

Dear Mr Biring,

I'm sure you have performed hundreds of joint replacements over the years and cannot possibly remember everyone you have operated on. I was one of those lucky people.

The day I came to see you at Stoke Mandeville I was in excruciating pain, living on codeine and walking like a carthorse.

You could see how much I was suffering and on 17th August 2015 you gave me a new hip and a new lease of life. For that I will be eternally grateful.

Sport has always been a massive part of my life. There were and still are so many things I want to achieve. I was determined that having a hip replacement at 49 was not going to stop me enjoying a full life and so I hatched my post op recovery plan.

Post-surgery and with the help of my amazing NHS physio I began my journey. She often shook her head at my proposals but supported me none the less.

This book is a record of that journey to the current day. I was urged to put this together for you by those around me who have watched in disbelief as I have rebuilt my strength and stamina and pushed myself from challenge to challenge.

I hope that you enjoy this account and that it may help others to realise that Total Hip Replacement surgery is an amazingly positive thing and doesn't need to restrict your lifestyle.

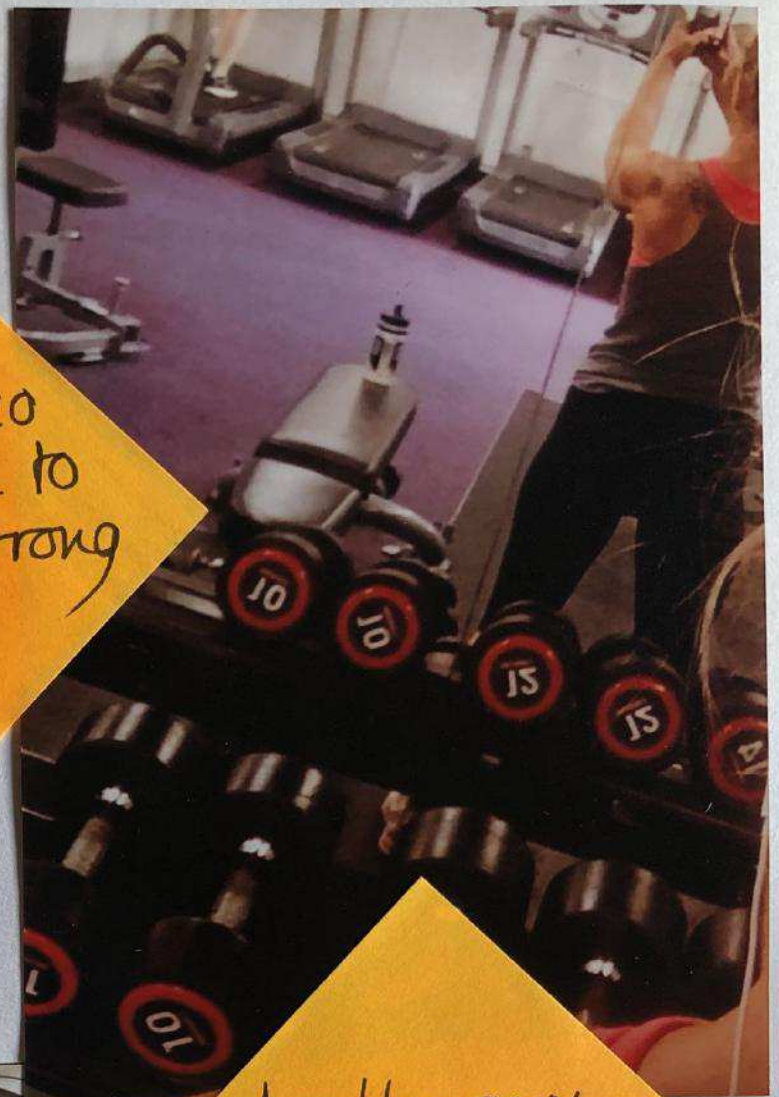
A huge thank you to you and your team from the bottom of my overworked heart. 😊



