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SPORT

Esther's inspired by Tour de France winner

'I'm deeply humbled by the work doctors and nurses do on such long shifts'

BY JON DUNHAM

A former Stone resident is following the path of Tour de France winner Geraint Thomas by cycling to raise funds for NHS Charities Together.

Esther Dingley, who grew up in Haddenham and moved to Stone as a teenager, began her own challenge of cycling 12-hour shifts on her turbo trainer for three consecutive days on Sunday.

As she reached the halfway point on Monday, she was well on her way to her £2,000 target.

Esther, whose parents still live in Stone, is following the lead of Thomas who raised over £300,000 with his 36-hour challenge, and she streamed her whole effort live on Facebook.

Writing on her GoFundMe page, she said: "I've been really inspired by what Geraint Thomas did last week and how he used what he does best to support the amazing doctors, nurses, staff and volunteers of the NHS."

"Like most people in the UK, my life and the lives of those I care about have been touched countless times by the marvellous nurses and doctors of the NHS."

"I know I'm not alone in saying this, but at times over the past few weeks I've often felt like it just wasn't enough to stay at home, even though I intellectually understood that it was the best way I could help."

"There's been an impulse inside of me that's been wanting to do something more, I just didn't



Inspired by Geraint Thomas - Esther Dingley on her bike raising money for the NHS

know what.

"Then, when I heard about what Geraint Thomas had done, something just clicked inside of me and I decided to act on it."

"I'm never won the Tour de France, but I do love cycling and being active. I've never done anything like this before. I'm not

a professional athlete and the longest I've done on the static bike is two hours at a charity spin event.

"Like Geraint, I also wanted to follow the pattern of three 12-hour shifts on consecutive days to mirror the marathon shifts worked by NHS hospi-

tal staff as standard. They are on their feet all day with little rest. I want to honour the work they do."

Esther added: "Twelve hours is a very long, long time."

"I'm deeply humbled by the work that nurses and doctors do, caring for others for such

long shifts. I'm sore and it was hard to get back on the bike after day one, but the thought of the work they do and the donations that have arrived so far is keeping me going."

■ Visit <https://www.gofundme.com/f/esthers-nhs-inspired-grand-turbo-sessions>

Local drivers told of Le Mans 24-hour revision

Local teams and drivers compete in the 24 Hour now scheduled for September. Drivers have been informed of numerous changes to the event's delayed format.

The event organisers, the Club de l'Ouest, have proposed pre-race tests instead allocated more of the competition's free practice time. The normally held in the centre, has been scheduled to take place at the track.

The 2020 24 Hour that was originally scheduled for the weekend of 13-14 September, has been given a new start date.

Vale racer Rob Jones is looking ahead to the race. The Aston Martin-supported racer is Martin Vantage endurance class and Paul Dalrymple.

Chris Metcalfe is to drive for the "To Le Mans" Mans-supply Cup races. The event's organisers are realising the shock. The time, when it's hard to get due to the Metcalfe race event action, so the simulator Driver Pedals doors open break has track return focus as Mans at

"The pionsh not be a foreseen shame "Bu racing keep the strong

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