

Mon, 10 Mar 2008

8:51 PM

(no subject)

Just back from a weekend in Torquay with the boys and feeling pretty low to be honest. I'm sure its not just the 'come-down' from a fun weekend.

Things haven't been going so well lately and I need to start trying to turn my life around. I've started taking Rhodiola Rosea tabs again - herbal 'pick-up' tabs and dug out a book I bought a while ago called 'Self-esteem bible'. Maybe with these and the love and support I get, particularly from my two best friends A and J, I can start to jolly up a bit. The point of this journal is to log how I get on. So I can record my thoughts and feelings and hopefully look back in days, weeks, months to come and see some progress. I hope so, coz as I lie in bed most nights, and its been 5 weeks since E left, the recurring thought I often drift off to sleep with is "what's the point...?"

Security: Public

Location: Not Specified

Mood: Melancholy

Music:

Tue, 11 Mar 2008

7:14 PM

(no subject)

And another dull day. Swimming tonight tho

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

11:38 PM

(no subject)

So I changed my mobile phone to an online contract type? 15 pounds for 400 texts and 200 minutes talk a month.

First month is up and according to my bill I sent...get this... 485 texts!!! Geez!!

That means I have to pay an extra 8.67, total 23.67. Could've been worse, under the old system I would've shelled out 48.50!!

Swimming tonight and my total is up another 4 to 46 lengths - my legs were like jelly afterwards but have recovered now. If I'm to get to that 64 target (one mile) before May then I'll have to start thinking a bit, i.e. I need to take a drink with me and have a sensible high energy tea - like carbos, pasta or something!

Watched the film Jumper on the computer tonight Its quite new, still at the cinema, but I'm watching it free online. I found this site where you can watch films - and its not illegal as they are not downloaded rip offs but free streams (no, I don't understand either!) Quality is a bit poor, stretch the image any larger than letter box size and it pixelates badly. Which made The Kite Runner, which I watched the other night, straight after finishing reading the book, with large chunks of it subtitled (is largely set in Afghanistan) hard to watch!

Hoping for a better day at work tomorrow, I haven't moaned about it for a while?! Better things to worry about I suppose. You know I haven't spoke to anyone other than work people since I got home from Torquay on Sunday afternoon? What a sad existence! So work, we have reviews soon and I believe (hopeful expectation!) that I will get a good report. On the whole I'm doing pretty well now I know what I'm doing and the managers I work for often praise

me, but the German bossman treats me like I'm stupid or a liar or don't know what I'm doing just about every time we speak. I lost my rag and had a shout at him today! So anyway, is this something I mention in my review? I mean do I say, "if you think I'm great, then what's his problem?!"

No, I know its not worth it but...

Anyway, time for bed I think. I have 20 minutes of this film left to watch and I keep telling myself its about time I got my sleep pattern sorted, I'm still watching TV until I finally fall asleep which for 5 weeks now has been around 1 am.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 12 Mar 2008

11:44 PM

(no subject)

Tried to go shopping tonight, the food cupboards are bare, but when I got there they were already shut! Was sure they stayed open later than 8. Never mind, I had a chinese instead. Had to chuckle at the fortune cookie: "Your love life will soon be happy and harmonious" it said. So that's good then!!

Becky, the lady from the agency who got me my job called at work today, primarily it was one of those courtesy calls to my boss but as I answered she asked me how I was etc, was I liking it any better than the last time we spoke. I couldn't say much so I just e-mailed her....

Phoned my nan tonight, she seemed fine. She is going on "holiday" to a care home next week. Going in for 10 days to see how she likes it. She's nearly 97 and by her own admission is getting noticeably weaker and less able with each passing month. She can't continue to live on her own for much longer, so this makes sense I think.

One to file under "Silver linings" - I scanned and e-mailed from work the old photo I have of me, A, J, T and C and now its staring back at me as a desktop wallpaper. I checked my old diary, it was taken November 4th 2000.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 13 Mar 2008

11:46 PM

(no subject)

Another long day. Actually a very long day. Had another snap at der big boss. Highlight was driving the big knobs to the races in one of their fancy X5 BMW's.

For the second day I had an e-mail conversation with E which she initiated. I know its no big victory, but I'm taking anything I can and to me, her speaking first is a moral victory! I do miss her though. I want to come home, have her smiling face look up at me from the sofa as I stumble through the door. I want to spend those pre-dinner minutes moaning about work. But they are gone. I know that. I have no denial, I know they're gone. But that doesn't make it easy.

Skittles tonight and we won, just. I was the stereotypical curates egg. Had a huge 17 spare but missed 3 others. I also had a 4, 5 and 6. Total score 65 which I know I should be happy with but I cant help being irritated by the ones that got away. Geez I should have had 80 . And the best part? I won the raffle! London Irish was the winning ticket. Felt bad about A and her phone today. Its all very well me talking about 485 texts and how switching to contract has saved me a fortune, but A is still pay as you go and as the majority of my 485 went to her, I'm costing her a fortune. And I feel bad about that. So I called Orange tonight and sorted her out with a bargain contract. I told her all the details and she's going to sort it. I would pay it myself but I think that crosses a line into...I dunno desperation, saddo territory? Having said that, its her birthday next week and - as long as she doesn't sort a contract before then - I am DEF going to buy her some phone credit as a present. Melodramatic maybe, but my life right now really would be zero without A.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Fri, 14 Mar 2008

10:45 PM

(no subject)

Felt very rough this morning and really struggled with every stage of getting up and out! I suppose it may have been one too many drinks last night but I didn't have any more than any other week. I think maybe the late hour I've been going to sleep caught up with me too as I felt utterly tired and drained. Seems I wasn't the only one, A took the day off sick today and treated herself to a morning in her "snuggly pit". Bless. That didn't stop her giving me some grief later - I had an e-mail from E asking if I was going to the betting shop to put a bet on the Gold Cup and if I was could I do one for her. I wasn't but I did, its no big deal (the horse wasn't placed). Apparently this was a cheek and I shouldn't have entertained the idea. Consensus was - Y chipped in to - she was taking the piss, but hey, I might be a soft touch but it was no skin off my nose and I do know where the line is between help and advantage. I know they mean well but I wish sometimes they'd accept thats how I am. I could never hate someone because they stopped loving me. And if the person wants a favour then fine, I wouldn't have said no 6 weeks ago so would should I now?

Did a food shop tonight. A true singleton way to spend a Friday night! A weird experience in some ways, I think its fair to say that for the past 5 years I'd simply pushed the trolley while it was filled with little regard or opinion to what went in it. Tonight I found myself almost planning meals, if I was going to buy a curry sauce, I'd better buy some chicken too. That kind of thing! Even bought all the bits to make a big pot of chilli, which was yummy, even if it may not have been the best choice for someone who had spent the morning squirting liquid out of every orifice.

And so to bed. I said I'd watch JR's football match at 10.30, but I dont intend being up much before that!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sun, 16 Mar 2008

12:20 AM

(no subject)

Not a lot going on today. Watched JR play football. He scored but they lost. Was meant to go to J's today to watch rugby but she hadn't mentioned it since mid-week and I felt tired anyway so I just crashed on the sofa all day watching. Y from work came round tonight. Shouldn't go into too much detail but she's having a bad time of things right now and I invited her to come "hang out" - chat, watch some crap TV. God forbid that I should be a useful friendly shoulder, but she went away in a better state than she arrived, so that's good. I do feel for her though, it's easy to say "life gets better" but A. it's hard to see that when you are feeling everything is pointless right now and B. It doesn't!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

11:20 PM

(no subject)

Didn't get up until nearly 12. Well why bother? Might have felt differently if it hadn't been freezing and raining out. E popped over today. I told her about Y last night and she asked if I wanted to talk about it. In what way? So I said "sure, pop over", so she did. Was okay, chatted about stuff for a while, nothing exciting. Told her about Y, but it was weird discussing that, I mean coz of E I'm in a similar emotional state to Y. Maybe that's why E was so concerned? She asked if I wanted to come back for a coffee and cake, said her mum said I was very welcome. Wanted to, but decided not to. Felt sort of awkward about going there. I knew that if I went, I'd be upset when I left. Giving her a lift to work tomorrow as her car has to go to the garage. I won't mention it to A or Y, not worth the grief!

Security: Public

Location: Not Specified

Mood: Okay

Music:

Mon, 17 Mar 2008

11:17 PM

(no subject)

Not too bad a day today. Had my yearly review and got some praise and a decent enough pay rise. I picked E up from the garage this morning and dropped her at her work before taking my car to the garage in town. She was v grateful, said she owes me a curry. I didn't mention any of it to those who would frown! Talking of which, it's A's birthday tomorrow. I'd already bought her a card but on my way to work from the garage, I popped into Tesco and bought a sweet little pot full of miniature daffodils. Dropped it round there tonight and had a cuppa. Which was nice. Of course. Went town tonight, just P and M out. Played a couple of games of snooker and that was about it. Have to take my car back to the garage tomorrow as they couldn't do it all in one day. Hmmm.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 18 Mar 2008

11:14 PM

(no subject)

Reasonable day at work, swapped lots of e-mails with A. She seemed to be having a good b'day. E-mailed J early on but had no reply. Meant to text her tonight to check that she was just busy and there was nothing up - but I didn't get round to doing it!

The garage finished my car - 192 quid lighter. Bit steeper than I had hoped for but it least it runs smoothly now. They mended the water leak and changed the - very noisy - wheel bearing.

Went swimming, but really struggled. After last weeks 46, I hoped to push on towards 50, but right from the first length that was never going to happen. Felt so weak and legs so leaden that I could only do 4's and 6's. Without being overly-graphic, I've been to the toilet 4 times since I got home, so maybe I have an illness coming on. Be just my luck to be poorly with a long holiday weekend coming up!

Text from A after swimming, she said "I wish I was as nice as you think I am....". It's got me a bit perplexed, a simple throwaway comment or is there something more sinister to it? she wouldn't have done something I'd disapprove of and hasn't told me, would she?