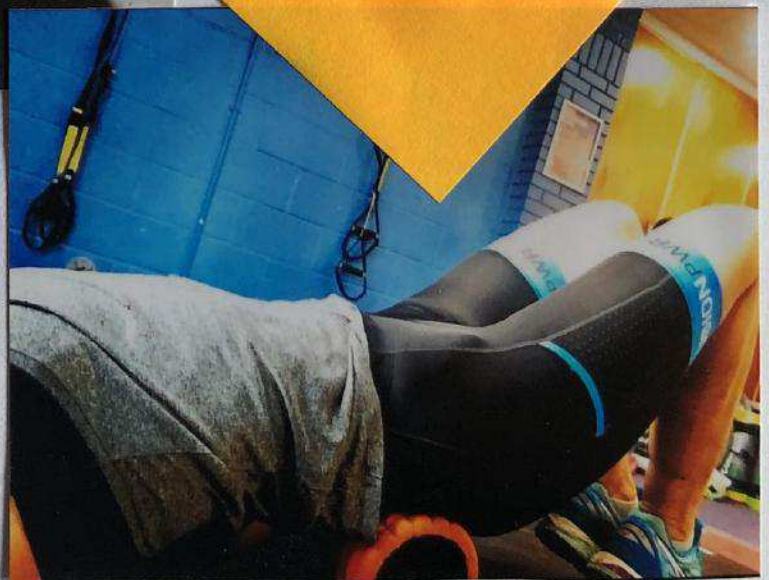
Diane Weaver



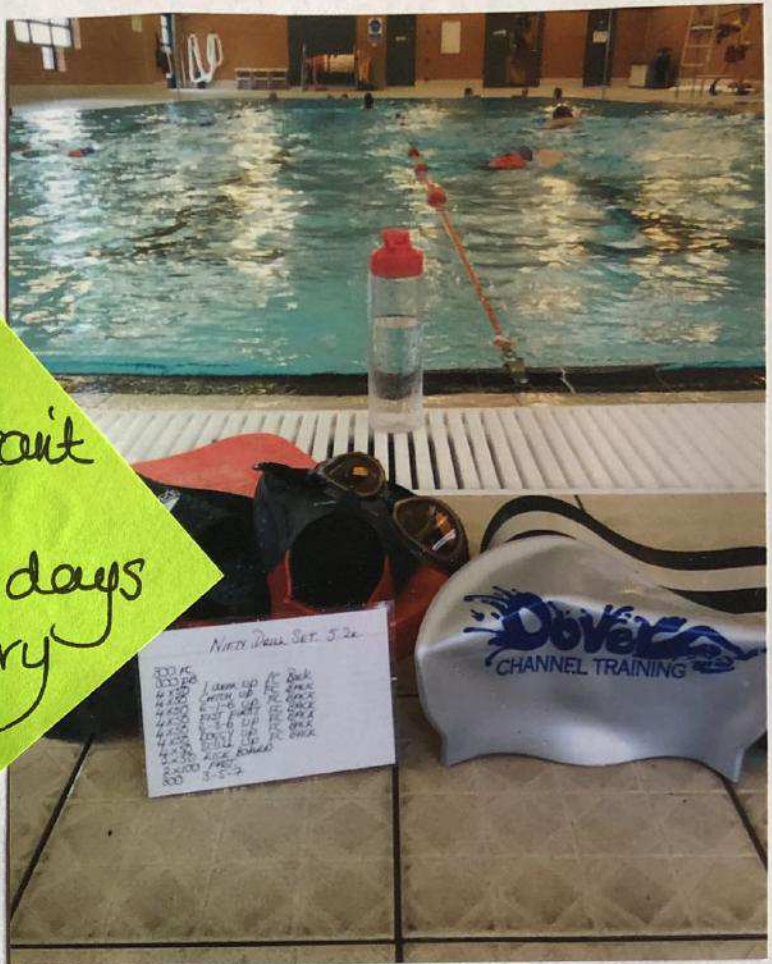
where it
started. physio
& strength work to
get everything strong
again



