and heaven opened up! Down came the rain and out of the car we went (well it was I, in my shorts and t-shirt, who went outside in the rain to hold onto the bikes whilst Hiten was inside the car putting on his coat – he didn't want to get wet!). I noticed two suspenders were holding the bike rack – Hiten had used suspenders to secure the rack onto the car. The rain then drizzled and we removed the rack and bikes, separated bike wheels and put everything in the car. As I was helping to separate the wheels I realised that my legs and feet were covered in dirty smuts and my only clean t-shirt (only had one t-shirt for the weekend) was dirty with oil! Back in the car and I realised I could not hear a thing because my hearing aids were waterlogged! Down the M1 we drove towards the blue sky – and Hiten said to me "That would be a good story to write!".

23 June 2007 – 18:00

Still can't hear.

23 June 2007 – 18:16

Traffic slow is on the M25. Hiten was observing the car behind us. He told me "Father and mother (or daughter) are arguing in the car behind us. Daughter is at the back and is not involved".

23 June 2007 – 18:28

They are still arguing. Hiten decided to 'argue' with me, grabbed my neck and pretended to hit me. I don't think they (car behind us) saw us.

23 June 2007 – 19:52

The owner of the Guest House (in Horley) answered the door with a slight puzzled look on his face. He asked me if we wanted two beds instead one. I realised my error for booking a double room, not twins. He had wondered if we were a couple!

24 June 2007 – 06.43

I woke up and looked out of the window – had hoped it would be a dream but sadly it wasn't – it is raining outside.

It was a grey morning and we arrived in Reigate to be welcomed by the lovely Wendy who was busy making sure that everything was running smoothly.

24 June 2007 - 8:35

The weather doesn't look good outside.



Wendy working hard...

The three of us and we left Reigate on our bikes at 8.50am. It was still wet but that didn't put us off. We had to cycle without our aids – and it was odd to cycle with rain dripping inside my ears!

I cycled ahead of the boys and we arrived at The Rising Sun Inn within an hour – I think that was a record for us. We left the checkpoint at 10.00am and we had a few hills to overcome. It was difficult to cycle up the hills because of the weather conditions – checkpoint 2 was somewhere at the top of one of many hills!

24 June 2007 - 10:56

Arrived - alone. Sitting in a wobbly toilet cubicle to get away from the rain and my bum is wet.

Steve told me to cycle on and not to wait for any of them to arrive but I refused. I said that we are a team and we will wait for others to arrive before we cycle off to the next checkpoint. We left checkpoint 2 at 11.25am and we knew we had to get over two 'bigger' hills! I arrived at Checkpoint 3 within 35 minutes – I was amazed and couldn't think how I did it.



Ian and Steve taking a break

We were offered hot drinks and we had a rest inside the opened double-garage. The lady of the house recognised me from the previous bike ride and I told her that I must have been mad to do the bike ride for the third time in a row. We left at 12.36pm for Brighton – it was time to get moving on.



Hiten and ice-cream

At 1.30pm we arrived at the bottom of Ditching Beacon and there was a van waiting for us to take us up Ditching Beacon. I was feeling cold and regretted having that hot drink. Hiten and Steve had ice-cream (yes – and it was still raining outside). We cycled off towards Brighton and I could feel the cold salty breeze from the sea. Down the road I cycled towards Brighton – and I was cycling up to 24 mph down on the 30 mph zone! I looked behind me and I couldn't see Hiten or Steve. There were few traffic lights going red which didn't help – because I was waiting under the rain for the green light to appear. I looked behind and couldn't see the boys. There was lots of traffic in Brighton and one car nearly knocked me over (he didn't indicate left). I still didn't have my hearing aids on so I don't know if the driver (or drivers) honked or swore at me.

I cycled past the pier and out of Brighton parallel with the coast – and the salty 'green' raindrops were dripping from my helmet onto my eyes. I was cold and my teeth were shivering. Only 1 mile to go and I was thought I was doing well despite the fact I wasn't cycling as fast as I was going at the beginning of the journey. I turned behind me and saw Hiten was creeping up behind me. He overtook me but I was too tired to get angry and aggressive! I followed Hiten and watched him arriving at Ovingdean Hall School before me. Bah – unbelievable. I only had a mile to go until the finish line and Hiten had to beat me by a minute or so.

After a warm-ish shower and some clean clothes on – it was time for some food! The dinner ladies at the school cooked splendid meal – sausages, chops and beans. Yummy! It was worth a ride.

This year's bike ride event was different to the previous bike ride events – and it was fun (yes – you heard me!). It was a tough challenge and I would do it again. But next time I will wear something warm – just like Hiten did.

Ian M

24 June 2007 - 18:56

Should have listened to Steve (when he told me to cycle ahead without waiting for them). I could have arrived at the school first...!

Following the style of the London Marathon results I thought you may like to view our results:-

DELTA Bike Ride 2007 Result Summary:				
<u>ydag 'boys' team</u>				
	1 The Rising Sun Inn 10.5 miles	2 St Leonard's Church Field 21.5 miles	3 Walstead Place Farm 29.6 miles	Finish Ovingdean Hall School 48 miles
Hiten (049)	09.42	11.05	12.10	First
Ian (050)	09.40	10.55	12.05	Second
Steve (051)	09.42	11.10	12.10	Third

Well done boys! We need more volunteers to do the bike ride next year – come on folks!

WHISPER FROM DELTA

Hi everyone.

Well first of all thanks Ian for a brilliant newsletter, it's really brightened up my day with all the stories!! Well done and a huge thank you to Hiten, Chris, Chris's Dad Brian and all our other marathon runners who did a fantastic job. Also well done to the bike riders especially with the appalling weather... you've done us proud.

Good news regarding the summer school appeal. Thanks to Ross Moujahid , who is 16, JK Rowling has donated a whopping £10K towards our summer school appeal. Ross wrote to her and asked her to sponsor him to do keep ups whilst reading Harry Potter books. As she had sponsored him 3 years ago for DELTA for £10K we weren't sure what the reaction would be... but true to form she made another brilliant donation. Thank you Ross. Ross also wrote to Mohammed Al Fayed (Harrod's boss) and got another £200, just shows what can be done.

Just finishing the final details for summer schools and can't wait to see all of you who will be at Lancaster. Please Ian will you change your mind about writing the newsletter??!! You'll be a hard act to follow.

Thanks again to everyone for all your support.
Wendy xx

DELTA SUMMER SCHOOLS 2007

To those who are going to DELTA Summer Schools – have fun and enjoy yourself.

... AND IT IS GOODNIGHT FROM ME



That's all for now folks. Goodbye.

Regards,

Ian McDonald
ydag / dvg newsletter
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This will be my last newsletter. It has been a pleasure to be editor of this newsletter for a year and half and many thanks for your support. DELTA will be having a meeting with ydag members at Lancaster Summer School to discuss the future of the yda group.

Do you know anyone who may be interested to receive the ydag / dvg newsletter? If so, please tell them about the newsletter and ask them to contact DELTA.

Your contributions will be most welcomed – we want to read a story or hear what you have been up to. Please send contributions to us.

Don't forget – this is YOUR newsletter and it is up to you to tell us what you want to see in future issues.

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