

Princess Christian Care Home Chef Assistant Eduard Achieves New PB in Bracknell Half Marathon



Congratulations Eduard!

Fondly known as 'Eddie' in the kitchen at Princess Christian Care Home, Nellsar Limited team member Eduard made a breakthrough in Bracknell on Sunday 12 May, during the Lexicon Half Marathon. Fresh from successfully completing the Manchester Marathon on 14 April, Eduard achieved a new personal best (PB) last weekend with a time of 1:57.

Eduard trained very hard for the event, and ran a great race on the day, despite the scorching heat:

"Since my last race, I've done more speed trainings, trying to maintain my target pace for long intervals, which helped me feeling comfortable with race speed. The Bracknell Half Marathon was tough. It was the same challenging course as last year, my first ever race of this kind, and 13.1 miles. The hot weather did not help at all, reaching a dangerous 24 degrees celsius. Runners must keep hydrated all the way to the finish line, and because the heat makes you sweat a lot, it's important to have enough salt in your system."

Eduard is well versed in fuelling up for racing, and keeping energy levels high on the day:

"I tweaked my diet in order to keep increasing my strength and endurance; I ate more carbohydrates, especially two days before the race. A typical day's food when training included 100g oats, 360g rice, and 100g bread weighted raw, which is roughly 400g carbs per day. On lighter days, I'd eat half the quantity of oats and rice, and no bread."

Having said, "Setting and achieving goals keeps me motivated and focused on getting better" after running the

Manchester Marathon, Eduard has stuck to his word and is already busy training for his next big race:

"My next challenge is soon to come on 25th May – my very first trail race in the Surrey Hills, which I'm very excited for. It's a 26.2 mile route through the very heart of the Surrey countryside, encompassing a 4,000ft ascent, including the fabulous Pitch Hill, Holmbury Hill and Leith Hill, whilst passing through some of the best trails in the country. After that, I plan to run more races throughout September-October in Woking, Guildford and the Surrey area."

Team members and colleagues at **Princess Christian Care Home and Nellsar Limited** are really getting behind Eduard and wholeheartedly support his running endeavours. Best of luck Eduard – *you can do it!*

