

PRUDENTIAL RIDE LONDON



Prudential
RideLondon
9-10 August
2014

Fife Cyclist Ian Donaldson

“I was scheduled to ride my racing bike in the Prudential Ride London event on 10 August 2014 – 100 miles around London and Surrey with a finish on the Mall at Buckingham Palace.

On Tuesday 5 August, I hurt my back and was very uncomfortable – I could not get myself straight and my weekend challenge seemed even more daunting!

Mariette was very helpful and saw me at short notice on Wednesday 6 August (the Bowen Technique) and Friday 9 August (Tuina) just before I caught the train for London. After the treatment, the difference I felt was massively significant and allowed me to complete the event without any adverse effects.

The weather on Sunday was terrible due to the remnants of Hurricane Bertha – it was so cold, windy and wet, the route was shortened by 14 miles. Such conditions put additional strain on you physically – there were lots of accidents.

I would like to thank Mariette for helping me to recover so quickly and allowing me to really enjoy the whole event despite the weather. I was able to start the event feeling confident that my back would last the distance.”



Ian had a post event Tuina session a week later and is back to his usual monthly maintenance therapy routine at Body in Balance Therapies.