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 19 Mar 2008

11:07 PM

(no subject)

Dam dam. Lost skittles cup quarter final tonight and to a team in the division below. I know its only a game but I'm still gutted! Was close all game and we lost narrowly but even so... why does it feel worse to lose a game you expect to win? Let's be philosophical, its still work tomorrow win or lose. Talking of which its the last day before 4 days off. Lovely Easter.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 20 Mar 2008

10:16 PM

(no subject)

The Easter break couldn't have come sooner. K irritated me to distraction again and I finally snapped and shouted at her. She is so annoying, but the worst part is she really doesn't know how bad she is!

Came home with a sore throat and was asleep on the sofa by 9 (although I am obviously back awake now) Not that I want a sore throat/cold etc but after how weak I felt at swimming on Tuesday its almost a relief for illness to finally show itself. Of course its a pain that it should be on the evening of 4 days off work.

No real plan for the weekend, said I'd go and see J tomorrow and I invited Y to come over again on Saturday if she

was at a loose end, although not under the same circumstances as last week. Think E might visit at some point too.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Sat, 22 Mar 2008

12:53 AM

(no subject)

Good Friday. And any Friday which is a day off work is good by me! Got up late, had a terrible nights sleep with my sore throat which meant it hurt to swallow and I kept waking up coughing.

E called this morning. Had some easter eggs for the boys, so would I go with her to deliver. So i did, not that spoke to me much. God forbid that another ex is going to hang on to my family!

Went to see J this afternoon. Was meant to be a pop in but ended up being there until nearly 7 which was nice.

Everyone ok over there. Told her all about latest stuff, about E and Y and A. She must think I like a confusing life! Maybe I do.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

6:53 PM

(no subject)

Got up late today, well why not. Throat still sore but better than it was. And apart from a trip to the shop, didn't do a lot. Had a text from A this afternoon that she was having a clothes clear out and was shocked/distressed how items from just a few years ago were too small. I guess she knew I'd made a complimentary comment, so I didn't disappoint her. I remember years ago a checked pair of trousers she used to wear to work. One of my earliest memory! I said don't bin them, they can go in my museum - they changed my life! She said they went years ago! Silly though it might sound, it can be rightly said that they really did change my life. I can distinctly recall first noticing her in those trousers... and the rest is history as they say!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Mon, 24 Mar 2008

12:11 AM

(no subject)

A's right of course. She's always right and as much as I think she's mistaken or has an ulterior motive sometimes, her opinion is usually about spot on. What am I talking about? A nice day at the R's, lunch, amusement from the kids, TV etc. E came there to do some stuff on puter. And one of the things? Checking e-mail on facebook, including one - well she was sitting by me how could I not see? - from an ex from a few years ago with the subject heading Single. Looked like it had gone back and forward a few times too. I couldn't read the words, in fact, I turned my head and gazed out of

the window, focusing on something in the distance, trying not to blink, but I suppose it was something along the lines of "yea I am again, thank God. He wasn't you, etc..." I should change tack here, because I don't know for a fact what the context was and sitting here beating myself up about it has to be a bad thing, but even so... grrr. I wish I could do all the things A says, wish I could toughen up and just say "You left, fuck you". Maybe one day.

Security: Public
Location: Not Specified
Mood: Morose
Music:

10:34 PM

(no subject)

Can you have too many memories in your head? The weather was horrible today, really cold and a few spits of rain every now and again, but by about 2.30 I felt like a caged animal so decided to drive to R and have a walk about and visit my dad while there. I walked across the common where S and I once had a meeting. Nothing much seemed to have changed so that was weird. I walked through the church yard and saw quite a few names I remembered, including P's grandad. I remember him dying - and what I was up to at the time. Not literally at the moment but that month/year (April 95). Incredible that its been almost 13 years. After I walked round the block of the village, which is a 2 mile loop. Again, many things seemed the same but some had changed. When you walk, it gives you lots of time to think and I reminisced big time. Almost every step, every house I could remember something or someone from years ago. Lots of memories. Its a bit of a paradox really, going 'home' is supposed to be a good thing, but so many of the thoughts made me, maybe not sad exactly but melancholic. But my dad seemed okay.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Tue, 25 Mar 2008

11:49 PM

(no subject)

Hard getting up this morning after 4 lie-ins. Was okayish once there. Had a stream of e-mails from E, was very chatty. Only small talk but you know, pleasant enough. Swimming tonight. After last weeks struggle, I pushed my total out to 54, including a 14! Furthest I've ever swum without stopping and in total - 350m and 1350m if we're counting. And we are counting because I set a target 6-7 weeks ago to do a mile before the end of April. So I've got to increase by just ten now and I have 4 swims to do it in. Tonight was tough but with plenty of effort and determination I might just manage it!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Wed, 26 Mar 2008

11:24 PM

(no subject)

Naff day at work, Y was sour faced and snappy, which I thought charming after all the shoulder I have given her recently. Went into town at lunchtime and felt so shitty that when I saw my dad in the distance I couldn't be bothered to call across to him and speak and he didn't see me. I told A about it when I got back to work and asked "How horrible a person am I?" and what did she say? "You don't have to speak if you don't want to..." I said "But I should want to!" Sometimes her refusal to see any bad in me grates! Skittles tonight, we won comfortably to secure a quarter final spot. Makes up a bit for last weeks poor result. I played back 4, played ok, had a spare early on when the game was still tight.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Fri, 28 Mar 2008

12:07 AM

(no subject)

Thinking today about regrets. Could I list my top 5? But then how do you categorise a regret? How do you distinguish between a "should have done" and "wish I had" and even "I shouldn't have..". I think in this context, the regrets have to be "shouldn't have done's" - so how about, 1. shouldn't have ignored my mums problems. Could I have saved her life? 2. Shouldn't have neglected school work when 16, 17, 18. 3. Shouldn't have stayed at G4 all those years. 4. I shouldn't have married C when I did. I don't think I can look back and say I shouldn't have, coz I'm sure I loved her etc etc just why rush to get married at 24 and 21. Bit silly that. 5. I shouldn't have got involved with K, i.e. cheated on P. Not just from the purely "that was morally wrong" angle, but from the "it was a silly thing to do" perspective. I'm not even saying P was The One, maybe she was, but she was the easist one, the one I coulda/shoulda. And to blow that was a big mistake. But then if she wasn't IT, then who was? S thinks she is, I dunno, I don't think so, not really. Can someone who never really was be considered? Hmmm... A thought for another day. So, all these 5 have made me what I am today and changing them would have changed a lot I think. But that's life!

But to more mundane matters, car back at garage today to re-mend my water leak. thankfully it was a simple plug and they didn't charge me.

Skittles tonight and we got whopped ten nil against the YM's. Bad for the team but at least I shone again. 65 for the second consecutive game and 2nd highest score on the team. Just as well we were getting thrashed as once again the 'who plays' shennanigans overshadowed the game. A lot to talk about at this years AGM it seems! Had a couple of texts from J while at skittles, first asked if I was dead! Bit odd seeing as how we don't usually chat in the evenings! Friday tomorrow, thank God. Tired and in need of a few days rest. But then I say this every night and that doesn't stop me sitting here looking at this screen until after midnight day after day!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

11:07 PM

(no subject)

My bad throat from last week suddenly came to something, woke up to a cold and felt worse and worse as the day went on. Which made Friday with the irritating one and the fruitcakey one even more fun!

JR's birthday tomorrow so we all went to the pub for something to eat tonight and S paid which was jolly decent. Brought my watery eyes and runny nose back home again as soon as I could. A weekend staying in the warm looks on the cards!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Sun, 30 Mar 2008

12:14 AM

(no subject)

JRs birthday today, I couldn't get out of bed too early tho as my stinking cold wouldn't let me. Went round for cake etc at lunchtime and everyone already there, including E and P! E chatted of course, but P didn't give so much as an hello. Not sure what I expected really. Should she speak? Is there any reason why she shouldn't be there? Is it just me being overly sensitive?

Tonight we went bowling and for a carvery meal. Great big plate of meat and veg, yummy!

Seeing as how its almost April and the clocks go forward tonight, the weather was awful today, rained almost non-stop and was cold and grey. Rol on summer

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

9:53 PM

(no subject)

Went to watch J and C's son play in his rugby county cup quarter final today, but sadly they gave away a soft, intercepted late try to lose 19-16. The game was fairly evenly matched but they did enough to win and were expected to before the start. Guess I was a bit of a jinx! At least the weather was good after yesterday, clear and sunny (alho not exactly back hot). We had a couple of drinks in the club house afterwards which was nice.

It was so pleasant that after I got home I went for a stroll, only about 3.5 miles but good to get some fresh air and exercise.

Didn't do much else the rest of the day, some ironing in front of Gavin and Stacey on the TV was about the highlight.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Tue, 1 Apr 2008

12:11 AM

(no subject)

Rock n roll: what a difference 5 days makes in the world of skittles. Another cup quarter final tonight, this time against good opposition in the front pin cup and we kicked some serious arse. Well we won by 27, not huge but we were never behind. I had 54, a pretty good score.

Cold just about gone, not that it made work any more enjoyable.

A has the day off tomorrow, so that'll be dull for me.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

10:35 PM

(no subject)

Stocktaking at work today. Always boring but it went surprisingly okay, apart from the fact that just like last year I was the only office person deemed worthy to take part! I get bored and dirty while they sit there filing their nails! Only good thing about it all was that A had the day off which meant that rather than her be at her computer screen and me not, we were both able to have our mobiles to hand so I received a handful of texts from her to keep me going.

Worked about 45 mins extra and then went to the pub as a few of the other guys were. Never say no to a bought pint I say!

Didn't get home until after 7 and rushed some tea quickly before going swimming. But like 2 weeks ago I struggled. I did 40 lengths in total which 10 weeks ago I wouldn't have got anywhere near but still a bit disappointing after last weeks 54. I think the secret is that even if I don't feeling particularly up for it, I must make sure I go and put the effort in, clearly a hard 40 is better than sitting here!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 2 Apr 2008

10:39 PM

(no subject)

Quiet day, stock check just about all done.

E came round tonight, the plan was to have a takeaway curry and catch up on some progs I'd recorded for her. Went mostly to plan except she left at about 8.40 as like me she has a snotty cold and wanted to get an early (ok very early!) night. Still, was nice to see her and she did buy the curry. she also brought me some cakes and eggs from her mum. Bless her. I should ring and say thanks and hello but I still feel, dunno, awkward? Felt weird having E sitting on sofa next to me, felt unnatural. She's been gone 8 weeks and although I feel like I miss her, I'm still not sure if its actually her I miss or just someone being there...

