

## My City to Surf Accomplishment - Tammy

With a fighting spirit and can do attitude Tammy Black successfully completed the 2016 City to Surf, an outstanding achievement! Her email to her supporters shortly afterwards sums up her experience aptly.

Hi lovely ladies, I made it!!!!

Too hot but I was not giving in! I was blessed to have one of the Sport Canterbury girls and her friend who walked with me the entire time, and I only slightly lost my balance twice on very dodgy ground. Bless the public who were outside their homes with their hoses - I had plenty of cold showers. Bless the volunteers who cheered all the walkers on - I made sure I clapped and cheered and thanked them right back.

I nearly cried when Zara said we had only done 2km when I had been thinking probably only 4 kms to go, how will I make it? Then my blind determination really set in and, although I got slower and the right leg really didn't want to play ball, I made it unaided, apart from Zara having to briefly stop me from falling close to the finish line. Plus they talked me up the whole way around and were so encouraging. As the finish line was nearing, the tears definitely wanted to arrive, I almost felt overwhelmed by the accomplishment. I'm not usually a teary person but they were coming and going the rest of the way to the finish line.

I have so many people to thank for this huge accomplishment, including Frances encouraging me at the Nordic Walking (I didn't use the Nordic Sticks today thank goodness as a massive crowd and ground very dodgy in places). Annette thanks for believing in me, especially when many others didn't and Judy for always being my rock. To Jess, part of the Sport Canterbury (Be Active/Green Prescription) team, thank you so so much for inviting me this year to another Be Active group, you have no idea how much this has helped me and please pass on my immense thanks to Zara and her friend and the rest of the utterly wonderful and supportive team who all deserve medals.

Today was a massive deal for me, especially in that heat, and so many thanks need to be given to you all. Hope I haven't missed anyone. Thank you x infinity. No I'm not high, just bouncing off the walls with proudness at my achievement which wouldn't have been possible without all your encouragement etc. May wonderful things happen for you all, thank you again so much.

