

Jades Fight For Life – Devanes Diary & Log

Sunday 26.08.18

Session 1

Back to David Lloyd for Life Cycle. Journey 1 was 11.26 Miles. Journey 2 was 6.78 Miles.

Session 2

Cycle to Woking – Disaster as front tyre punctured.

Journey was 3.46 Miles.

Miles to go 783.00.

Monday 27.08.18

Session 1

Back to David Lloyd for a Life Cycle and I struggled to make 10.10 Miles as was suffering from a hangover but feeling much better now. Puncture has been sorted.

Session 2

The roads of Surrey - Knaphill – West End - Chobham beckoned x 2 and I managed 14.90 Miles.

Session 3

Back to David Lloyd for a Life Cycle. Journey was 9.50 Miles. Total Miles 34.50.

Week 1 totals 251.50 Miles of which I am very pleased.

Miles to go 748.50.