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 3 Apr 2008

11:48 PM

(no subject)

Not much going on today. A dull working day after the excitement of stock checking! A was a bit snotty coz I didn't text her while E was here last night. Of course I didn't say it was coz E was here coz then she'd have given me grief about that! So instead I had to let her think I couldn't be bothered or something. Really, as if. She should know by now that speaking with her is often the only thing that gets me through the day. She does know that doesn't she? Well she bliming should do! I do tell her!

Skittles tonight, yet again. We lost by one sodding pin and I had only 53, ny lowest for a while. Oh well, we only really care about the cup this season now.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Fri, 4 Apr 2008

10:59 PM

(no subject)

We all got taken out for lunch from work today. Lovely hot buffet at the house in the tree. I ate sooo much! And then we had pudding. I was well stuffed. as I said in an afternoon e-mail tp E, it was like the day in Reno when we went to an all you can eat and felt sooo bloated after!

Had a lovely treat tonight, A popped by to pick up a couple of things and brought her E with. She is so cute and sweet and such a bundle of energy, scampering all over the place and clambering all over me! In fact she must be special to manage to distract my attention away from A!!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sat, 5 Apr 2008

11:33 PM

(no subject)

Quiet day today, got up very late and potted about. Biked into town late afternoon with P and P to watch the Glos rugby game at the YM. They lost 16-3. Weren't the best team and hard to argue with losing - but they had the chances to win and just didn't take them. Went to Wheatpieces after for something to eat.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sun, 6 Apr 2008

10:02 PM

(no subject)

Uneventful day. Got up very late and did some houseworks. Later drove to Evesham, trying to get a fireplace back board things. Typically they had loads in Homebase in Cheltenham yesterday but none in Evesham! After, I had a nice long Costa mocha and read my book before walking along the river front, both sides, for a couple of miles. Spent rest

of evening sitting in front of TV, good move as we had another little snow flurry!

Another full week of work coming up..

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 7 Apr 2008

11:11 PM

(no subject)

Uneventful day. Went to Homebase at lunchtime and finally bought my fire backing board thing. Also bought a nice dragon tree. Was a bargain and looks really cool in place of the fire.

Went town and the YM tonight and played snooker. Only P and T out.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 8 Apr 2008

10:25 PM

(no subject)

Know that old saying "if a tree falls in the forest and no one is there to hear it, does it really make a sound...?"? Well I managed 65 lengths at swimming tonight. So that's the mile done. And although P came swimming (in his own car due to a mix up) he had got out, got changed and gone before I got out, so even he wasn't there to tell. So, to make my point: If you swim a mile but you have no one to share the news with, did you really do it? Anyway, I did and I text E to tell her and she replied Nice one. Which was instant if not exactly lengthy! Funny how little things make you miss people. I wish she had been here when I got home so I could have boasted of my little achievement and accept her praise in return. But all I got was a two word text and a cold empty house. that's how life is now. But hey ho, I'm proud of my little achievement, a mile may not be immensely athletic but I bet not many people can do it. anyway enough about swimming. I also saw E at lunchtime. We are doing the quiz together on Saturday and as her wrk is quiet with it being school holidays she invited me over at lunchtime for a chat and a "tactic talk" about the quiz. Was very pleasant actually, we had a catch-up with news and a bitch and a laugh. It's nice to be able to get on. Wonder how long we will do this for? Until one of us - well she - gets a new partner I guess! And with that sobering though, its time for bed, my legs ache!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 9 Apr 2008

10:33 PM

(no subject)

Felt tired all day today, maybe it was that non heard swimming mile yesterday!

Apart from that, bit of a nothing day today, work fairly dull and uneventful. Although one thing, we all got on well for a change, even had some jolly banter!

Tonight wasn't any more exciting, watched some TV and went and did some food shopping at Morissons.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 10 Apr 2008

7:32 PM

(no subject)

Something else to feel bad about: I had a bit of a tidy up in the living room, tidying up the junk beneath the coffee table and in the magazine rack. So thats general junk not items specifically of E's. Among the stuff were a couple of old Valentine's cards from me to her, I put them in the "throw out" pile. Didn't really think twice about it, I definitely didn't do it out of any sense of malice or bitterness. anyway, I mentioned it to E today and she wasn't happy about it. I said sorry and I would fish them out when I got home - only the bin gets emptied today so they've gone. I text her to tell her and say sorry and she replied that she's quite upset she really would have wanted to keep them. Sure I could be harsh and say "well you shouldn't have left them" and maybe I could gloat a bit that she should want them. But I don't feel either of those things. I just feel very sad about it. i wish I hadn't thrown them away, I feel terrible about it. Pain pain pain is never a stranger to me.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sat, 12 Apr 2008

12:45 AM

(no subject)

Thank God its Friday. Dunno why, but its felt like a long tiring week. Only bad thing of course is that A goes on holiday for a week tomorrow. She asked today if her phone is likely to let her send a text from France. I hope so, I do miss her when she is RS as we call it.

Had skittles tonight. We lost. Was a dull night. Glad to be home knowing that I can stay up as late as I like and better still I can get up as late as I like! And I can assure you, I wont be getting up very early!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sun, 13 Apr 2008

11:21 PM

(no subject)

Didn't write an entry yesterday, naughty me!

But Saturday I got up late and went into town to watch the Glos game on TV in the Anchor. Cracking game it was too. Glos beat Saracens 39-15 with 6 good tries. Didn't overly enjoy the game tho as I dont know why because I again only had maybe 5 drinks on Friday night but I felt really rough as I sat there. So much so that not long after half time I went into the toilets and threw up! After the game I came home and went to bed and thankfully felt a bit better by 6ish when I had to go and see E as we were doing the BCC quiz together. It went well I thought. Hadn't seen her family and the other regulars for 2 months but a handful of people made welcoming comments, which was nice to hear. Today was fairly uneventful, got up just as late as yesterday - half my weekend spent in bed, not exactly living the high life is it! Went to R's this afternoon and stayed for dinner which was nice. Didn't do a lot else, left there at 7 and festered in front of the tv until bed time. Going in to work late tomorrow as I'm going to make another docs appointment about my rashes. Easy for them to say its "just" eczema but I have loads of it now and the itchiness of it is driving me crazy!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 14 Apr 2008

11:26 PM

(no subject)

Got up late today as tried to get a docs appointment about my rashes. Fat chance. Nothing until Weds morning. Quite a good day at work today, plenty to do but quiet as far as distractions and being bothered by the irritating people goes. Also with A away in France, J not working on Monday and E, well you know, I didn't have one "friendly" e-mail. That must be a first. One day wasn't too bad because as I said I was fairly busy but I def wouldn't want that scenario to be a permanent fact of life! Talking of e-mails I had a few scary one's from Y again. The way she says she feels sometimes and what she might do is v worrying. Like before, I tried to say the right things, but hey what do I know. She said she'd e-mail me some more to home tonight. But she hasn't.

Tonight went out and played snooker with P and P. M and T there briefly too. As above, was weird to be out all night with no texts to swap with A. She said she'd text from France if/when. And she offered I didn't ask. But altho it would be nice to hear from her - more than nice, every one I receive always brightens up that moment - I really don't expect to receive any. Hey its only 4 or 5 days and she's on a super holiday. She really shouldn't be sparing a thought for me.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 15 Apr 2008

10:55 PM

(no subject)

Reasonable day at work. Weather was odd, I sat outside on a wall at lunchtime and read my book, a hot sun on my face. But from mid-afternoon onwards it poured with rain. Spoke with P yesterday and as I am going to give swimming a miss for a few weeks due to my scabbiness (I have to think that cacky chemical water isn't helping) I asked him if he wants to sell his old racing bike. He wanted 100 quid which is ok. Actually he said 85 but I said I'd give him 100 if he maintains it for a year - like a years warranty. Meant it mostly as a joke but he said ok then, deal.

That's ok tho, its a decent bike so I'm happy to pay a hundred. Anyway, the reason I mention this here is because at lunchtime with the sun shining I thought ooh I could go and do a few miles tonight. But it rained. And Paul hasn't put the wheels back on it yet anyway!

So instead tonight I potted a bit and then had a long bath watching Field of Dreams on here. The bit near the end where Terrance Mann does his "They will come Ray.." bit, I had tears streaming down my face. Apart from that fact that it is sad, I remember P and I were watching it at theirs the night E and I started going out. When she text me at 11 pm with that immortal text: "I don't want to be on my own tonight. Can I spend it with you?" And she did. And continued to do so nearly for the next 5 years. So the thought of that made me sad too. See this is one of those break-up things I can never fathom out. I mean when you have a happy shared experience or memory, what do you do with it when you split up? Its hard to keep it as a happy memory, because it always brings thoughts flooding back. And what used to be a "Ooh it was great when we..." suddenly becomes a "thinking about that only brings me pain now". Biggest example is USA 2006. Without doubt it was the trip of a lifetime, but looking at the pics is painful. The cliché is that time heals the/those wounds but then that takes the edge, the gloss of the things, it doesn't become a happy memory again, it just becomes something that happened in a previous life. In a way I thought watching it tonight would exorcise a ghost. Particularly after Saurday's succesful quiz I've felt quite strong, you know emotionally. I joked with J last week to not be surprised if she got one of my infamous texts late on Saturday, but she didn't coz I was fine.

Talking of texts. Nothing from A today and I also e-mailed E at work but had no reply. As its half term I would imagine she has taken a few days off. Sad not to hear a thing from either of them for two days tho. And weirdly unusual. Unique in the past 5 years probably!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 16 Apr 2008

10:34 PM

(no subject)

Not much to report today - and I'm not going to say much anyway coz my power lead is bugged. I've bought a new one on e-bay (38 quid!) but until I get it, I have about an hours worth of battery left!