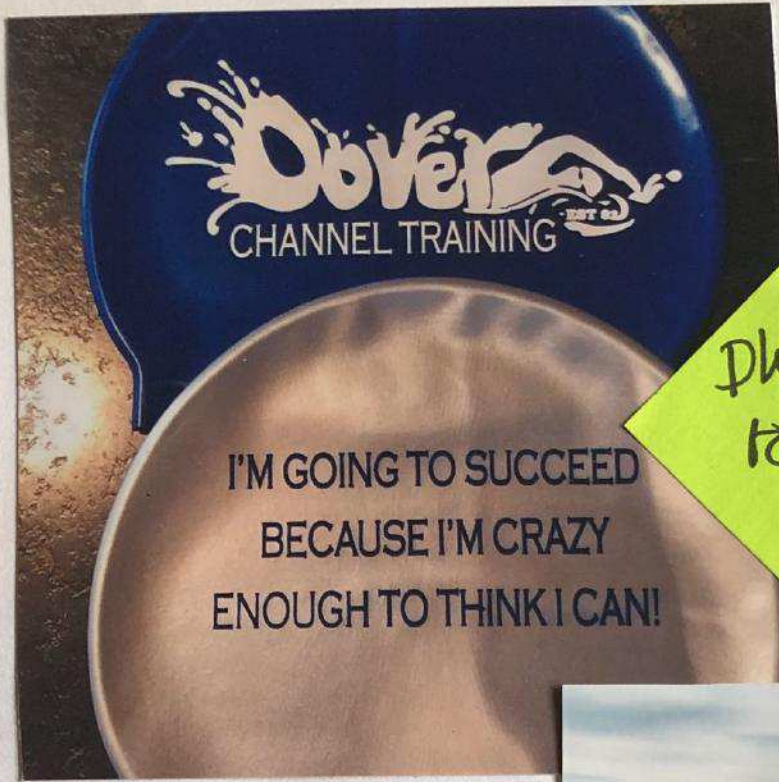
In the gym
every day



My physio
soon realised I can't
sit still.
In the pool 16 days
after surgery



First the
pool then the
turbo trainer.
Starting to feel
stronger.



I needed a
Physical Challenge
to drive me.
←

still too
early to run
☹️



The Next 12 months
was spent
swimming in VERY
Cold water

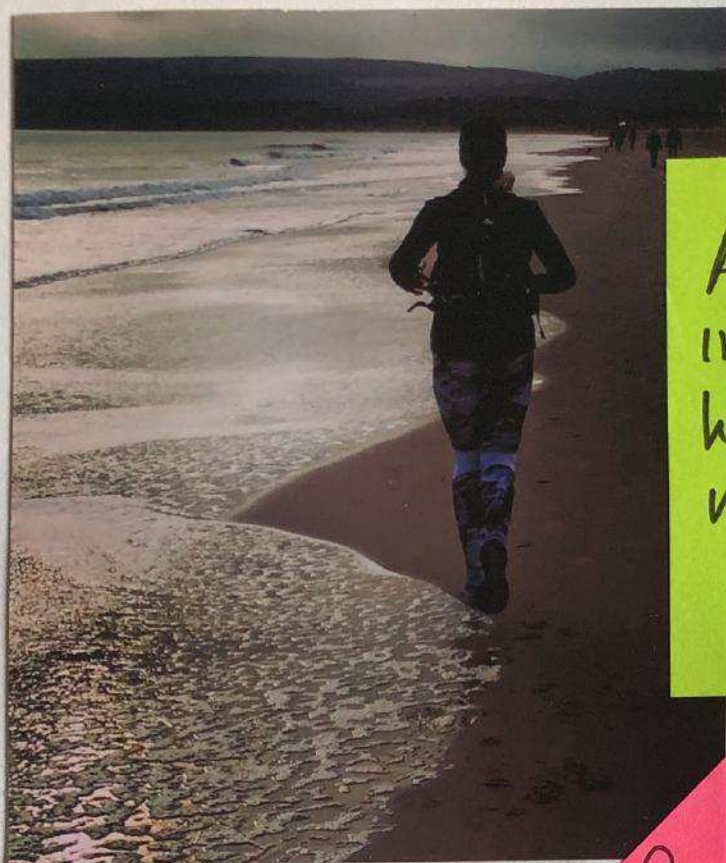


Increasing my
Cycling
Stamina



Working on
my strength





And most importantly, learning to run again.

