

2018 – Paul's year in Words and Pictures.



January

- 1st Jan – Start the year as I mean to go on with the Knacker Cracker – Britans toughest 10K – Fancy dress – 1:05:30 for 20/230
- Farnborough Half Marathon – Snow Sleet and very cold – 1:33:58 for 192/1620.
- Plenty of long runs and cycling in preperation for the year ahead, followed by hiding inside in front of the fire.

January

- There's not much to show for January
– Stopped for lunch whilst out cycling, not sure if I can get many more clothes on!



- Brrrrrr!



February

- Bramley 20 Mile – 2:41:10 for 252/684 on a pretty cold and windy day – Ran at Marathon pace to see how the training was going - On track for Marathon and bang on the time I was aiming for despite being caught in the wrong place at the start.
- Not much else to report and apparently its a short month so maybe this was OK?
- My thoughts have turned towards work on the kithchen. Plenty of running going on so lots of time for thinking and planning.

February

- Nothing to see here. The only photos are of kitchen stuff.

March

- Running in the Snow – Not just once but twice including 16 Miles on the day they cancelled the Reading half marathon due to snow – The beast from the East can't stop me.
- 200k Audax – The Kennet Valley run – still snow on the ground but a good day out.
- Weekend away cycling – Home to Podimore (100 Miles) and back – Training for London Wales London

March

- No sense some people – Great fun though!



- This one says it all!



March

- Emma's birthday. Mmmmm Cake!



- On the way to Podimore - 1st 100 miler of the year. Closely followed by the second to get back home again!



March

- Im sure thats not right, Wales 1/4 and who's the Queen Camel? seemingly lost on the way back from Podimore.

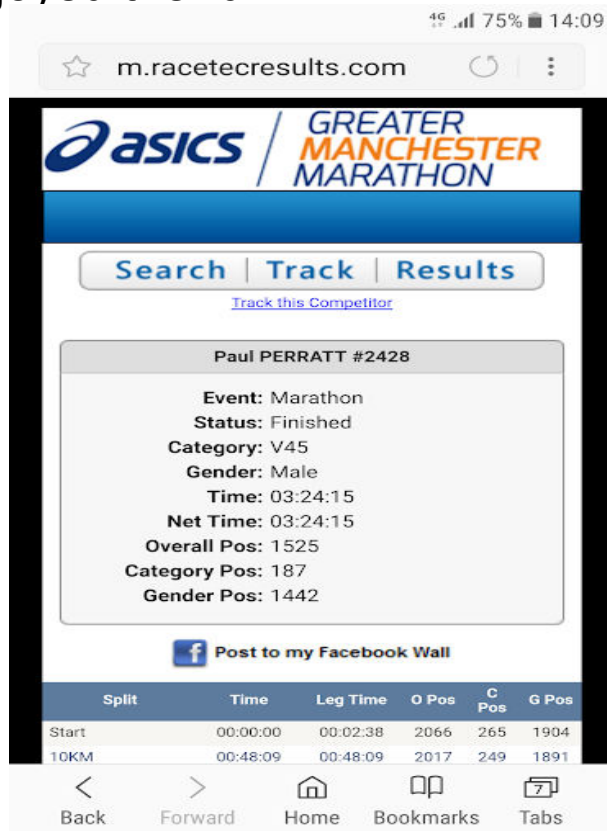


April

- Easter Weekend – Weekend cycling – 100 Miles to Ayelsbury and back in a monsoon – Plenty of flooding around and cycling in washing up gloves with boots full of water.
- Manchester Marathon – 3:24:16 for 1530/9342 – Average of 7:45 per mile – Big smile on my face after this one and very happy with the time.
- 1st weekend camping – Walked along the canal from Odiham to the Canal campsite (16 Miles) cold but beautiful days out.
- Weekend cycling – Home to Stroud and back (100 Miles) pretty hard going this one - Training for London Wales London

April

- Manchester Marathon – Very happy with that time – Ran well and really enjoyed the run.



The screenshot shows a mobile browser interface with the URL m.racetecresults.com. The page features the ASICS logo and the text 'GREATER MANCHESTER MARATHON'. Below this, there are navigation options: 'Search | Track | Results' and a link 'Track this Competitor'. The main content area displays the name 'Paul PERRATT #2428' and the following details:

- Event: Marathon
- Status: Finished
- Category: V45
- Gender: Male
- Time: 03:24:15
- Net Time: 03:24:15
- Overall Pos: 1525
- Category Pos: 187
- Gender Pos: 1442

Below the details is a 'Post to my Facebook Wall' button. At the bottom, there is a table with the following data:

Split	Time	Leg Time	O Pos	C Pos	G Pos
Start	00:00:00	00:02:38	2066	265	1904
10KM	00:48:09	00:48:09	2017	249	1891

The browser's address bar shows 'm.racetecresults.com' and the mobile interface includes standard navigation icons like Back, Forward, Home, Bookmarks, and Tabs.