Went docs this morning, not a lot of point really, just said not going swimming is a good idea and prescbed me some stronger cream. Its steroid based again and apparently steroid creams thin your skin if you over use them. So thats a bit worrying. Swapped a few e-mails with E today, she's had a few days off, still nothing from A tho. Hopefully thats coz she's having a really good holiday. To be fair, I think she would have sent a text or 2 if she could, so probably has no signal etc. Still back Friday, so thats good.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Fri, 18 Apr 2008

12:12 AM

(no subject)

Another dull, eventful day. Still nothing from A, but I did have a facebook poke from S. I poked back, but if she is able to do that, why not drop me a text? She can easily say "dont reply at x o'clock etc". Oh well.

Met E at lunchtime, had a coffee at Starbies. All seemed a bit rushed. I suppose it was good to see her, to catch up but I dunno, after this long its probably time to start easing off, you know moving on maybe...

Skittles tonight, last game of regular season, we won 8-2, I was dropped, bah!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sat, 19 Apr 2008

12:40 AM

(no subject)

Friday, hooray. S-A had the afternoon off and altho it seemed that K, Y and I didn't do much, it still dragged terribly.

But at least A was back today. Finally had a text from her at 7 ish. Sounds like they had a fantastic time.

Skittles cup semi tonight v's Cosmos. Sadly, it was over almost as soon as it began. Our first 3 were awful and were 59 down at one point! We pulled a little respectability out of it - well we lost by 51 still, but you could argue the last 3/4 of the game were fairly even! I had 46, 3rd highest score so happy with that.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

10:20 PM

(no subject)

Had a disturbing Bebo e-mail from Y this morning. The fact that it was long, rambling and error strewn only increased its impact. In short she was really unhappy and suggested all sorts of bad thoughts. The nearest thing I've ever seen to a suicide note! Once again I replied the best I could, but what do I know, what can I say to make things better. The other month when she was saying similar things, A said I shouldn't get involved, but how can you stand by when someone is as desperately unhappy as they seem to be? Anyway, I had more late afternoon so it seems that at least she is still alive!

Took E's bike to her house today. She is away for the weekend - I knew she was - but her mum was there so I had a cup of coffee with her which was nice. A very good person is E's mother.

Did sod all the rest of the day and evening, popped to the shops on the way home and settled into listen to the rugby on the radio - and promptly fell asleep about half way thru the game! Of course, now its 10.20 and I'm feeling fully awake!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sun, 20 Apr 2008

10:57 PM

(no subject)

Did my dum-ass petrol trick again today - that is managed to run out on the motorway on the way to Cheltenham! Car started to judder about a mile from the exit and slowed and slowed until I had to pull on to the hard shoulder and coast to a halt. Before i gave up i turned the car over half a dozen times and miraculously it finally went. Not only that but I got enough petrol fumes to get me all the way to Sainsburys! Phew! Not sure why I bothered, I wandered round the town with all sorts of ideas and good intentions of things to spend money on but the only thing I bought was a MacDonalds! My main reason for leaving the house was to indulge in a Starbucks with my book, but I didn't even do that. The queue was quite long for starters and I was overcome with that thought I often get when about to join the end - two and a half quid for a cup of coffee? Lets have one at home for a few pence. so home I went!

My dad called me on my mobile while I was in town. Invited me out to a quiz with him and H on Friday. Was I free? Did I fancy it? Thought he was about to invite me to something really exciting for my birthday, but I guess not! Still, I said yes as I dont have anything better to do and I do like a quiz. Popped to S and R's late afternoon. Everyone ok. Tonight P and I went and had a game of snooker, which beats sitting around in front of the TV.

Didnt hear from Y but I'm sure she is ok as her Bebo page has changed so she's still out there safe and well! Heard from A a couple of times which is always a bonus on a Sunday. One reason to look forward to going back to work tomorrow, to hear how her week away went. I have def missed her. E has left and S vanished, I really couldn't bear to lose A.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 21 Apr 2008

11:41 PM

(no subject)

A dreary day at work. I think its going to dag as I'm a countdown to my birthday, but then heavens knows why. Thinking about it this afternoon started to really depress me. Of course I dont want to work on my birthday, but it being a Sunday I have a feeling I could quite easily spend it alone and without speaking to anyone and that is a sad thought. I'm certain I could invite myself places and I'm sure people will be available to speak with but the closer I get to Sunday I think about E and A and S and even J. I'll be gutted if I dont hear from any or all of them. In fact knowing how I am, I will build so much pressure on how important it is to me to speak with those people on the day, that it will blow out of all proportion and lead God knows where. A, S and J have their own worlds to worry about but I have to believe that on my birthday I'll be worth at least a 30 second, 10 p thought. Wont I? I'm sure I'll hear from E, but again I'll be really upset if I dont. And this thoughts are swirling round in my head with 5 days to go...

Went to town tonight and played snooker with P and P. I won the first game only. Was ok, bit of a laugh.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 22 Apr 2008

9:27 PM

(no subject)

E came over for a couple of hours tonight, brought a few dvds back she'd borrowed and watched some tv with me. It was nice and v comfortable, no awkwardness. She even wore my slippers without asking, which I thought was very um... comfortable. Bit sad now she's gone though. I know we were over, gone as far as we were going to and all that but even so, her not being here has left a huge hole in my life and I do still miss her. I've just text her and said nice to see her etc. Said that I'm sure we'll go to the pub on Saturday for my birthday and she is welcome to come if free. Wonder how she will reply.

Not much else to report apart from this. Weather was nice today. I read out in the sun at lunchtime again and tonight, in the brief time I had between dinner and E's arrival I went for a walk up the level crossing lane. Lovely evening, loads of lambs out there still.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Wed, 23 Apr 2008

11:31 PM

(no subject)

Well I got one of the girlie answers - J had forgotten it was my birthday this week. She e-mailed about watching some rugby on Sunday and when I replied that I could think of worse things to do on my birthday, she was like, Its your b'day Sunday?!!! I forgot! I didn't make her feel bad tho - whats the point.

Nice day weather wise again. Tonight I drove to town, took a long walk across the ham and sat and read my book on a bench by the weir, evening sun on my face. Very pleasant, I'm def going to make a habit of doing that this spring/summer. I phoned my dad on the mobile as i walked across the ham. Fantastic stuff modern technology, to be standing in a 100's of acre field and chat by phone... who'd have thought it just 15 years ago. After I had a pint in the Plough, picked up a chinese and came home in time for The Apprentice. And E initiated a chatty text exchange while the prog was on. A pretty good evening all round then. On the downside, A must be having - lets be very un pc and male here - a "week off", any e-mails at work were short and monosyllabic. That really bugs me, sure we are supposed to be working but it doesn't take long to answer things properly. Its irritating and very difficult to hold a conversation with someone who doesn't give you anything to go on. And I received no texts this afternoon or evening. I sent one at 7 ish and no reply. Maybe she's just busy, at work and home, but she usually always replies. She said she's got me a card, proof of the pudding will be if it arrives by post or if she makes a personal visit. She knows I would love a personal visit but then she is very much a Mrs Bucket and will perceive that sending it by post is the proper thing to do. Still.

Ever think i think too much?!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Fri, 25 Apr 2008

12:40 AM

(no subject)

Thursday. The weekend is zooming near and so is my birthday. Two of the 'usual suspects' came out of the woodwork today. In fact you could say all 4. Most prominent was S. Had a text saying sorry how she had had to vanish, blah blah.

I gave her stick of course! She asked about b'day plans and promised to text again very soon... Late afternoon i finally got texts from A. It was like a blocked dam. Once she started chatting, I received loads. Been real busy and stressed it seems. Well how dare she this close to my bday! They are the two usual suspects, but to round the day off I had e-mails from J and a text later this evening from E. So there you go, communication from the big 4, the only 4, the 4 who control my life, whether they realise it or not. So they all spoke today but Sunday is the big test!

Skittles AGM tonight. It went pretty well. No major issues or squabbles anywhere. Any of the points we believed were contentious were discussed and resolved. Hooray! I captain next year. Should be ok. Interesting maybe, but ok.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sat, 26 Apr 2008

10:05 AM

(no subject)

10 hours writing up Fridays entry - oops. Very quiet day at work, all bosses and PITA people missing, even Y had the afternoon off. Went out with D and H tonight to a quiz at the golf place where H works on weekends. Was a reasonably pleasant evening, we were joint first at half way but faded in the second half and only managed 4th. Always nice to win but it didn't matter that much. Bit scary in the car, they both drive like old people, which I suppose in D's case he is. All slow when should be fast and fast when should be slow! Nice of them to take me out though and I did provide some decent answers so not in vain.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

2:48 PM

(no subject)

Well thats one down, um 3 ish to go. Had a visit from A and E - or the JM as we call her, Jaffa Monster! And they brought a card and a double pack of said jaffa's. Not that I got a look in, that girl could scoff jaffa's for England. But she is so cute and affectionate and she is the spit of her mother. Its really disconcerting when she clambers across me, hugs me, kisses my cheek and then looks into my eyes with those huge but miniature versions of her mothers lovely eyes.

Sunny day today, so after they had gone I went into town and then had lunch in the garden. The world is such a better place when the sun shines.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

11:19 PM

(no subject)

Went for a bike ride with P late this afternoon and it was hard work. We did 'only' 23 miles but went up near Prescott and there were some steep hills! And the warm sun didn't help.

Tonight we all went to The Ketch and had a carvery meal. Was yum. E came too. She picked me up and brought me a present which was very kind and a bit unexpected. Got back home later this evening with presents from S's lot and put them with the present from E and the 11 cards I have received and started to feel a bit glum. I'm going to wake up tomorrow and its my birthday and its lovely to have cards and presents but there will be no one here to share the moment with. I probably shouldn't have but I sent E a text and told her that I'd miss her in the morning

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 28 Apr 2008

12:13 AM

(no subject)

So that's my birthday done for another year then. And all things being equal, it wasn't a bad one really. I got up about 9.30ish, opened my presents, from S's lot and E plus money from D and H, my nan, aunty P and v unexpectantly, a 25 pound voucher from E's mum (and dad) V naughty! I called her this afternoon and told her off! I said that come the next event at B she better make sure I am on the helping roster! Went over to Glos this morning and watched M's rugby with J and C, followed by a drink in the rugby club and a coffee back at theirs. Was a very pleasant few hours. It was meant to rain today but it was so warm at the rugby that I ended up with a red face and neck!

