



Me ready for work in the Polyclinic - 6.15am. Think I have time for a strong coffee first - maybe even a cadbury's chocolate! Think cadbury's might be my favourite sponsor.



The Sports Massage floor of the Polyclinic before the rush. Notice the clock positioned just to prove I was there at 6.20am! Never thought I'd be able to get up at 4am, surprising what you can do when you're having fun.



Check me out with a gold medal around my neck! Obviously not mine and I did hand it back but it was surprisingly heavy. Posing with Mahmoud Khaldi 400m T12 gold medal winner.