

# 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.

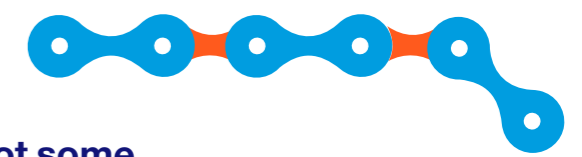
### MILES SO FAR

18



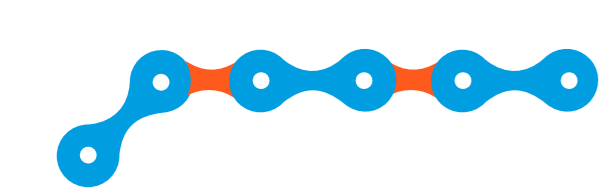
Bye bye Bangor you're on your way now

36



Got some momentum now

You've got this  54



108

Getting nearer

126  Don't stop now



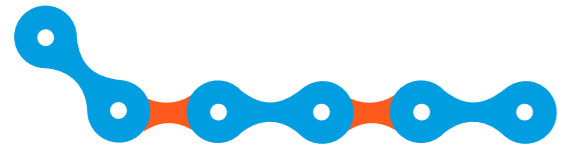
90

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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