Saw E again today as she left her car here last night and came to collect it this afternoon. We seem to be getting on very well which after nearly 3 months is all a bit weird really. In fact - doing a stato count up, counting from the day we broke up until my birthday (today!) is the same number of days we spent travelling in the US in 2006..

Had dinner and a few hours at S's before going for a few games of snooker with P and P tonight. I didn't win any games but we had a few beers and a nice time. Came to bed at 11 ish and watched the clock tick over past 12 before I wrote this. So, as I started, thats my birthday over for another year, and it was pretty good really. I saw and spent time with all the people that matter and thats about the best you can hope for at 43!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

10:30 PM

(no subject)

Bit of a nothing day after all the excitement and comings and goings of the weekend. Work was dull, I bought cakes as its the expected thing. Rained heavily this afternoon but by 6 it had brightened up so I had a 2 mile stroll to the end of the 'level crossing road' and back. Stayed in in front of the TV tonight, watched Angels beat Detroit 6-2 in the baseball I recorded last night. A good result for the Angels, to round off my birthday nicely! I even did some ironing while watching it.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 29 Apr 2008

11:26 PM

(no subject)

Absolutely nothing to report as the down slope from my birthday continues. Had a few e-mails from A, E and J but not much, certainly nowhere near enough to keep boredom away! Poured with rain this afternoon and evening so spent the night fannying about here and in front of this. Made an E photo slideshow set to music. All her/our greatest moments. I'd like to burn it to DVD and give it to her but I wouldn't want her to take it the wrong way, it might make her sad and I dunno sort of resentful. She did say weeks and weeks ago that she'd like to copy off here all the good photo's, so maybe it would prompt her to do so. Clearly I am very different to her but I'd definitely want all the photo's from the last 5 years.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 30 Apr 2008

11:14 PM

(no subject)

Lots of rain again today. Dull day at work but last day tomorrow until Tuesday. Popped to R's tonight and that was about it.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Fri, 2 May 2008

12:52 AM

(no subject)

A long day at work but then thats usually the case when one is about to start four days off. Which I am. Hooray! K was a pain today, p'd Y off big time, don't envy her with her tomorrow.

Went to Upton to give blood tonight. That came round quick, the last time was February 4th - the day after E left me. She went that time but was advised not to give again for a while as for the second time in a row she felt dodgy afterwards. Not that I would have asked her tonight. She is coming out with me and S and P on sunday night and I dont want to feel like I'm over-inviting her!

The evening was lovely in Upton, sky had totally cleared and a warm spring sun shone out of a blue sky. I had a little stroll along the front after blood and if there is a better place in the world than Upton on sunny evening then i have certainly never been there. I text A to tell her but her life isn't intertwined with mine so she wouldn't get it. I said to her that I love this town, especially on evenings like this and that my soul will live here for ever. it wil. Went to P's tonight as S went out. We drank some beer and ended up watching Fiels of Dreams. We both love that film. P had tears in his eyes more than once. He said he just finds it really emotional.

So, as above, a day off work for me tomorrow. I'm going to go to Evesham in the morning for a potter and then back to Tewks to meet my number one mother and daughter pairing for lunch. Looking forward to that of course.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Sat, 3 May 2008

7:02 AM

(no subject)

A day off work and a nice one it was too. I drove to Evesham, having a big fat breakfast at P's on the way. Then at Evesham I pottered about and had a Costa coffee, reading a book. Dashed back to Tewks at 1 and met A (and E) at Elm Lodge. Had a drink and some nibbles for a couple of hours, which was v pleasant of course. Back home by 3 and as the weather was pretty decent I decided to bike to my dads. Hard work but enjoyable. Tonight went out on bike again, with P and P. We went to the Star at Ashton which was a bit further than we thought, almost 10 miles. We had a pint there then stopped at Beckford Club, Yew Tree at Conderton and The Crown at Kemerton on the way back. Hardish work on the bike but a nice evening going to four different places and having a chat about stuff at the pubs. A good change from going to the YM and just playing snooker or watching sport. Spect my legs will ache in the morning!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

10:56 PM

(no subject)

A much quiete day. Didn't get up until after midday, couldn't be bothered! Rest of the day I did some housework, vacuuming and washing and went food shopping at Morrisons. A's car was in the car park but I couldn't see her inside. I text to ask where she was and she replied about 10 minutes later to say it was her car and she was now back home - not sure how I managed to miss her? Tonight went to Wheats with Reevies. Was ok, kids annoyed me a bit to be honest, getting a bit p'd off with their manners. I called J a little shit, which of course is wrong but as I said, the attitude he shows to me isn't acceptable. Among other things, I was talking and he told me to shut up. I'm not taking that from a 9 year, sorry. So after that I was back home by 8 and just sat watching crap tv.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Mon, 5 May 2008

12:47 AM

(no subject)

Sunday. Thought about getting my bike out but all day it either rained or threatened it. So instead I did some housework, including mopping the kitchen floor, woo hoo! And I had my highest ever Pac man score - 600 and something thousand. I cant remember exactly how much, does it matter? But the real highlight of the day - Glos won away at Wasps 25-17. A fantastic win and one that guarantees Glos a home play-off. Maybe this year?

Tonight, S and P, P and S and E and I went to the K. Head at Cleeve to see Boys band. Was pretty good, maybe not as good as last time, they started late and finished late and by then the pub seemed to be a bit full of 'all day drinkers', the atmos a bit 'aggressive'. Good fun tho, nice to go out with E, but again things felt a little awkward. Perhaps they always will. And should they? Bottom line we've be finished 3 months so should we be going out to events as if we're a couple? Everytime we plan something it seems like a good idea but when I get home I always have a sinking feeling that maybe it wasn't so clever. But until I have someone to take her place, someone to share these things with, someone who likes the things I do, what can I do?!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

10:46 PM

(no subject)

Another day off work. Weather was ok so I got the bike out again and biked to Cheltenham. I went the back lanes - Fiddington, Tredington, Hardwicke etc. Bought a bike lock in Aldi and a wrap in M and S and then came home again, this time via Swindon village and Cleeve. Took me 15 minutes longer to get home, I expect I was a bit slower but that route must be longer! Other than that excursion and exertion I did sod all today. Did some ironing while watching No Country for old men on dvd tonight. It won 4 Oscars but I wasn't overly impressed. Lots of suspense, gore and violence.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 6 May 2008

10:07 PM

(no subject)

Back at work and it went okay really. Struggled to get up after 4 lie-ines tho. All the big-wigs are away in Amsterdam this week so Y and I had to put up with K alone! She was a pain as usual! I was quite busy, had a bit to catch up on so that was good.

Lovely sunny day today so after I'd had some tea I went out on the bike again. I probably should have gone out before eating but I was hungry and I wanted to wait until it had cooled a little. I went over the level crossing, turned right, over the lights at the Queens Head, thru 7 bends, right at the end, off the main road at the second Tredington turn, thru Tred, Fiddington and back into Northway by the station. Took me just over 50 minutes so at my reckoning that will be about 15 miles, maybe a little less but even so thats about 70 miles I've done in 5 days! The best part of tonight's route was the narrow lanes from the main road down to Tredington. There are a couple of places where the view is straight across the valley to the Malverns. The sun was shining hazily and the hills were a dark silhouette and the orangey sunset sky. Fantastic. Yes cycling can be hard on the legs and bum as P would insist but when you have a backdrop like that to look at it makes everything worthwhile. Just for a few moments it felt great to be alive and nothing mattered. I don't think I'm going to be the next Lance Armstrong or even the next PR but I am definitely going to do be doing a lot more cycling this spring and summer. When I got home and sat outside with my book and a drink, I started having fantasies about cycling holidays or huge charity expeditions! At work I speak with people at two different places in Italy, one in Czech Republic, one in France, one in Holland etc...wouldn't some kind of marathon

jaunt around them all be great! Or maybe take a train between them all and cycle round their towns and have an evening drink and dinner with the folks before moving on.... is that a little more realistic? Probably not!

Just to bring me down to reality, Y called me at 9ish, for more "older brotherly advice" as she calls it. She has got wind that her dad may have something very bad wrong with him, what should she do? What do I know? What can I say? Of course I tried to sound sympathetic and offer decent advice, but I'm not sure what good I was. Maybe just being there to listen helps?

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Wed, 7 May 2008

10:57 PM

(no subject)

Another dull day at work and another hot day. Not much else to report there.

Tonight went to town with P and P to watch Ian in the skittles individuals. Unfortunately, he didn't really get going and failed to get through to the last 8, which was a shame as he got through to the last 16 as the top score. After we had a quick drink in the YM before biking home.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Thu, 8 May 2008

10:45 PM

(no subject)

Another v hot day today, but not in our super-cooled aircon office. Remember G4's red hot warehouse environment?! Nothing much to report on that front.

Went to see R's tonight as they are off to Florida tomorrow. Well they actually go on Saturday but are driving up to Manchester tomorrow to stay in a hotel near the airport over night. Felt quite sad walking away from their house after saying goodbyes to them all. I can often go the best part of a week without speaking to S and the boys, but now they are to be thousands of miles away for over a fortnight it made me feel very alone. Even if you don't speak to people for a few days its comforting to know that they are there at the end of the phone or just a few minutes away and now they're not its a bit scary!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Fri, 9 May 2008

5:39 PM

(no subject)

Friday already. Another warm day. Dull at work again with everyone still in Holland.

Had phone call from kids at 6ish, they were just heading off. Bless.

Tonight I went out on my bike again, another 15 ish miles. I still dont have a speedo computer to measure exactly but as it took me almost an hour and I was going a reasonable speed I think 15 miles is a fair guess.

Didn't hear much from A again today but did have a few texts tonight. She said she was going to the Canterbury with mothers from playgroup - and that includes C. She semi-mocked me by saying what should she say to her if she ended up sitting next to her. I replied, 'tell her "I know he married you, but he's loved me more and for longer"'. She replied that that wouldn't be a good idea. So I said why not? It was true - which it is. Longer and bigger, which part is in debate?