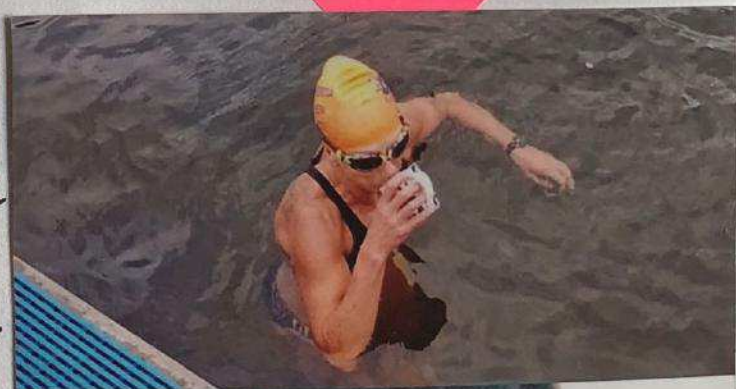
MAY 2016

Completed my 2 hour channel qualifier in water below 16 degC



Channel facts

1. 21 miles across
2. no wetsuits allowed
3. lots of Jellyfish!!
4. Water temp on average is 16 degC.
That is about 2 degC colder than the water in your cold tap.
5. More people have climbed Everest than swam the Channel.
6. Channel swimming season is May - October.
7. The English Channel is the busiest shipping lane in the world.



Meanwhile.....



JULY 2016

11 months post surgery I'm ready to return to the World of Triathlon.

RAF HALTON
OLYMPIC DISTANCE

1500m SWIM
40K BIKE
10K RUN. }

Hip felt good 😊

light at the end of the tunnel.

JULY 2016
First official
Swim event in
The River Thames
@ Bray since
my surgery.





Nov 2016

2nd Triathlon
of the year in
Morocco.

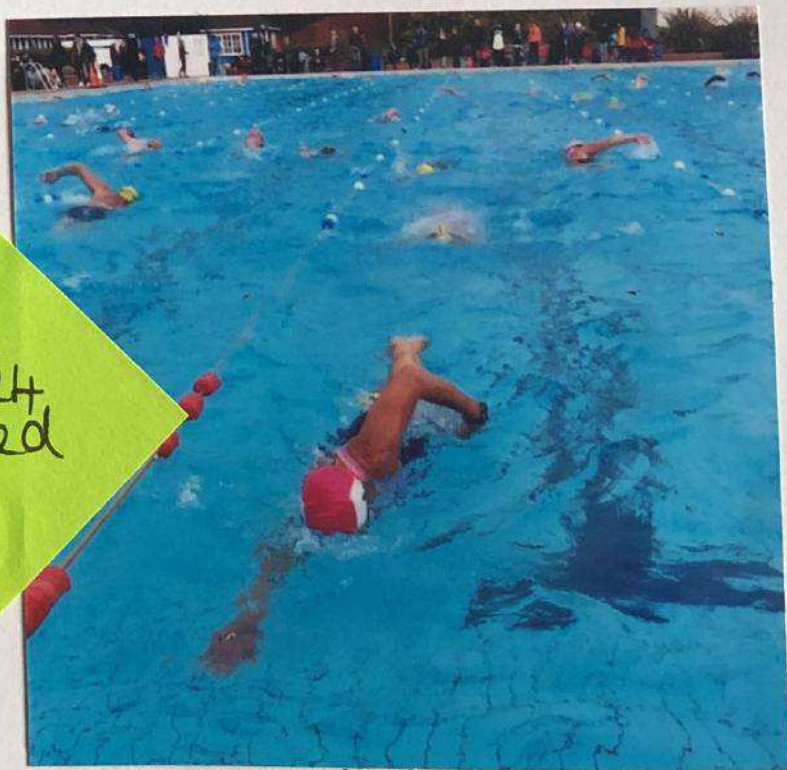
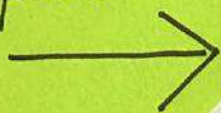


Winter 2016/2017
is spent Cold Water
training along
with gym work.
Still rehabbing my
hip every day.



