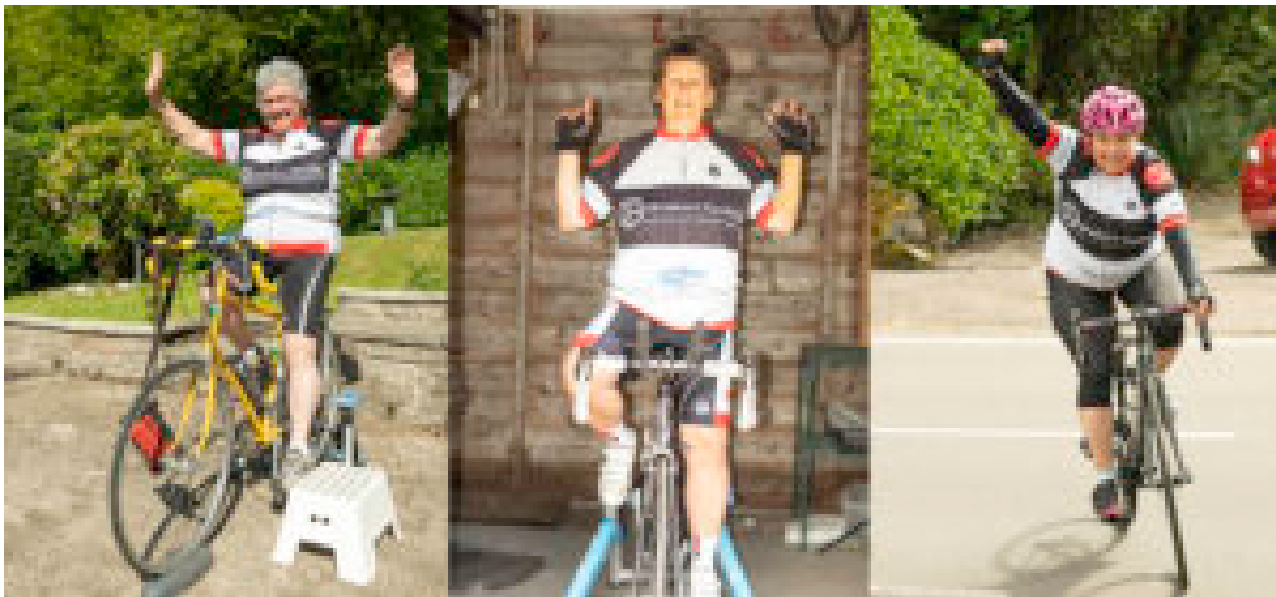


Tour de Lockdown Update

Here's an update from Susan Walker – a member of St Ninian's, Pollokshields - who earlier this year, joined by Fiona Wallace and Fiona Walker began the creatively named [Tour de Lockdown](#) with proceeds benefitting the work of the Trussell Trust.



Susan writes:

I'm really delighted to report that we have been recording our mileage for 8 weeks now and, ahead of schedule, the accumulated total is now 2,205. I managed 573 of those miles – I had originally said I could do 200. To begin with I was managing 5 or 6 miles in half an hour but have gradually worked that up to doing 15 miles in an hour, 6 days a week. I've just heard that shielding is to continue until the end of July but hopefully I might be able to get out on the road again in the next few weeks. Until then, I'll keep peddling away on the turbo. And... I have shed half a stone in the last 10 weeks.

If able, you can still support the fundraiser for the Trussell Trust here: [Tour de Lockdown fundraiser](#) - it has nearly reached £800 from an initial goal of £600.

Read more about Susan and the two Fionas on this blog: [Female trio complete turbo Tour de France](#).