Partly due to how hot I was after biking but also coz the night was warm and muggy, I sat outside until 9 with the puter, listening to music and reading stuff. My al fresco evening was curtailed by loud thunder and lightening tho! Was in bed by 10.30, not sure why, seemed like a good idea at the time. And as tomorrow I'm going to the rugby with M and P and R, with all that entails plus maybe a trip to the BCC quiz, an early night maybe isn't a bad idea.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sat, 10 May 2008

11:42 PM

(no subject)

Went to the rugby with MB, PF and RL. Pretty good day out, had a few drinks and some lunch before the game. Also saw J & C outside the Jockey, outside the ground. As for the game - not a classically exciting game but Glos won 8-6 and their defence was fantastic.

Tonight I biked to the quiz at Bushley. Couldn't drive as had too many drinks in Gloucester. I ummed and ahed about going but thought why not, the quiz is only on once a month and its better to get out than stay home! I teamed with R and R and Tim T and we won by a mile. I was pretty useless, didn't know much. C offered to give me a lift home (as she would!) but I declined. Only took me 22 mins to get home (25 to get there). E wasn't there - she said she probably wouldn't be as she was going to some young farmers event all day.

Had a text from P to say they had arrived in Orlando safely, had left the airport and were cruising along the freeway in their "Big Chrysler" towards the hotel!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sun, 11 May 2008

9:11 PM

(no subject)

Sitting in the back garden. With me are the laptop of course, my book Dinner for two and some choc digestives. It's been a scorching hot day and even now at 8.55 I am still sitting in just t-shirt and shorts. The sky is totally clear except for a slither of moon high above in the fading light blue sky.

Now I've set the scene I must confess to having a bit of a wobble. Itunes is on shuffle and it selected Hey there Delilah

- the song we used to hear all the time last year in Kefalonia. I looked around at this garden, all the plants that E lovingly planted then abandoned, then I looked up at the moon and listened to the music and for a moment I was back in Kef, remembering looking at the moon there with E, walking along the sea front into Skala. I shed a tear. I miss her. So, contrast this story with another. 7 years ago today another relationship of mine ended. I suppose in some ways you couldn't call it a relationship and in other ways you could say its never ended! But either way, 7 years ago today was the day she decided not to continue on the path it was heading.

She text me at lunchtime saying hello and that she'd been to see BB last night. So I replied "oh yea, was it a secret?" It made me really angry. I don't really know why. I mean I don't have an issue with her...them..going to see it, I don't own the show but I never understand why she doesn't mention these things. I tell her everything. To me it either means I talk too much and must bore her with my lifes details or her sharing things with me isn't that important to her. As if I'm not the big, special friend I believe I am. And I'm not over reacting about one incident, she does this all the time. Why is her life such a secret? Whichever it is, and as I'm sure you can tell I clearly think its the second option, it does make me sad - and angry. She did reply that she'd been so busy she'd almost forgotten they had tickets but I didn't reply. Instead for about the millionth time in those seven years I spent all day thinking, this has to stop, when will I ever move on?!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 12 May 2008

11:48 PM

(no subject)

Yet another warm day and a dull one at work. Was tired at work as I didn't sleep very well as I had that nightmare I have every now and then. The one where I scream in my sleep trying to wake myself up. Of course for the past 5 years E has had the 'honour' of being there to gently shake me awake, but not this time. Took me a while to wake up and a good time to go back to sleep. I find the biggest part is wanting to. It makes me scared to close my eyes again.

So having said yesterday about playing cool with A, she e-mailed and asked if by any chance I was going into town and could get her a voucher. Of course I could. Which meant I 'had' to see her tonight. Stopped off on my way home for about 45 mintes, had a cup of coffee (I nearly typed 'nice cup of coffee' - A doesn't make a nice cup of coffee!) and sat in the garden and chatted. Only A and E home so that was nice. E said she hated me! but when I complaned she said she didn't really and she gave me a kiss when I left!

Went for a bike ride again after. Then I had tea then being a saddo I drove the car round my bike route to measure it - just over 13 miles. Not as far as I thought it was actually but it all helps. Would've gone to the YM as usual on a Monday but P is away and P was busy and I didn't hear anything from T or M.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 13 May 2008

10:33 PM

(no subject)

Y had the day off today so just me S-A and K...went ok tho, quite quickly actually for a Tuesday. Had a good stream of e-mails from A this morning and then after one from P from Florida, a few from E as we discussed what P had said. Tonight went quickly too. I bought a cycle computer from argos at lunch time and it took me about an hour to fit it! Then I went to S and P's to make sure all ok, water the plants etc. By the time I got back and had some food it was 8.30. Then had another flurry of texts from A. Seems its a good week this week! at the mo, I am sitting here copying my Blood Bros DVD for her. I've got over my strop about her going to see it at the weekend (well not telling me she was) and thought she might like a copy of it!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 14 May 2008

5:15 PM

(no subject)

A reasonable day. Weather still warm.

I went into town at lunchtime. Went into HMV and spotted Shirley Valentine dvd in the bargain racks so I bought it. After copying Blood Bros cd for A yesterday, I thought I'd give her a Willy Russell triple-pack as a little pressie. The third part being The Wrong Boy book I have upstairs. Sweet aren't I?!

Went out on the bike again tonight. Did a different route including a bit from Eckington half way up Bredon Hill. Gosh it was steep and hard work! I did 18 miles in total.

Not much after, tidied up kitchen and cleaned bathroom. As I have next week off work, I want to get all the crappy jobs done this week so every minute is my own next week to enjoy!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 15 May 2008

11:49 PM

(no subject)

A down day. Work went ok, helped by not getting there until 9.45 as I had the dentist - a 6 month check-up at the new NHS place in town, in and out in 5 minutes! But tonight I felt shit. Paced around the house thinking what to do.

Weather was too crap to go out on my bike. I considered going swimming but just couldn't get any enthusiasm. I fancied a curry but couldn't be arsed to go and fetch one! Didn't want to sit and watch TV and music on the puter depressed me more. In the end I drove to town with the intention of maybe getting a curry. But I parked outside the restaurant for about 5 minutes and didn't want to get out of the car. Finally I drove to Morrisons and bought the ingredients, deciding that I would cook myself a big pot of the stuff while watching The Bourne Identity on dvd on the laptop. But having started I noticed I didn't have any curry sauce! I was sure I had a jar, not sure when I ate that! So, Plan B went tits up too! Leaving me to have some cheese and biscuit and two bottles of beer while watching the dvd on TV. This kind of aimless bollocks sums up my life - and after tomorrow I have ten days of it to look forward to!

On the plus side - I phoned my nan today as she's 97! She seemed in real good spirits and my aunty V was there with her. Also S rang tonight from Florida, didn't say much, you never know what to say when holiday makers ring unannounced do you? Sounds like they are having a good time though. After, I swapped half a dozen texts with E

about S's phone call. I do miss being able to chat with E about..well...the little things.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Fri, 16 May 2008

11:26 PM

(no subject)

Last day of work for a while. It went ok and for well probably the 5th day this week, I had more e-mails from E than. A sent me the huge sum of 5 words and no texts this afternoon or evening. Clearly something is going on!
Weather crap again today but I still went out on y bike. Did 16 miles round Bredon, Kemerton, Beckford etc.
After that I just sat in front of tv with a big plate of home made curry and watched Last of the Mohicans. Not bad.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Sun, 18 May 2008

5:40 PM

(no subject)

Saturday: Went to Cribbs Causeway today! Seemed like a good idea at the time but I don't know what all the fuss is about. The actual shopping mall isn't much to write home about and the surrounding big retail stores are the same as around Chelts. Even so, I spent a small fortune. I bought an ipod for 129 pounds, spent 22 pounds in Halfords and 13 pounds in Smiths (10 of which was with a voucher mind). The ipod is really cool. It plays music and holds photos and even plays videos all on something as thin as a coaster. Incredible! On the way home I stopped into Gloucester and ended up having an all you can eat Chinese at Angel Chef (A's favourite place!) - only 5.50 before 5.30pm. I only had 40 minutes tho, so was bit of a rush really. I had a book with me so I quite fancied sitting there awhile - and filling my plate every time I grew hungry! I made sure I grabbed a handful of sweets before I left though, in true A style...only I couldn't give them to her like she used to give them to me because for the 3rd day I didn't have a single text from her. Not sure what's going on...

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

5:53 PM

(no subject)

Went to see my nan this morning. She seemed very well. Her usual self too, moaned about next doors garden, praised her own gardener etc! Was there a couple of hours only. Didn't feel too bad about not staying long though as she was expecting Veronica, Sharon and two of her kids. I waited to say hello to them then made a sharp exit!
Went to R's house after to watch the rugby - Glos lost 26-25 to Leicester in the play-offs semi. Guttled gutted gutted. Not much else to be said on that really!

Got back from R's at 6.30 so went out on my bike and did 18.2 hard miles. I'm ok on the flat and downhill obviously but going up hills is still a bit of a struggle!

Not a word from A again. Odd.

E is away this weekend, gone to Weston on a hen night!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Mon, 19 May 2008

11:25 PM

(no subject)

A pleasant day off work - well it has to be by definition I think! Got up 9 ish and went straight to J's. There from about 10 until 1.30 ish. Kids at school or playgroup so we were able to just sit and natter uninterrupted which was really nice. They are off to France on Friday. After I had a quick look in Aldi to see if they still had some cheap cycling gear (they didn't) and then came back to Tewks and sussed out the new Weatherspoons (was the Hope Pold Hotel). It was really quite snazzy in there. Lots of sofa's and quiet nooks and crannies. Had a drink and cheap lunch and managed to time my exit to bump into A on her way to collecting E, so I had a few minutes chat with her too. I gave her grief for not having spoken since Friday and she just kind of shrugged it off as her having done nothing and assumed I was busy. Strange girl. I text her after and said Are we still friends then? And she said something like, Oh yes, you are still stuck with me.

Did nothing tonight, couldn't interest any Monday boys in going out, so I popped to S's to make sure all ok and went to Mors and bought a few things. Watched Flightplan on puter as J said they had watched it recently. It was ok, a bit implausible really.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 20 May 2008

11:07 PM

(no subject)

Woke up at 9ish to the phone ringing. Dashed down to answer and it was my dad asking if I fancied biking to my aunty M's at Cheltenham. I had intended a long ride today so said yes. We biked there - and no one was in! So instead we did a long country loop back to Ripple for some lunch. By the time I had got back here afterwards I had done exactly 40 miles! Ouch! I did okay tho I thought, seeing as how many miles he does, there was never a time where he had to slow to wait for me etc.

