

# MAP MY MILES

**UK WIDE**  
**CYCLE RIDE**

I'm cycling the UK Wide Cycle Ride to help end the harm caused by diabetes.

From 1 to 30 September I'll be cycling the length and breadth of the UK, in my own time, at my own pace, to raise funds for research and support for people with diabetes.

**Help me make every mile count**

To sponsor me, go to <http://cycle.diabetes.org.uk> and search for my name.

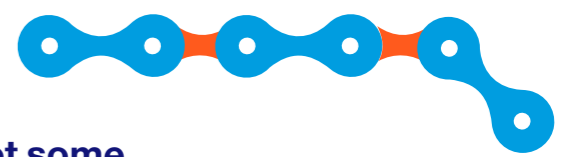
**MILES SO FAR**

**18**



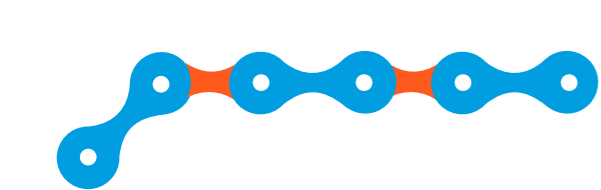
Bye bye Bangor you're on your way now

**36**



Got some momentum now

You've got this  **54**



**108**

Getting nearer

**126**  Don't stop now



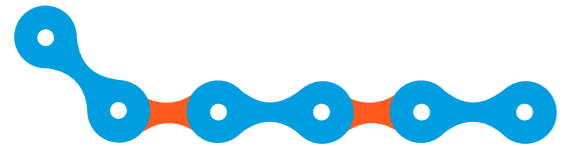
**90**

Half way!



**72**

Keep on pedalling



**144**

The end is in sight



**162**

Almost at the coast!



**180** CHALLENGE COMPLETE!

That's the equivalent of cycling from the top to the bottom of Wales, from Bangor to Swansea

**MY FUNDRAISING GOAL**

£

**25%**

**50%**

**75%**

**100%**

Goal reached!

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

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