



## ABOUT IONA

Hailing from Aberdeenshire in Scotland, I have lived and worked in Wiltshire, England, for 10 years now. I am a freelance musician and have been lucky enough to play with some fabulous orchestras over the years. I also teach violin and viola in local schools here. I am the musical director of the local music charity *Superstrings* and enjoy playing with the Cartwheel Ceilidh band and folk group The Yirdbards.

When a bike shop opened in the little village of Pewsey my passion for cycling was born! It all began by doing a '100km in a day' charity ride for Superstrings on an old Giant mountain bike I was given (for the princely sum of a bottle of wine) and I found I really loved it!

I want to inspire others (especially women) to take up cycling whilst raising money for the 2 charities which I feel passionately about (see Pg2). It's so important to get outdoors and keep active, particularly for mental health and wellbeing. I hope others will follow my story and be given a boost



to do something that they have a burning desire to do too!

I've been training hard since rediscovering my love of cycling since January 2017 and have already successfully cycled from Roscoff, France to Venice, Italy. 2600 km, over 25 days (largely on my own and unsupported). I also completed the North Coast 500 in the highlands of Scotland in 8 days which was fantastic if a little windy – I'd highly recommend it!

## THE CHALLENGE

I will cycle round the world in stages to raise funds for a new classroom at Banda Hill Primary School, Malawi and also to support mental health facilities for young people in the North East of Scotland where I grew up. For more on charities see Pg 2.

I hope to pedal my way from Roscoff, France to Venice, Italy, in July 2017 (done!). In February 2018 I will drop down to and cycle from Kenya (Nairobi) to Cape Town, South Africa, setting a **new women's World Record** along the way. Then it's from Kathmandu, Nepal to Mandalay, Myanmar - if this leg proves too dangerous I will cycle as many coast to coast events across Britain and other famous UK routes to cover the same distance in Summer 2018 but I am already in touch with another cyclist who hopes to join me on this leg of the journey.



In 2019 I complete my challenge by crossing Australia from Perth to Sydney (possibly competing in the **Indian Pacific Wheel Race**) and then it's the final stint across the USA (Oregon to Virginia) the same year. Sometimes on the road alone and sometimes with friends, old and new. I hope I can make it. With your support I'm sure I can!

# THE CHARITIES

## INSPIRE MALAWI – UK registered charity number: 1135091

I want to raise money for the fantastic UK registered charity called 'Inspire Malawi'. I volunteered with this charity last summer and the children and staff there were so welcoming and friendly they really touched my heart. Malawi is one of the poorest countries in Africa with only 53% of children finishing PRIMARY school there. The buildings that many children have to study in are falling down, often with holes in the roofs and walls. They have very limited resources and often there isn't even a chair to sit on nor a table to write at.



Education is essential in helping people lift themselves out of poverty and, on my recent trip to the country, I witnessed the difference an inspiring learning environment can make. Inspire Malawi is a small UK based charity helping communities to rebuild classrooms to enable their children to finish their schooling.



<http://www.inspiremalawi.com>

Inspire Malawi have just finished building a Year 5 and 6 classroom to allow the older children to finish their primary years but the Year 1 to 4 buildings are still in a terrible state. The money I raise will help them to build another modest but beautiful classroom for the younger children too.

## **NETWORKS OF WELLBEING (NOW) – mental health charity.**

**Registered charity: SC021861**

Networks of Wellbeing (NoW) is an inclusive and diverse organisation which promotes and supports people in improving their mental health and wellbeing.

Based in Huntly in Aberdeenshire, NoW offers a community based service centred around the Five Steps to Wellbeing approach to good mental health.

NoW offers a recovery focussed service providing 1:1 person centred support - as well as providing a wide range of opportunities designed to bring individuals, groups and the wider community together to engage in activities and projects aimed at increasing happiness, resilience, and physical and mental wellbeing.

This year my sister, Sharon, is raising awareness and vital funds for young people's mental health facilities in Aberdeenshire through NoW and I am hoping to support this incredibly important work.

## **SEEKING SPONSORSHIP**

There are a number of ways that businesses and individuals can help me in my challenge.

3 key areas are:

\*Travel support – paying for my flights to Africa / Asia / Australia or USA

- Subsistence for the days I am touring – Africa c.£1000 / Asia - £500

\*Cycling kit and nutritional support.

\*Be a main sponsor – fully publicised throughout my journey through blogs and vlogs, interviews and articles about my cycle challenge.

TV coverage (tbc)



## SPONSORSHIP AND SUPPORT

Any support you could give to help me complete my challenge and meet my fundraising target would be very, very much appreciated.



### MAIN SPONSOR:

To help with

- Flights, ferries and transfers for me and my bike.  
(Plymouth to Roscoff / Venice to UK. (July 2017) – ferry – completed)  
UK to Nairobi / Cape Town to UK (2018) – flights c. £500 each way  
UK to Perth, Australia / Sydney to UK (2019) – flights c.£500 each way  
UK to Oregon USA / Virginia USA to UK (2019) – flights
- Occasional hostel, BnB or other accommodation costs for nights when it is not possible to camp out. £1000
- Daily food allowance / subsistence – Africa £1000 / Asia £800  
(Australia and USA tbc depending on the route/race taken)

### INDIVIDUAL SPONSORSHIP OPPORTUNITIES 😊

Bike kit – clothing, spares parts, nutrition packages.

Travel support – flying me and my bike to our start points and back to UK from the finish point (see above).

Supporting my Justgiving fundraising page, sharing it in your networks and among other organisations who might be able to donate to the charities.

[www.justgiving.com/crowdfunding/round-the-world-2017](http://www.justgiving.com/crowdfunding/round-the-world-2017)

Details: Iona Hassan, 55 Cossor Road, Pewsey, Wiltshire, SN9 5HX (United Kingdom)

Email: [ionacrazyscot@hotmail.co.uk](mailto:ionacrazyscot@hotmail.co.uk)

Phone: 07973 525187 / Facebook – Iona Hassan / Twitter - @ionacrazyscot

Instagram – ionahassan

Blog: [pedallingpangolin.wordpress.com](http://pedallingpangolin.wordpress.com)