



## Cancer doesn't stop for Covid



Well, you may have heard of the **MAMIL** (**M**iddle **A**ged **M**an **I**n **L**ycra, for the non-cyclists...) well now it's the turn of the **Middle Aged Mum In Lycra**!

I have always tried to stay fit with swimming and cycling but during lockdown and recovery from Covid19, everything lapsed. The swimming pool closed and I did not have the energy to get on my bike as usual. Now, I am at least 7lbs heavier...

Thank goodness for my friend **Stella Turner**, who has organised the **20:20 challenge for GIST Cancer UK & PAWS-GIST** which launches on **Sunday 20th September** and runs until **20th November 2020**.

Post Covid19 I have cycled a 6-mile circuit *infrequently*. When I started again after a break my Strava report said I averaged 9.2 mph and it took 40 minutes. (Don't forget, this is old lady cycling).

For the 9 weeks of the **20:20 challenge, 20<sup>th</sup> September to 20<sup>th</sup> November 2020** I plan to cycle a minimum of 6 miles for a minimum of 20 days (120 miles, that's Bristol to London in real money...)

**All sponsorship and donations will go to GIST Cancer UK & PAWS-GIST**, to make up the shortfall in income due to the pandemic and help to continue supporting GIST cancer patients and research which is vital if we are to improve treatments and find a cure.

I also plan to donate £10 for every lb that I lose during this period (cutting calories didn't work), hopefully the increased exercise will...

Thank you for any support you can offer. Love Jayne, in memory of my lovely girl, Eve x

<https://www.justgiving.com/fundraising/paws-gist1>