- 1st weekend camping – Walked along the canal from Odiham to Canal centre campsite – Cold nights but beautiful days

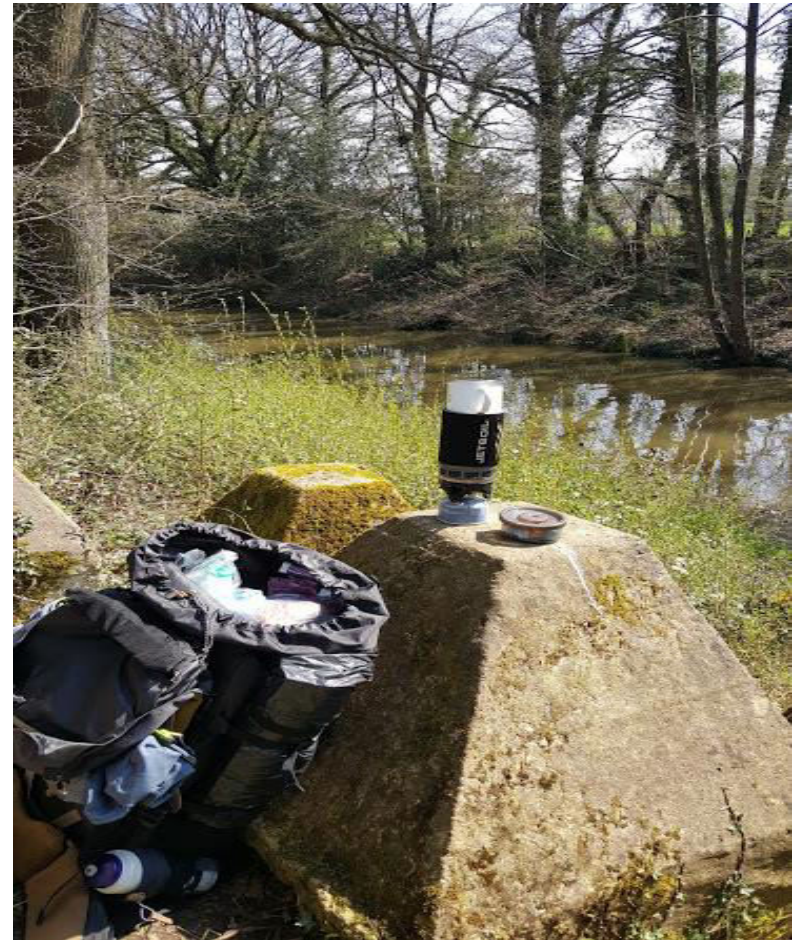


April

- Chilly mornings



- Luchtime brew



May

- London Wales London – 400K Audax – An amazing day out – 20 odd hours of Cycling across some stunning terrain on a beautiful day.
- Weekend camping and walking on the South Downs Way – Beautiful hot days with cold and clear nights.
- Evening 10K – 42:40 for 23/341.
- The big kitchen job – Possibly the hardest I've worked for many years with a big effort from Emma too – No where near finished but livable for the time being.

May

- 400 KM in miles – London Wales
London Audax – Fun day out.



- Sun shine on the South downs (old winchester hill), tea break on the way to and from campsite.



May

- What lives really all about!



May



May

- Either woodpeckers or a big old drill bit. Preparation works for the kitchen job,



- The only way to make a big hole – Big drill bit – Big boys toys!



May

- Ready, steady, go.