APRIL
2SWIM4LIFE

Swim 1 mile on the
hour every hour for 24
hours in an unheated
open air pool.



oh I ran 1 mile before every mile I swam.



JUNE 2017

Jubilee River
10 K marathon
Swim





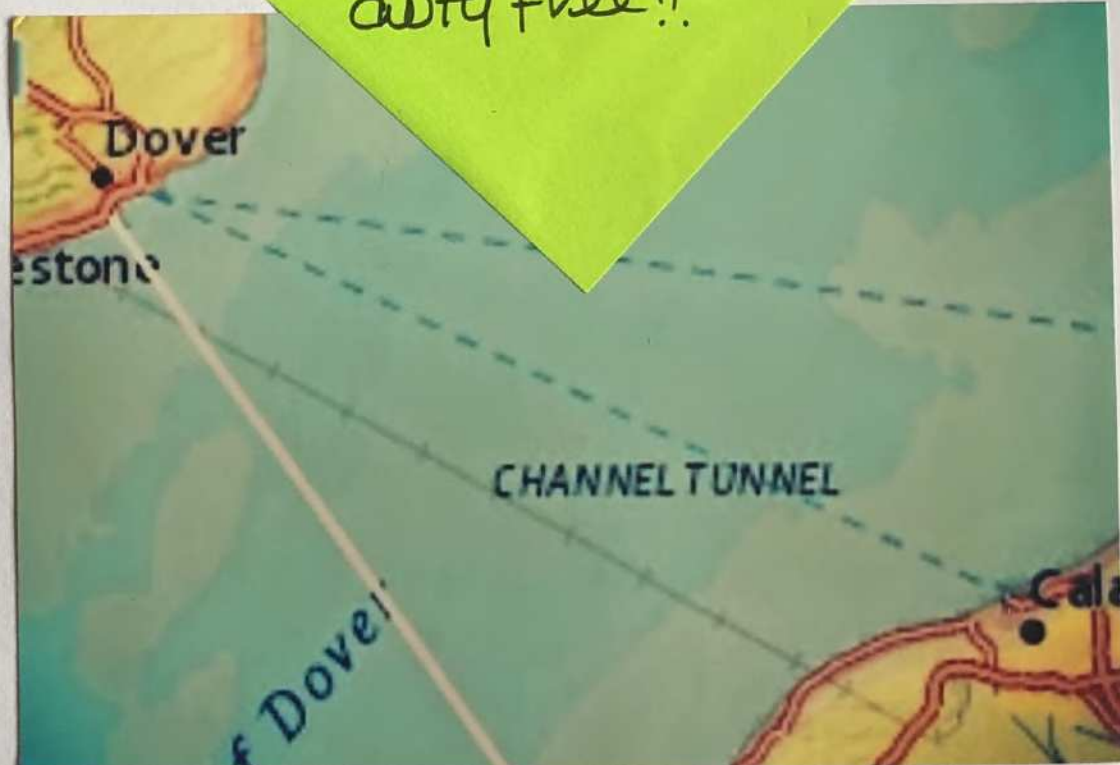
30 JUNE 2014

my new hip took me
across the English
Channel





32 miles inc
tide pull it took
us 16 hours & 47 mins
and not a drop of
duty free!!



2 weeks after the Channel swim
I broke my elbow while training on
my bike. 😞

Once again the amazing staff at
Stoke Mandeville patched me up,
However I was still able to use the
turbo trainer and was back in action
before too long. 😊



