



ON HER BIKE ... Jill Dowson on her exercise bike in Pocklington  
JillRP291015

# Jill's pedal power for charity

A FITNESS fanatic used pedal power to persuade people in Pocklington to part with their pounds.

Clean-living Jill Dowson was in Market Place recently armed with a marquis and exercise bike to raise awareness and cash for Action Medical Research, a charity dedicated to improving the health of babies and young children.

The 47 year-old pedalled for over five hours to help bring her plight to the attention of shoppers, and

as a result, was able to raise £60.

The money is set to go towards her target total of £1,200, which she hopes will be achieved when she competes in the London to Paris cycle challenge next year for the charity.

The Pocklington School matron explained: "I did a 100-mile cycle event in the summer for Action Medical Research and they were just so nice.

"They were wonderful and I came away feeling I needed to do more for these people.

"I want to bring it to the attention of the people and hopefully I did that. I was in the market place from 9am until 2.30pm and people seemed to be interested. I'm not sure how far I pedalled though!"

The 375-mile trip is next July with cyclists expected to complete around 100 miles per day.

Report by Nick Frame  
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The schedule has been set so the fundraisers will arrive at the finishing line in time to watch the Tour de France.

"It will be awesome," said Jill, who is also a member of Pocklington Runners.

"I can't wait to meet people from different areas and walks of life. I wanted to do this experience before I turn 50.

"It's been the hardest thing I've ever had to do though, raising charity money at this time of year and with so many charities out there, it has been so difficult."

In the mean time, Jill will be looking to boost her charity bid by bag packing in Somerfield, Pocklington this Saturday.

She will then be packing shopping at Tesco, Market Weighton on 29 November and then Sainsbury's in Pocklington the following Saturday.

She has also arranged a ladies' pamper evening at Fenwick Smith boarding house at Pocklington School on 28 November from 7pm until 10pm.

Tickets are priced at £3 on the door and include nibbles and wine. Raffle tickets to win prizes donated by local companies will also be on sale.

Again, all proceeds will go towards Action Medical Research.