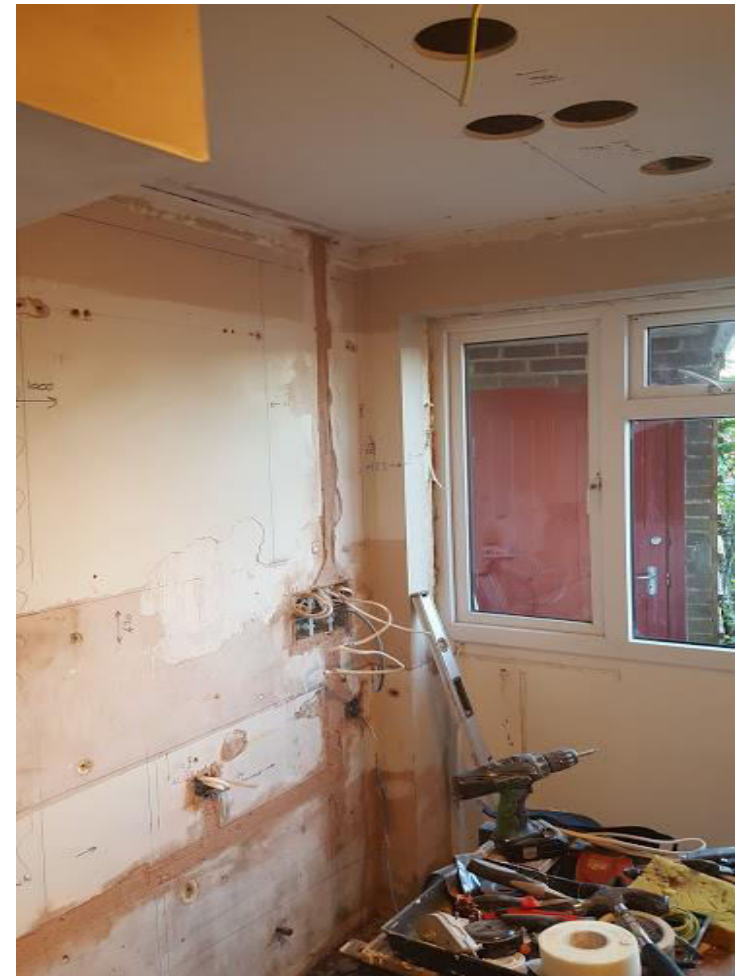


May

- Dust!



- Errrr, what have I done?



May

- Swiss cheese ceiling.



- It only took 20 years to teach myself how to do this – Another possibly useless skill!

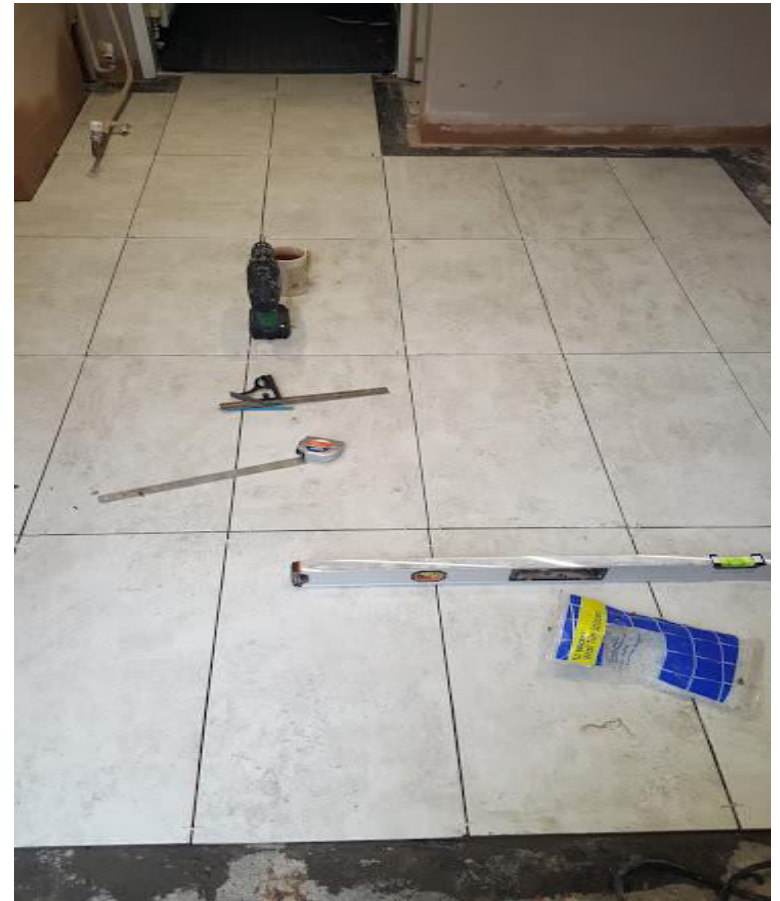


May

- Proper number of holes in the ceiling now – Couldn't have done that without Emma's help.



- Shame we chipped 2 of these within 2 weeks of them going in!