It was 4 by the time I was back here so spent rest of the day just watching crap tv. Swapped a few texts with A and E. S rang tonight, all going well, still too hot tho.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 21 May 2008

11:36 PM

(no subject)

Being off work is all very well and good, but its great at making you realise how alone you are. I went to Cheltenham, wandered around the shops a little then stuffed my face at Pizza Hut. I had said I would meet E for coffee, but she said it would have to be at 1pm and that kind of messed up my pizza plan so I asked her if we could postpone until tomorrow.

When I got home I sat outside with my ipod and book again. It was a bit cloudy but warm when the sun came out. I got bored at about 7.30 - no word from A again today. I know she isn't tied to me and she shouldn't have to speak at every minute but A. she normally does and B. with me not being at work, the days do drag a bit and unless people text me I'm just not going to swap any words with people. What a life?! Which is why at the top of this being off work makes me realise how alone I am - so I took myself off for a quick bike ride before it got dark. Only 10.5 miles but already it seemed easily done. I have clocked up 140 miles in the 13 days since S and P etc went away!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

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Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 22 May 2008

10:52 PM

(no subject)

Not a bad day. I got up lateish - altho I was awake early. Swapped a few emails with all the girls, E, Y, J and A! And then I biked to Cheltenham. Was a strong breeze most of the way and I struggled a bit. Met E at Starbucks at Sainsb at 1 and had a coffee. Was nice to catch up as ever but quickest fiver spent of the week! Drunk up and gone within about 20 minutes! I cycled back via Tewks. It was a reasonably warm day so I bought a sandwich and sat down by the river and read my book. A man sat down next to me on the bench, maybe a few years older than me. He said that he has a

good offer to emigrate to New Zealand but has to make the decision today and doesn't know whether to go for it or not. He said he has no-one here that he has to think about but still... I thought that if he has to think about it then maybe the move isn't right? I kind of envied him though. I sat there and thought that maybe thats what I should do. Move away, move on, leave the thoughts of S and A and E etc in the past where maybe they belong! Wish I had the guts. Wonder what he decided?

Talking of a devil - when i got home S text to see if I could talk and then phoned me for almost an hour. Was nice to chat, I had hoped to meet up with her this week but she said it was too short notice and she had too much on. But near the end of the conversation she said that she needs to visit her parents soon and maybe she could wrangle something for this weekend. That would be a good way to end my week off.

More biking tonight. P and I did 13 miles thru town, Twyning, Strensham and Defford to Eckington where we met M. We had 3 drinks in the two pubs and a chit chat. Was a really nice evening. (And I finally had a few texts from A. Asked me if I wanted to meet at the pub tomorrow lunchtime. We had discussed it last week but I wasn't going to mention it unless she did!) Unfortunately, we had to leave at about 9 as M had no lights (and as we knew he wouldn't have, P and I didn't bother putting ours on our bikes either). We left with promises to do it again when P returns from Florida. By the time I had got home I had done another 7 miles for a grand total today of 44 miles! Thats a lot of miles I've done this week!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Fri, 23 May 2008

11:07 PM

(no subject)

Last proper day of holiday, albeit I still have until Tuesday before going back to work. Got up lateish today and potted about until 11.30. Then went to the Brewers Fayre pub and met A for lunch. Just like with J on Monday, no kids, just A and I. Which was nice, altho I teased her by saying I was disappointed that E wasn't there! After I took my book and a drink and had a walk across the ham and sat on the bench by the weir in the sun for an hour. Very soothing. On the way home I went to Mors and did some shopping and who should I bump into? Yep A again. Lucky me. Chatted a little more and I finally got to give her the Willy Russell book-cd-dvd present I have had stashed in the car for nearly two weeks! They are going to Weston for the weekend so maybe she might get chance to start the book while the kids bury N in the sand!

Just sat in tonight. I thought about swimming but felt a bit tired. Watched Pulp fiction instead. Good film.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sat, 24 May 2008

11:29 PM

(no subject)

Bit of a dull day. Went for a bike ride with my dad againt this morning, 23.5 miles. Parts of it were hard work as it was quite windy. Spent this afternoon sitting out back. Despite the wind it was quite a sunny day. In fact my face looks a bit red tonight. Did nothing much else at all, just watched crap tv and did stuff on here. Had a couple of texts

from A which was a pleasant surprise. Eating chips on the sea front! Also had texts from P. First their plane had a 5 hour delay and then it didn't. So assuming the second, later message is correct they should be home late morning. Will be nice to see everyone.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Mon, 26 May 2008

12:14 AM

(no subject)

Was awake early - about 5am. Possibly because it was pouring with rain but also because I wanted to check the internet to see if the R's flight had landed. It did, 25 mins early. I drifted back to sleep but kept dreaming and waking up again. Not about anything worth mentioning. So P rang at about 10 to say they were home and I went round and caught up on stuff until about 4. Sounds like they had a good time just hard work with so much to do and see and the heat etc. As S said, a holiday in Florida is like an endurance test! Left there at about 4.30 and did nothing but sit in front of the puter and TV. I would liked to ahve gone out on the bike but it didn't stop raining all day.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

11:00 PM

(no subject)

Poured with rain all day again today. Must've spoiled A's trip to the seaside. She text me late afternoon to say home and how damp the trip had been. Because of the weather I did zilch, looked out a couple of times and sort of half contemplated going out on the bike but never very seriously!
Went round to the R's tonight, just sat around and watched TV.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Tue, 27 May 2008

11:04 PM

(no subject)

Back to work after ten days off. they went very quickly! The day wasn't too bad, altho it only took until about midday for K and Y a little bit to annoy me! S-a had kept on top of my work but I had plenty to do so that was good, always prefer to be busy.

The weather was a bit better today, well at least it didn't rain. I risked a bike ride tonight, had to really as I hadn't been since um..Saturday. For the first time since I've been going out regularly I had a go at the Bredon Hill route, 22.8 miles round the hill. Some of the ups were very hard but I was determined to do it under 1.30 (which would need an average of just over 15 mph) and I did by just over a minute. but it was hard. Had dinner and a long sit in front of the

TV afterwards!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sat, 31 May 2008

6:11 PM

Weds 28th

An uneventful day. Second day back at work and it was a bit dull!

Didn't do a lot tonight, weather was too crappy to go out on bike so I went to R's and hung out there. S had skittles.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

6:13 PM

Thurs 29th

Work quiet, Y was off sick. Went out on bike with P tonight. We did a 13 mile loop at met my dad at Lower Lode for a couple of drinks. Was a fun evening. 8 miles home from there for a 21 mile ride.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

6:14 PM

Fri 30th

Friday at last, was v tired today so was glad when 5pm came around! Didn't do a lot in the evening, just popped to R's again and played on the computer - a baseball game - with M!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

6:17 PM

(no subject)

Tired again this morning as I didn't go to sleep until late. Went to Ledbury and spent rather more than I wanted or should have done on some fancy cycling shoes and pedals. This evening, K and E and I went to the cinema with M and J to watch the new Indiana Jones film. It was twaddle really but quite entertaining all the same, lots of action scenes. And the kids enjoyed. We went across the road to Burger King after and had a quick bite. Nice to go out with

E and the kids...

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 3 Jun 2008

5:55 PM

Sunday

June already!

Went for a mega bike ride with P and P today - 45 miles in total. I would list the route but it would take ages. Only bad part is that it wiped me out for the rest of the day. Had a bath and fell asleep in there, then sat in front of the TV and did the same!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

5:57 PM

Monday

Work ok, nothing exciting going on.

Went to town with P and P tonight. Cheap drinks in the new Weatherspoons - Hop Pole. 1.89 a pint, bargain! We thought about biking down but caught bus in the end which was a good move as it poured down with rain later!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

5:58 PM

(no subject)

Work quiet and dull. Y had half a day again, leaving me with K all afternoon!

Went out with E tonight. Had a curry at Raj, yummy as ever, and then a drink in Weatherspoons. Was a nice night, mostly went ok, a few pregnant pauses and a few times I almost felt like I didn't know her, didn't like her. But then as soon as I dropped her home and headed back I felt those pangs of sadness again... I told A I was going out tonight and I got a disproving response. I'm never quite sure where she is coming from tho, is it pure protectivity (made u word?) Or a tang of jealousy? Probably not! In some ways it bugs me, she implies that as ex's E and I shouldn't go out for a meal, but she and I go out for lunch. Clearly she's not an ex as such, but one day I shall tell her this, "I know you're acting out of genuine concern because you think that me seeing E upsets me, and maybe it does, but you're kind of a hypocrite because I have lunch with you and you know what - over the last 7 years your actions or lack of and comments and oh a million things have caused me more upset that E will in a lifetime....so nur nur!"

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Wed, 4 Jun 2008

11:02 PM

(no subject)

Frustrating day at work - K was in full annoying mode! Took my car for MOT today, another 205 spent! And they did actually call to say it only needed a couple of small things!

Went for a ride tonight, 27.3 miles, round Bredon, Eckington, Defford, Strensham, Upton, Longdon, Bushley. Got home with an average of 16mph, so that was good.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Thu, 5 Jun 2008

10:06 PM

(no subject)

A shit day at work, everyone was in which always makes for an irksome day, particularly when I have to have any kind of interaction with that German prat!

E's b'day today. 28. Known her since she was 22. Spoke to her briefly at lunchtime when I popped to her work to have a piece of yummy lemon cake her mum had made.

Went out on bike again tonight. P came along this time and we did a loop very similar to the one I did last night only adding a few miles round the edge of Upton towards Welland. Total of 31.7 today. Thats 125 miles in the last 6 days.

Wow!

Bed early tonight, all that exercised whacked me out!

And ten years today that I moved into this house. Where did those years go then?!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Sat, 7 Jun 2008

12:57 AM

(no subject)

Friday, yippee!

