

Paul May completed the Ride London 100 in support of St Giles Trust.



Registered charity: 801355

<https://www.stgilestrust.org.uk/>

[St Giles Trust: paul may \(enthuse.com\)](https://www.stgilestrust.org.uk/)

Dear Friends,

Many thanks for the kind donations that you have made to [St Giles Trust: paul may \(enthuse.com\)](https://www.stgilestrust.org.uk/paul-may)

Paul is well on the way to achieving the target with your help.

The ride on Sunday took 8 hours and 10 minutes, and Paul didn't find it at all easy.

Paul had only returned Saturday morning from a week at an arbitration in Singapore, so Paul's body clock was 7 hours ahead and it felt more like an overnighter, cycling when he should have been asleep!

The course had more hills than the publicity had indicated!

Paul climbed over 3,600 feet / 1,100 m in total (a tad more than Snowdon) and rode through 2 hours of Essex rain.

Paul's average speed was 12.5 miles (20 km) per hour with a top speed downhill of 30.7 miles (50 km) - that bit he enjoyed!!

Here are a couple of photos and the official completion certificate.

Thanks again for your kind and generous support,

Best wishes