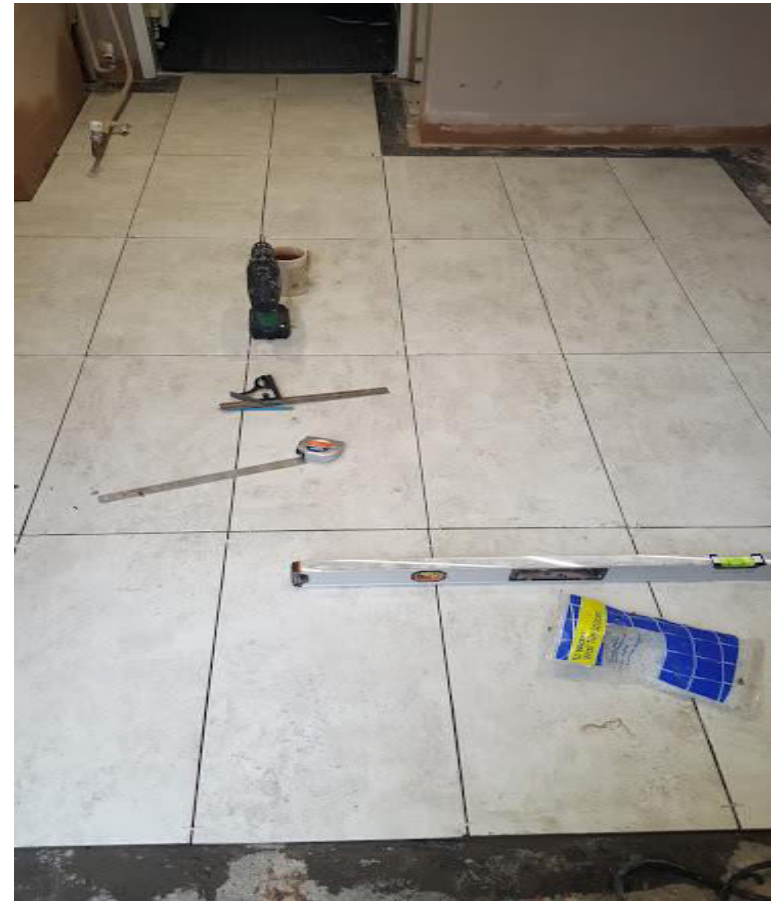


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May

- Progress

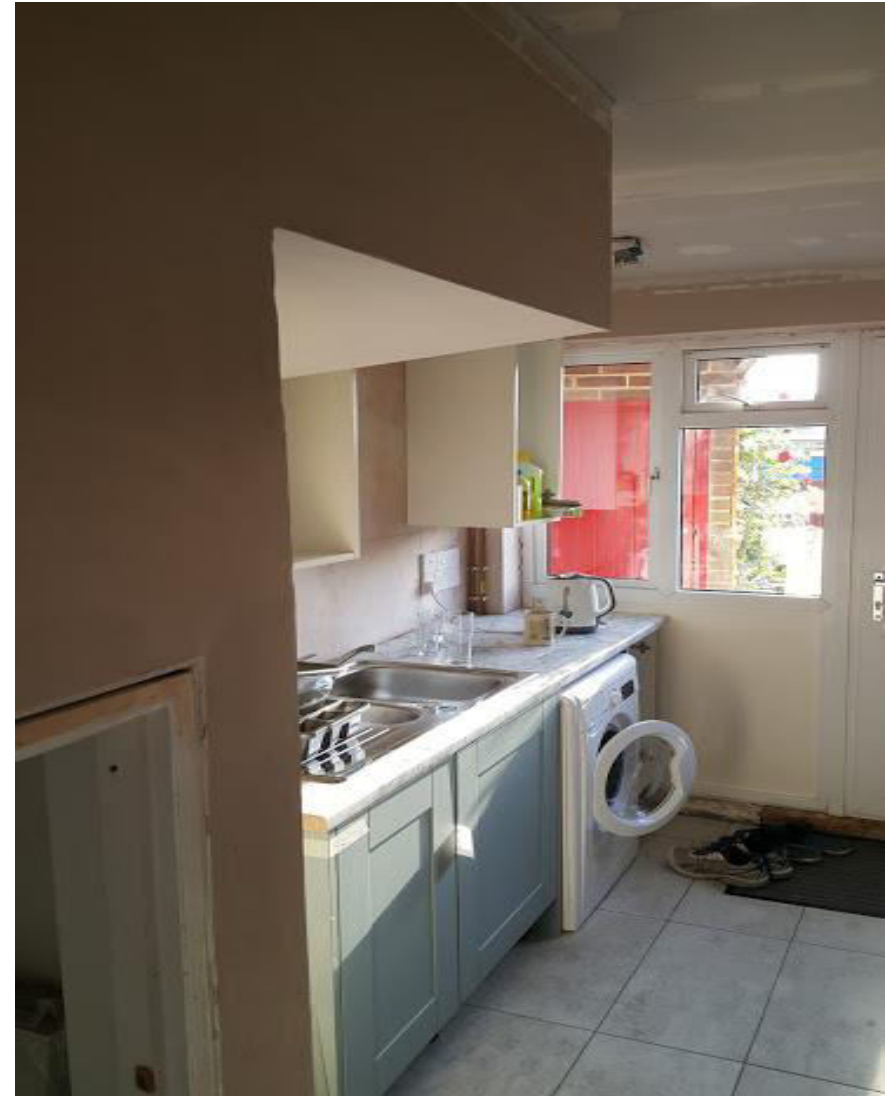


- Slowly slowly catchy monkey.



May

- Little did we know it would take a week to get this far and another 6 months for finish.



May

- Teamwork



- Think I earned this one.



May

- Still time for the important things



June

- 200K Audax – Up the Downs – Hard day with a strong head wind for a lot of the day.
- Hampshire Hoppit half Marathon – Hard going the day after 200K Audax – 1:49:20 all off road for 61/400.
- Walking part of the South Downs way – Winchester to Petersfield with a wild camp on the top of Old Winchester hill on a beautiful night with an amazing sunrise.
- 100 Mile cycle to box hill to Marshal for a Marathon – Left home at 03:30 and rode into the dawn for a great day out including sitting at the top of Box hill watching the day come to life.