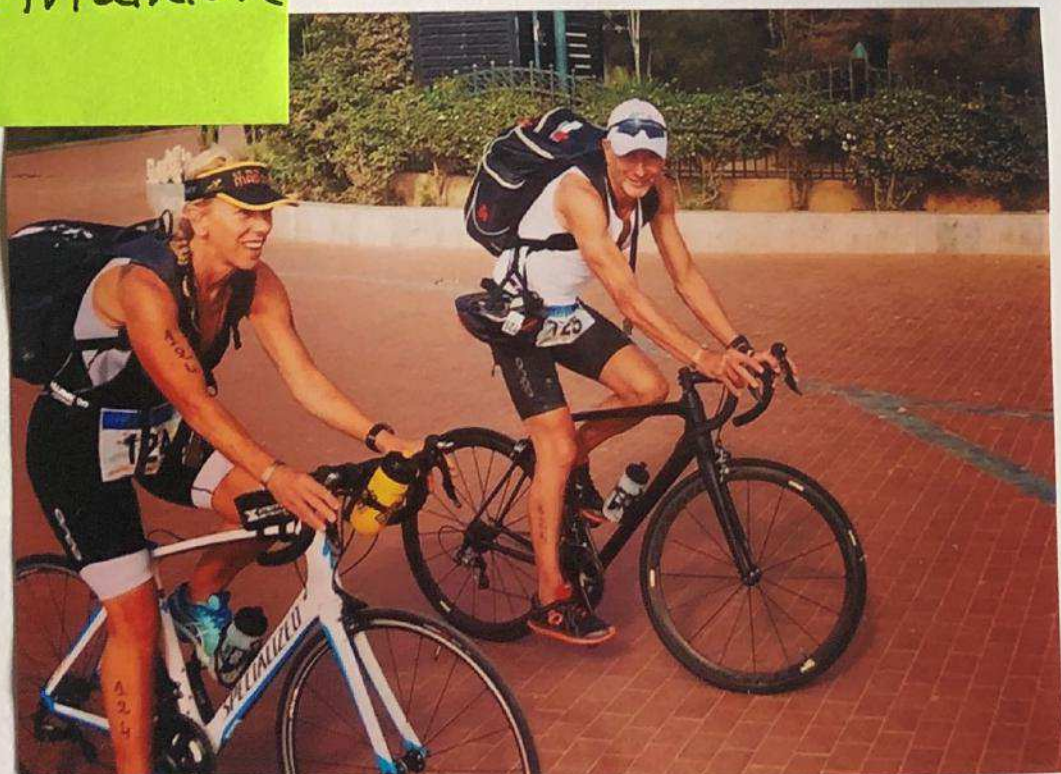
NOV 2017

With my elbow
fixed I took
part in a 6 hour
charity spinathon



NOV 2017

By the skin of
my teeth I make
it back to Morocco
for the yearly
olympic triathlon





Followed by
the Agadir 10K
road race the
following day

DEC 2017

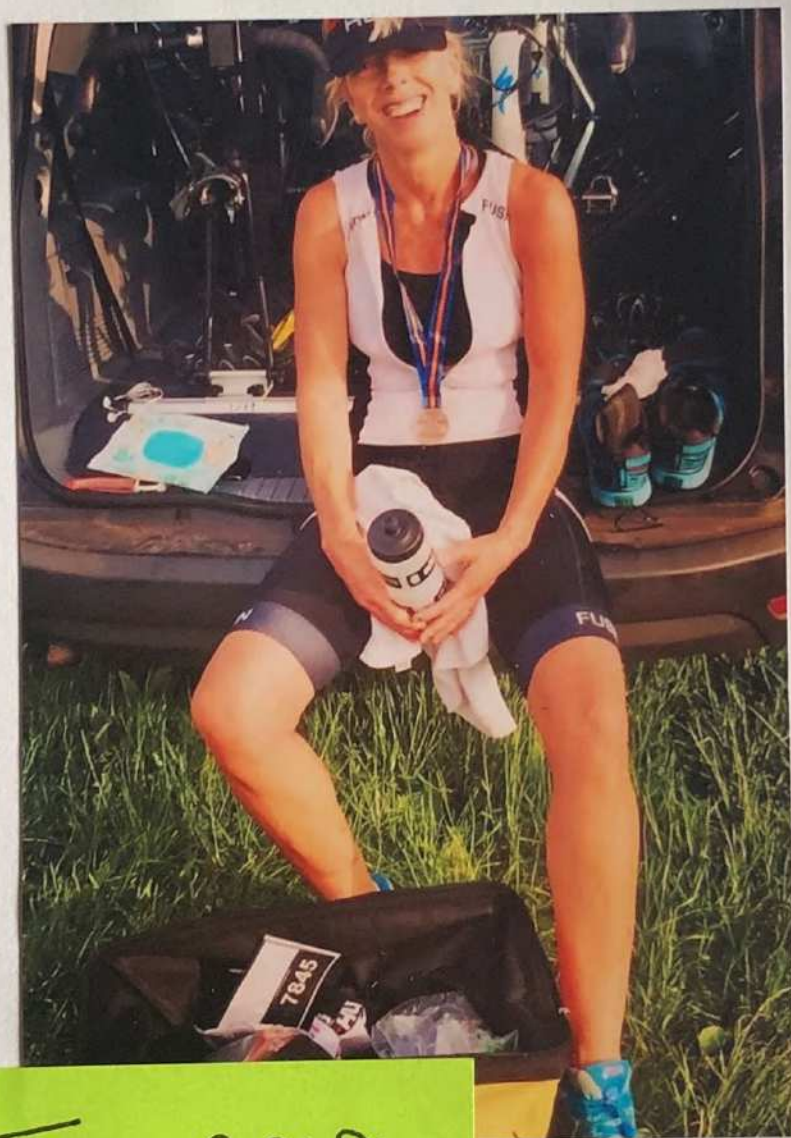
Christmas day
Swim in the
Serpentine
Hyde Park.



