

Giving it a go

Leanne shares her story of 'giving it a go' – despite the nerves!

I was asked if I would like to participate in one of the events at the Huntly half-marathon. Initially I committed to doing the 10-kilometre walk but then I was asked if I would do the 21-kilometre walk. I said I'd give it a go.

We arrived on the day and there were crowds of people. I was nervous and began to shake. But once we started the walk I was fine. I felt I could do it and managed things by taking my time and enjoying it, rather than being competitive. As I got closer to the end I began to walk faster, which was great.

I am using nicotine gum to reduce smoking. I laugh when I think that the people in our group that smoke did the 21-kilometre walk, while the non-smokers did the 10-kilometre walk!

I have my medal from the event hanging on my mirror and every time I look at it I feel proud of myself. I am keen to do more walks and challenges like this and plan to do the 21-kilometre Thames walk in November.

