

# 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.

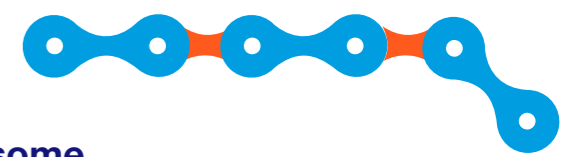
### MILES SO FAR

100



Leaving the coast behind

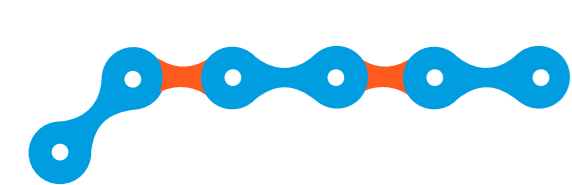
200



Got some momentum now

300

You've got this



700



Don't stop now

600



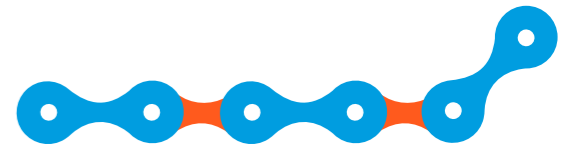
Getting nearer

500



Over half way!

400



Keep on pedaling

800



The end is in sight

900



John O'Groats is in sight!

950

CHALLENGE COMPLETE!



That's the equivalent of cycling from Land's End to John'O'Groats, the southwest to the north east of the island of Great Britain

MY FUNDRAISING GOAL

£

25%



50%



75%



100%



Goal reached!

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

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