APR 2018

Charity 5K
Swimathon





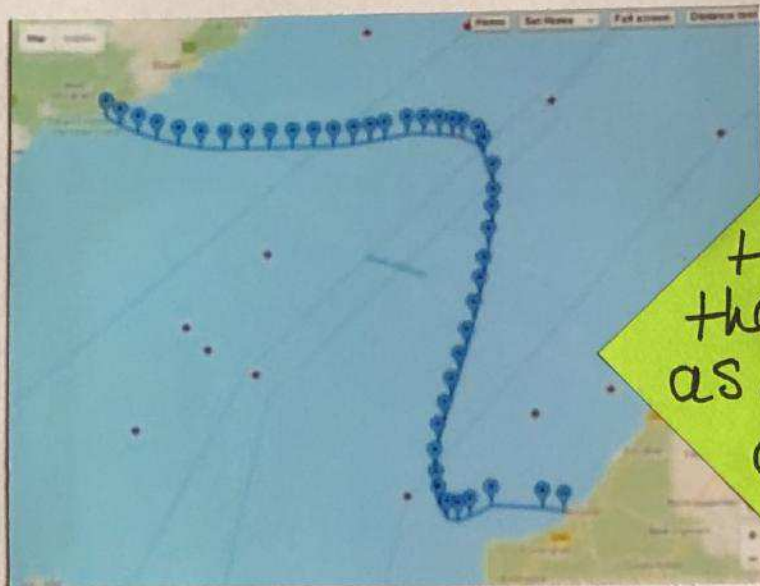
JUNE 2018

Tour of
Cambridge
80 mile bike
sportive



JULY 2018
Centurion
100K triathlon



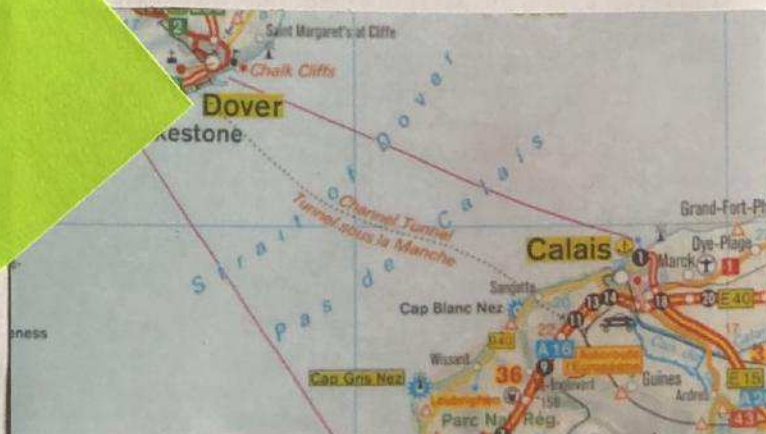


3 AUG 2018

Hip and I cross
the channel again
as part of a massive
charity double



PART A



23 days later.....



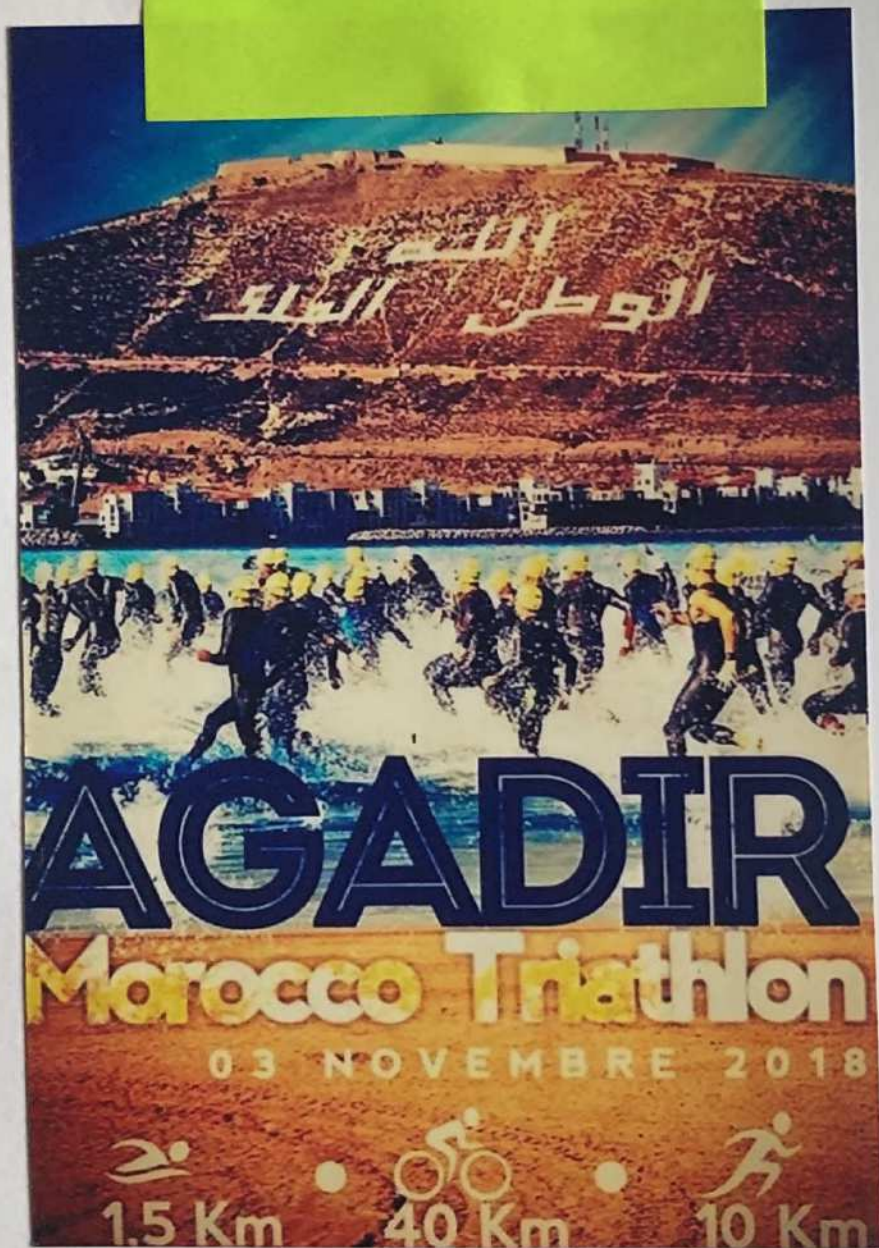
26 AUG 2018

2.4 mile swim
112 mile Bike
26.2 mile run
in Under 16 hours
IRONMAN FRANCE



PART B

NEXT STOP





LIVING THE
DREAM



To be continued.....