



# WE DID IT

22hs 21mins 52 secs

**38th Overall - 180 Starters**

**1st OVERALL**

**WOMENS CREW!**

## **AT THE START**

Jean and Adele started canoeing in Devizes at 11.00am on Saturday and finished underneath Westminster Bridge outside the Houses of Parliament on Sunday at 9.21am. They came 38th out of 180 starters and they finished in an incredible 22 hours, 21 minutes and 52 seconds - winning first place in Ladies class, and also taking the Ladies Veteran prize (over 35), they were 3 hrs 30 mins ahead of the next ladies team!

Jean says "Its certainly an amazing journey, it's a great way to test yourself, push yourself to the limit and find your personal strengths, no matter how fit you are, its the strength in your mind, with the help of your support crew, that gets you over that finish line.



## **A LONG THE WAY**

There were highs and lows along the way, it was very tough and dark during the night, and we did attempt to sing a song at one point to help keep us awake! But paddling down the last mile of the Thames, and past the Houses of Parliament with tears of elation in our eyes, knowing we had achieved our goal is a memory that will stay with us both for ever.



## **THE LAST MILE**

## **THE FINISH**



We would like to say a huge Thank-you to our great support crew - Dave, Kate and Lucy; Margaret and Graham; Paul, Jenny and Keith; they supported us throughout the whole race. **We also have YOU to thank, you have helped us raise so far, just over £700 for Cerebral Palsy Sport, with money still coming in we are hoping to reach £1000.**

[www.justgiving.com/dw2009](http://www.justgiving.com/dw2009)

**All this just made us dig a bit deeper knowing we weren't out there on our own, and YOU were willing us to get to the finish line to! Thank you so much Jean and Adele**