

# MAP MY MILES

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.

## UK WIDE CYCLE RIDE

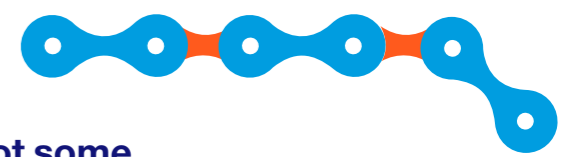
### MILES SO FAR

25



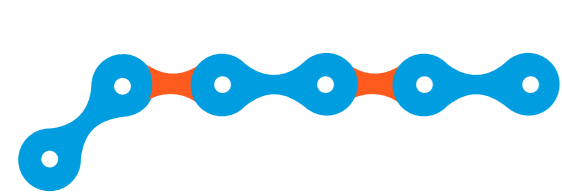
The wheels are in motion

50



Got some momentum now

You've got this  75



150

Getting nearer



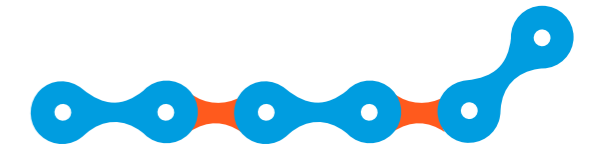
125

Half way!



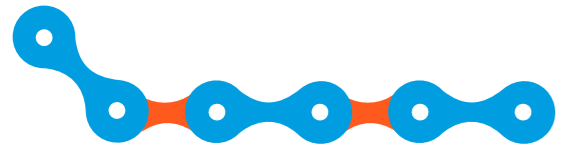
100

Keep on pedalling



175

Don't stop now



200

The end is in sight



225

Coast is nearly in sight!



**250 CHALLENGE COMPLETE!**

That's the equivalent of cycling across the width of England from Margate to Weston Super Mare

MY FUNDRAISING GOAL

£

25%



50%



75%



100%



Goal reached!

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

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