June

- Wild camping – Top of Old Winchester hill – not long after dawn.

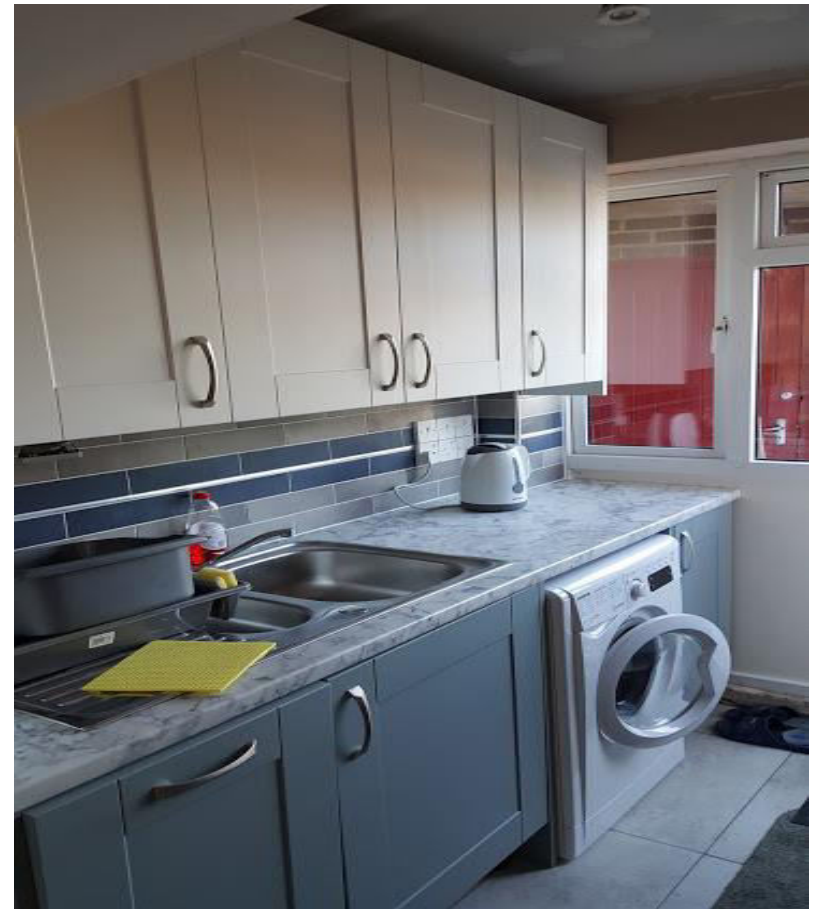


June

- Kitchen progress



- Tiling is not my favorite job – Still beats painting though!



June

- Not doing a bad job for a beginner,
- Caught me! Chilling in the jungle.



July

- Weekend walking and wild camping – St Swithens way – Winchester to Fleet – Very hot, very good fun.
- Goodwood festival of speed with Emma – Cycled there on the Friday and back on the Sunday.
- Culdorse with work – 2 of the best runs of the year along the coast path in beautiful evening sun.
- Weekend walking and wild camping – Staunton and Hangers way – Torrential rain on the Sunday.

July

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July

- Box hill by bike. About 06:00 after an early start.



July

- Back on Shank's pony.



- Breakfast.



July

- Sit in front of the TV or this? Not a hard choice.



July

- Night Night – Wild camping.



July

- Gardens doing Ok too.



- Allotments pretty dry though.



July

- And then they sent me to Culdrose for work – Not going to let that spoil my fun though!



July

- I'm sure that there is a garden under here somewhere.



July

- Staunton way



- Maybe if I spent less time brewing up I'd get more done!



July

- Glad I put the roof up – Wild camping on a 45 degree slope in the rain.



- The Sun doesn't always shine. Still smiling though.



August

- Weekend away cycling and camping in Watlington.
- 300K Audax – London Orbital.
- Walked the South Downs Way – 100 Miles in 5 days self supported wild camping – Serious fun – Got bitten to bits on the last night and woken up by wild deer another night.
- Cycle touring on way to and from holiday cottage – 95 Miles from home to Gloucester – 75 Miles in torrential rain to Cardiff to see boy – 85 Miles from Cardiff to Holiday Cottage.
- Week away with Emma at Monmouth – Concord museum, Bird of Prey center, Bristol Zoo.
- Cycle touring from Holiday cottage to home – 75 Miles to Gloucester – 95 Miles back home.

August

- Sunset from the top of Watlington hill – Camping at the bottom of the hill.



August

- Jungle.



August

- If your going to wipe your face on your T shirt make sure you've had a wash first. (Running after work)



- The dangers of cycling shorts – Tan lines that dont match your normal shorts.



