

# MAP MY MILES

## UK WIDE CYCLE RIDE

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

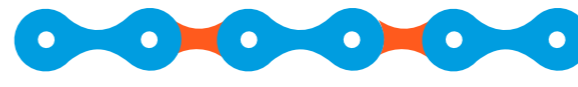
From 1 to 30 April I'll be cycling the length and breadth of the UK, in my own time, at my own pace, to raise funds for research and support for people with diabetes.

**Help me make every mile count**

To sponsor me, go to [cycle.diabetes.org.uk](http://cycle.diabetes.org.uk) and search for my name.

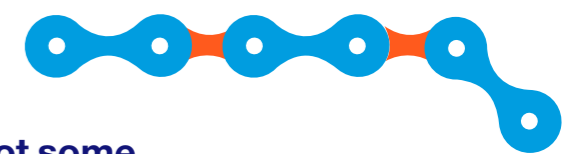
### MILES SO FAR

22



The wheels are in motion

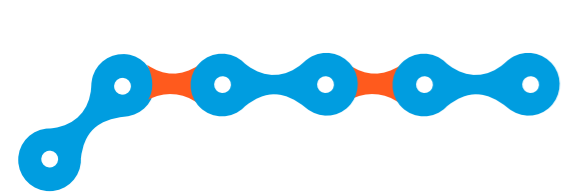
44



Got some momentum now

66

You've got this



132

Getting nearer



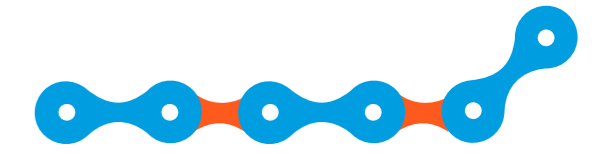
110

Half way!



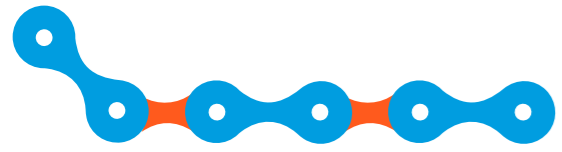
88

Keep on pedalling



154

Don't stop now



176

The end is in sight



198

Almost at the coast!



**220 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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