Monday might be fun tho as K p'd Y and I off again today and Y e-mailed me tonight to say that she had told S-A about how K plays cards on the puter when S-A isn't about, which is all very well but annoys us when K then gets stroppy about claiming to be busy!

P and P went out on bikes tonight, I said I would go but needed to go food shopping and by the time I got all that sorted it was after 7 and I hadn't yet eaten so I didn't go! Instead I made a big saucepan of pasta sauce (it tastes a bit

shit to be honest!) and watched Shawshank with a bottle of wine left from Christmas plus a pizza. Very nice too. And what a great film Shawshank still is. Felt a bit sad at bedtime - its funny how it grabs me now and again, when I'm least expecting it - I put my left over slices of pizza in the fridge and thought how it used to be. Any of the past 3-4 years E would have been out tonight celebrating her birthday getting drunk with her friends, which I don't doubt she is tonight. And I never had a problem with that. Then she would come home and raid the fridge and the definite first thing to go would be my left over pizza. But now, those slices are safe and I wish they weren't. Until/unless I eat them they will sit in that fridge for ever more, and that thought is what made me sad!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

11:26 PM

(no subject)

Went into town this morning and had a haircut. After I went over to Glos and watched Kai playing in a football tournament with J and C. Was what they call a partly cloudy day but when the sun came out it was very warm, so much so that I have a bit of a red face tonight!

Went to the quiz tonight, E not there again as she had gone out with all her friends for her birthday. Again, made me a bit glum to think that this day the last two years we hosted nice bbq parties for her birthday. It will never happen again. Similarly tonight at the quiz, it went ok (teamed with E's dad and Tony and David, two old guys who are always there) and we came 2nd. But after the quiz I felt sad. They all sit around and discuss upcoming village events and while I am included in the conversations I def feel like an outsider now, I'm not part of it anymore. I should make the effort to try and cut myself off, its the only way the pain goes. But its hard. As I was heading out of the village feeling a bit sorry for myself a fox ran out in front of me, I tried to break but I went over him, I felt a big bump. I turned round and went back and he was alive in the road, unable to do much but lift his head and look and try to drag himself off the road. I know foxes are considered vermin but I felt so sorry for it.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 10 Jun 2008

4:55 PM

Sunday

Up and out on the bike again this morning - 33 miles with P and P. Altho PF had to turn back half way as he broke another spoke! Was very hot today, ok while cycling along but the sun was really hot when stopped at junctions. I expected to have a red face when done but not too bad!

Had a shower and nap when I got back and then did some houseworky jobs before wandering round to R's.

P and I biked to town tonight had a couple of drinks in the Weatherspoons garden. Was nice sitting out in warm sun, but bit chilly once it went!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

4:58 PM

Monday

Dull day at work. Was hot again, thankfully we have aircon. At lunch I walked to MacD's which is about a mile away and had a milk shake - oh ok, and two cheeseburgers! When I got back I had to practically sit on the aircon unit, sweating like a PIG!

Did a zoomy bike ride tonight, 13 miles in 42 mins, which was 18.2 mph. hard work but i was really going for it. After P,P and i biked to town and M and T were out too. We sat in the Weatherspoons garden, very pleasant. A pint of Coors light in there is 1.69, incredible cheap! And the best part? A was in there with her neighbours. I managed to get us on a table, with a chair for me where I could watch her across the garden. That made me a happy bunny... but then, it also makes me a bit of a sad one. She really shouldn't still be the most important thing to me...but what can one do?!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

5:04 PM

(no subject)

Nothing much going on today. A and J both had the day off work so no e-mail friends to chat with, altho I did swap a few with E . Just as well I had plenty of work to do. No texts from A at all today. Hope she wasn't annoyed at my infatuated staring last night!

Went out on bike yet again tonight, P and I did the "round the hill" route. Although warm again today there was a fair wind, which was in our face the first few miles making it hard. All the more astonishing that we did the 23 miles in 1.25.40 ish. By far my best time. To be fair P towed me round some of it, particularly up a couple of the hard hills where I sat on his back wheel and let him pace me up.

Called my dad for a little while after. He's ok. Made a provisional plan to go out on bikes on Thursday night.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 12 Jun 2008

5:09 PM

Wednesday

Y went home ill at lunchtime so just S-A and K this afternoon. Also A was off work ill. she text to say that she had a bad headache again. I told her to go to the docs as she is always saying that! And she replied "its just hormones dear"...oh!

Went to P's tonight. S was out so P and I had a few beers and watched Shawshank (2nd time in a week for me!). P had never seen it in full before. He liked it, how couldn't you. I saw him wipe a tear away near the end. He often gets emotional at touching parts in films!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

5:13 PM

(no subject)

Y off work sick again. But A was back so that was good. Swapped loads of emails with her, E and J today! Surprised I got anything done!

Tonight I cycled to E's, had some quick tea and we watched the final of The Apprentice. Bit of an anti-climax as due to a mix-up, J gave away who won!! Afterwards, I met P and my dad at the end of the road and we went for a 2 hour ride. All round Castlemorton, Birtsmorton, Longdon etc. Was really nice. At one point we were up high on a hill and stopped to look at the fantastic view. Sure cycling is hard sometimes, I'm still rubbish at going up hills, but on an evening like tonight, warm sun on your face, surrounded by glorious English countryside, it takes some beating. And its unusual for me to say this - it felt great to be alive!

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Sat, 14 Jun 2008

12:38 AM

(no subject)

A busy day at work. k now off till Weds. hooray! Not that thats why I was busy, just got quite a few things going on right now.

Went to town tonight (by bike) with P and we met AR there. Spent all night in the Weatherspoons pub, was ok. Real busy in there. Not much else going on today

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Sun, 15 Jun 2008

5:14 PM

Saturday

Got up earlyish as said I would meet dad at Seven Stoke to watch some of the vets cycle race and do a few miles ourselves. Plan was changed slightly tho as P suggested a breakfast at Weatherspoons and then the kids wanted to go too. So that delayed things somewhat but was really nice, we had a great big plateful of fried food for less than 4 quid. And we ate it sitting out in the garden with a hot sun on us. Nice. After we went to the race, watched some and dad and I did one lap of the course. I then biked home, 25.7 total.

Went food shopping afterwards and spent the rest of the day in front of puter/TV.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

5:20 PM

(no subject)

Up and out on the bike early again. Met P and we met dad at the Mythe. We then did 35 miles round the lanes to Glos, across to near Chelts and home. Was good but mostly cloudy so a little bit chilly.

When I got home I did as last week, had a shower and lay on the bed. Next I knew it was after 3pm. I was really tired and had a bit of a headache.

Late afternoon, the sun was shining brightly and I had a bag of recycle stuff to take to the recycle place at Morrisons. I did that and ended up driving on to Bushley. They had 6 a side game amongst themselves but I got there too late to see any but all the usual folks were sitting around having a drink so I stayed awhile and then had a coffee back with E. So that was nice. She has a job interview tomorrow so fingers crossed.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Tue, 17 Jun 2008

5:05 PM

Monday

Nothing much going on again. I did my 13 mile speed route again tonight, took me just over 42 minutes, near as dam it the same time as last week. thats over 18 mph so I'll settle for that.

Went town after with P and P. Big T joined us for one before work too. Ws a bit dull, the football was on (minus sound!) so those two were mainly watching that. But that was ok coz I had a text from S asking if I was free Sunday PM. Course I am. I'm always free! She is up/down whatever it is for a school reunion so might visit!! We then swapped a million texts discussing it! Thats something to look forward to then. I best tidy the house!

E had a job interview today. she text to say it went ok ish. she didn't like the boss much. Oh well, wait and see.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

5:09 PM

(no subject)

Shit day at work, in many ways its great K being off except the phone was non-stop and of course S never takes a turn so Y and I just got so pissed off trying to work thru non-stop interruptions!

Out on bike yet again tonight. Went with P and P round the hill. Hard work up those hills but we did it in a very good time.

Security: Public
Location: Not Specified
Mood: Not Specified

Music:

Thu, 19 Jun 2008

6:09 PM

(no subject)

Yet another dull day. Things seem even duller as we count down towards Sunday. I really hope S comes to see me, I'm so looking forward to seeing her and will be devastated if she cant make it.

Weather was bad tonight, strong wind and squally rain. Good job I had no intention of going out on my bike!

A off work today, she has conjunctivitis, euww!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

6:11 PM

(no subject)

A REALLYY crap day at work, Y had the day off and I got soooo pissed off at not being able to do anything for having to answer the phone every 3 seconds! At 4 pm ish I just gave up and didn't even bother trying or pretending I was working!

Tonight, P, P, dad, myself and a guy called Andy who cycle a lot and who my dad met last week biked out to the Boat at Ashleworth. The Chelts touring cycling club were having a BBQ evening. It was ever so windy cycling out there, hard work. I'd never been there before but it was a lovely spot by the side of the river.

Our original intention was to cycle half way back - to Haw Bridge and have a drink there, but PF wanted to cycle on home so we carried on. Another 25 miles.

A back at work today but didn't speak too much - but swapped a handful of texts tonight.

Spoke with S mid morning as well, I text her and she called, she obviously had no concept of "I was at work". Only chatted for a few minutes, sounds like Sunday is def on. Although I wont want to take anything for granted until she is here!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Sat, 21 Jun 2008

5:48 PM

Friday

End of the working week, thank God. What a shit week of work.

Went out on my bike tonight, only 21 gentle miles round Gotherington and Cleeve. I was on a bit of a mission, wont say what, but I'll know when I read this. Wonder if it will be worthwhile!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

5:51 PM

(no subject)

Got up late and went to Bushley as I said I would help at the Open Gardens. Long old dull afternoon, taking money and directing people about but it was ok. Better than sitting in front of the TV and the weather was too crappy for biking - we only had a couple of spots of rain all afternoon but it always looked likely to at any time.

I stayed long enough to have a pork roll and a pint at the evening barbie and then headed home via Mors. Spent all evening watching TV and playing funtrivia on puter. I hoped, well expected actually, a text or 2 from S to say what the plan is for tomorrow. She said earlier in the week that she was def coming but it would've been nice to have had a bit of a hint of when!! Annoying!

Security: Public

Location: Not Specified

Mood: Not Specified

Music: