

Back in March, I filled in the forms for the Slimming World Greatest Loser competition and to be honest, I never thought, even with my 12.5stone loss that I'd make the top 10 and the finals in London yesterday (28th April 2010). So I was surprised in the middle of March to receive a letter from Slimming World's head office to invite me as one of the 10 finalists.

Between that point and yesterday, the nerves only grew, and grew and grew. I'm not one for big "showy" things, I prefer nice quiet small events – and the over all chance of possibly winning the competition was scary too.

So yesterday my consultant and I went to London (just about managing to get on the train). I didn't win, and came 9th overall but simply being in that room was amazing. Between the 10 finalists, we had lost an awe-inspiring 140stone – and that's before the amazing losses of the other guests had have are taken into consideration – guests such as previous and current title holders from Slimming World from over the last 10 or so years.

Everyone there – guest and finalist has come on such a journey and even only hearing small snippets of their journey was amazing. Even though I knew already that I can complete my journey, and get to target with food optimising, that sense of achievability was renewed no end. If between 10 of us we could loose 140 stone, then how can I not complete my own journey and loose the last few pounds/half stone/stone (where-ever it is I finally feel comfortable and decide to stop). The stories of how everyone's weightloss had improved their lives were simply mind-blowing.

It truly was a mind blowing day, and even as I write this, I find it terribly hard to put my thoughts and emotions of the day into words. It truly was a case of having to be there.