August

- Waiting for the ferry across the Thames – 300K London orbital Audax.



- Lunch stop, somewhere in Wales on the way to holiday cottage.

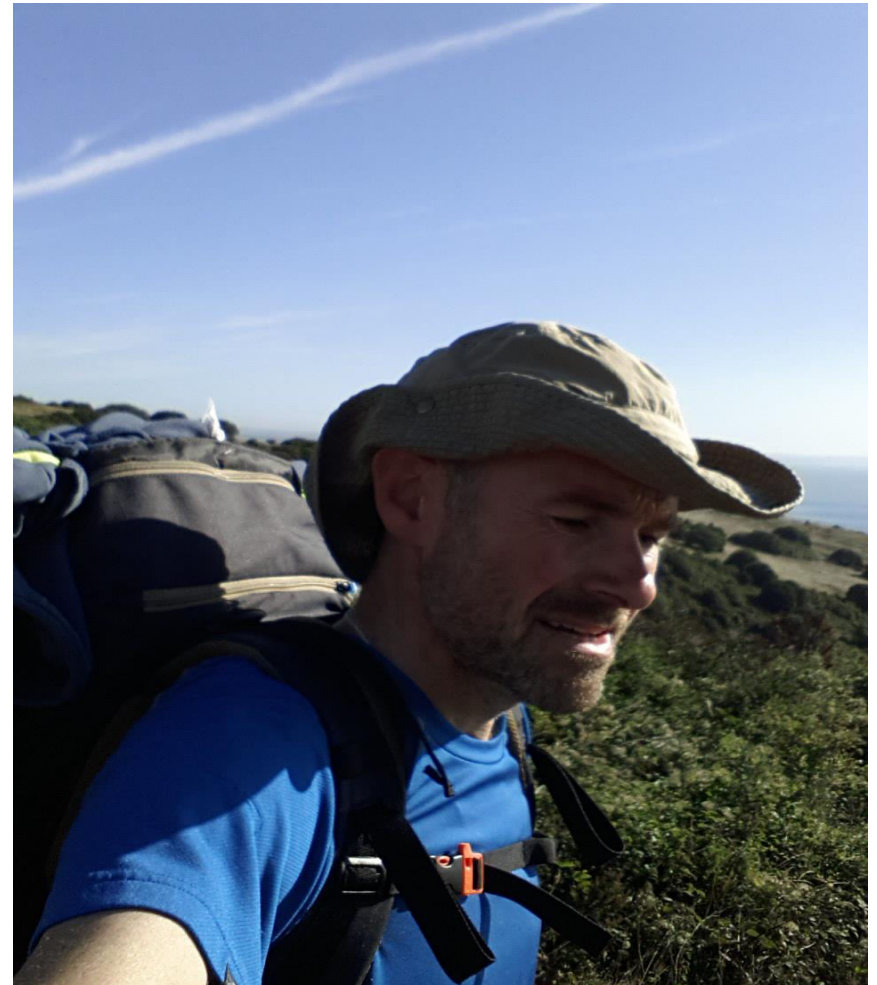


August – South Downs Way

- Eastbourne



- Head down – Only 100 Miles to go!



August – South Downs Way

- Unusual – Brew on.



August – South Downs Way

- Night Night – Wild camping.



August – South Downs Way

- Progress



- Still smiling or grimacing



August – South Downs Way

- One foot in front of the other!



- There it was - Done



September

- Went to Cyprus with work for a week and finally decided that I had better look at finishing the kitchen!
- Hatch Warren off road 10K – Torrential rain
- 100K Audax – Henley Hilly 100 – Beautiful autumn day – Doesn't get much better than that.
- Bought a van for my next project – Pauls Camper Van!

