

# My marathon journey: 42 195m of history, grit, and personal growth!



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The journey of a first-time marathoner! There are probably a thousand things I want to say from what this crazy weekend has been but here are a few ...

I am so proud of myself for setting up such a big goal and achieving it. It was really hard but I knew it and conquered it. It's truly been a fever dream, with over 9 months of training, over 1000km ran, toenails lost and pure relentlessness !!

I'm thrilled to share that I've completed my first marathon—the [Athens Marathon. The Authentic!](#) Crossing the finish line a little less than two weeks ago was more than just an achievement; it was a testament of relentless perseverance and unwavering commitment. Not only this, but a race filled with such a historical significance tracing the footsteps of [Pheidippides](#) himself as well as a personal significance as a proud Greek surrounded and supported by my family.

The journey wasn't always easy. From early-morning training runs to moments of self-doubt during the race, I was constantly reminded that success requires embracing challenges head-on. Every step forward was a reminder that small, consistent efforts can lead to monumental results.

I could not have done this without my two favourite run clubs Runners and Stunners and Oxford Girls Running and the amazing friends I made along the way as well as my family's support on race day which woke up

with me, made posters, met with me over multiple times in the course and across the finish line!

This experience taught me skills useful for my professional life:

- Resilience: Pushing through obstacles, whether it's 32km on the track or a tough project deadline
- Goal-setting: Turning a vision (running 42km!) into actionable milestones (this who you eat an elephant! You cut it into small pieces)
- Perseverance: Finding strength when it feels like there's none left to give (visualise the happy end result)
- Network: Using mentors and building a support network

Whether in sport, work, or life, determination drives us to achieve the extraordinary. The Athens Marathon has inspired me to keep setting audacious goals—and to encourage others to do the same.

You best believe the medal has not left my neck since Sunday but I guess it's time to find a nice spot to put it in the flat and I guess I can officially say now I'm part of the less than 1% of the population that has ran a marathon !

I AM A MARATHONER