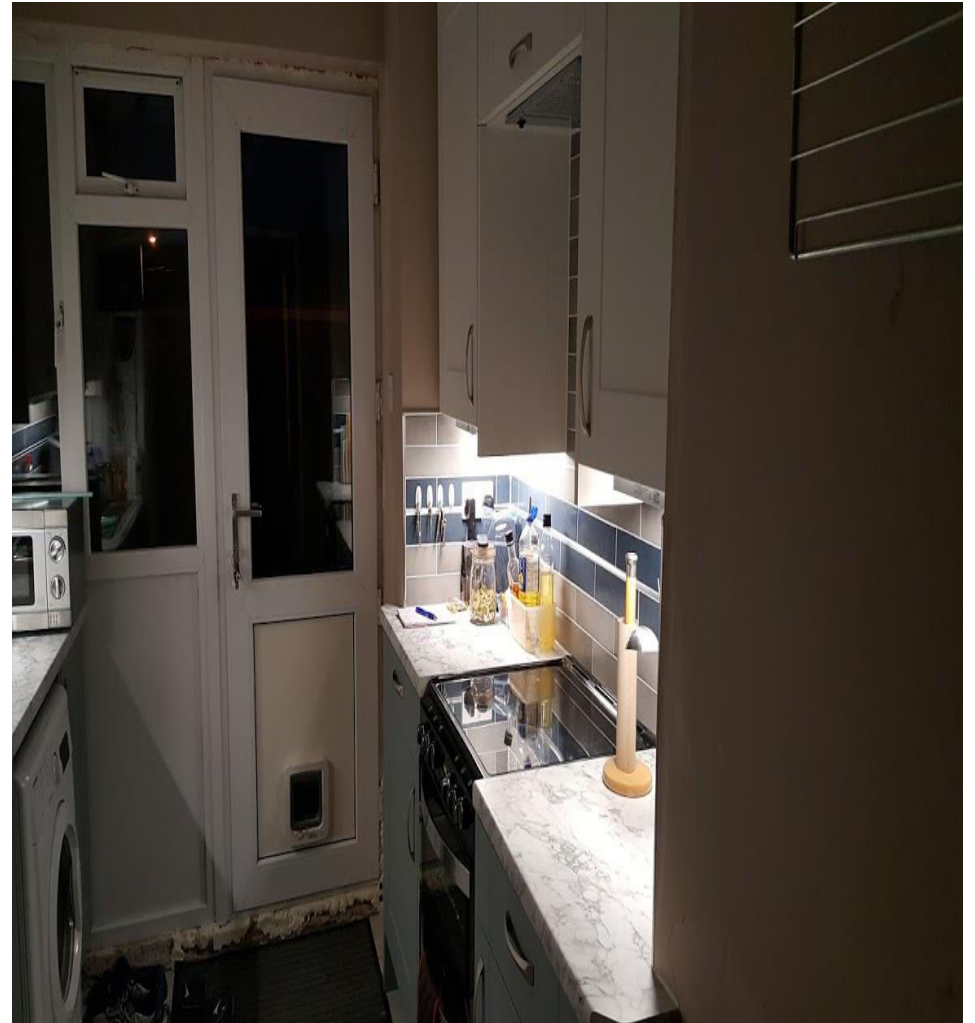
September

- The allotment finally caught up once we had some rain.



September

- And work finally resumed on the kitchen – Changing the back door panels, under counter lights etc.

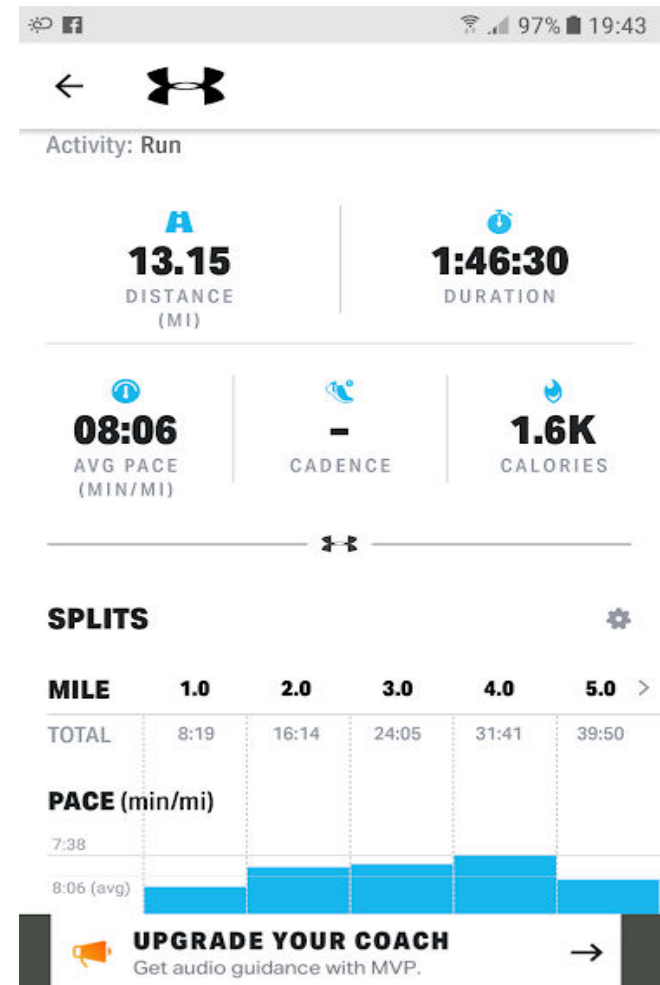


September

- And as the kitchens nearly finished – time for a new project.



- Basingstoke Half



October

- Basingstoke Half Marathon – 1:34:54 for 79/956 – Running well.
- 200K Audax – The End of Summer Ride from Petersfield – Very cold and damp day.
- Finally got the kitchen pretty much finished.
- Plenty of work on the Allotment and made a start on the Van project.

October

- Can't find a door for a funny size hole – Only 1 option – make one.



- Ta-Da



October

- Almost there.



October

- Took me a while to pluck up the courage to cut a big hole in a perfectly serviceable van.



- But now its got one of these – Fresh air and light.

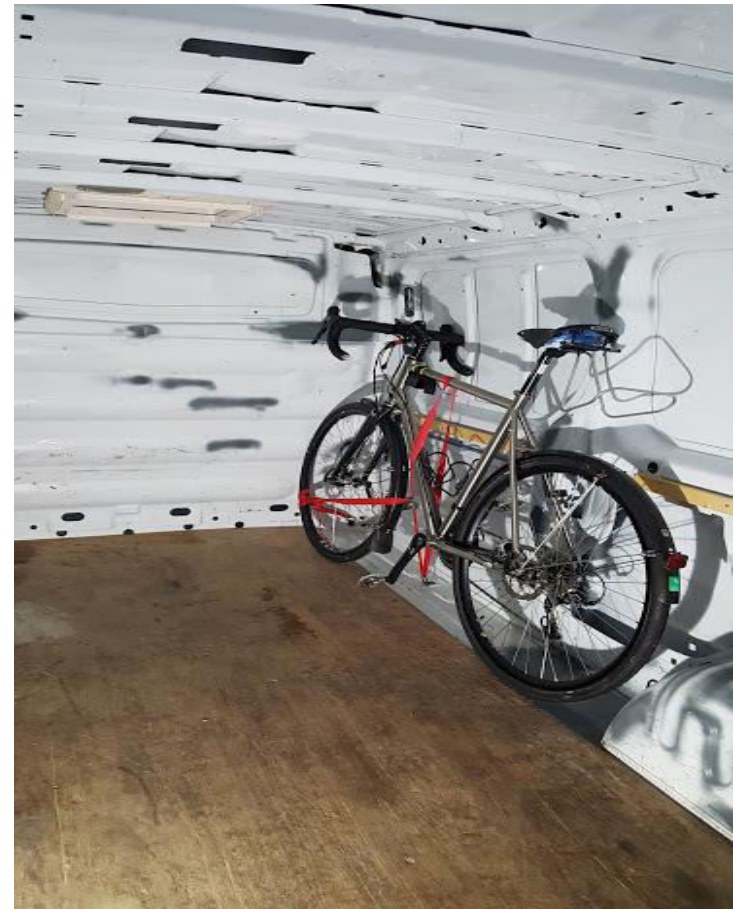


October

- Blank canvas



- Off to Audax – Just needs windows, cooker, cupboards and a bed and I'll be good to go!



November

- 200K Audax – Upper Thames – A better day than last year but strong head wind made for a tiring day.
- Bath Hilly Half marathon – Hardest run of the year – 1:50:49 for 33/180.
- Cracked on with the van conversion at a pretty slow pace.
- Finally finished the kitchen!!!

November

- Winters coming.



November



November

- Insulating the van



- Surprising how much insulation fits in.



November

- And more Insulation.



- 180 Odd days after starting I finally finished the kitchen.



December

- Mapledurham 10 mile cross country – 1:10:35 for 17/259.
- The Muddy welly – 10K – 40:08 for 18/395
- The Gut Buster 10 Mile on 30 Dec – See out the old ready to bring in the new – Did Not Finish (DNF) – Just to prove I'm human and things don't always go to plan – Didn't feel 100% in the days before and felt rough before the start – Thought I might be OK once going and started well but felt awful by mile 4/5 so made the decision to stop and jog back to finish at 10Km instead of pushing on for the full 10 Miles.

December



December

- Cracking on with the van between downpours.



December

- Van windows – Not been looking forward to this as theres no way back if it goes wrong!



December

- Maybe not as bad as I feared, just hope they stay in!



December

- Annoying the boy with comedy Christmas presents



- Christmas day.



December

- Waiting to go to Dad's – Might as well make use of my time.



December



December

- Cycling – Kennet and Avon canal.



December



2018 Totals

- Total Miles Cycled – 3815 (over 10 per day average).
- Total Miles run – 1438 (ish).
- Total Miles Hiking – Dont really know but I'd guess at 250 to 300 (Ish).

2018 Best Bits

- Running along the South Coast path in Cornwall whilst there for work.
- Standing on Beachy Head watching a Spitfire fly past whilst walking the South Downs Way.
- Christmas Day – Just a really nice day with Emma.
- Evenings sat in the garden with Emma during the heatwave.
- Too many other things to list.

2019

- 2 Marathons – The Steyning Stinger (off road) and Manchester again – Just need to stay injury free and on top of the training.
- 400 and 600Km Audax's booked (never been above 400Km before so this will be a new experience).
- I suppose I'd best crack on with my camper van and get some use out of it over the summer.
- Allotment, Gardens, cycling and running and I suppose I had better go to work occasionally too!
- And Man V's Train in August
(<http://www.racethetrain.com/event-description/>)