LIVING BEYOND TYPE 1

WITH VICTORIA RETTIE AND RODDY RIDDLE
The curious case of T1D to DSN ..... The beginning
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The first foray into healthcare
Reach for the stars
31.12.01
FROM THE DARKNESS CAME....A DSN
Day one
Do anything you wanna do...
From saint to sinner
Ground zero
The real hard work begins ....
Big reputations.....
Pre-diagnosis

Highland Cross 1997

Tour of Ireland
Diagnosis week
Marathon de Sables - 6 days, 156 miles

Tartan army bivouac
Marathon de Sables

Hills!

Blisters!
Marathon de Sables

BG between 3.7 and 6.3 mmol/L
What did I learn?
Highland fling 53 mile ultra marathon
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Saturday 26/4
6633 ARCTIC ULTRA (352 MILES)
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Day 1 - 2nd place!
Long, lonely, windy roads

2 wheeled pulk

Hallucinations

90 miles in one day

6633 Arctic Ultra (352 miles)
Roddy Riddle - one of the undoubted heroes of the 2016 edition of the 6633 Arctic Ultra. Never once allowing the fact that he is a type 1 diabetic to get in the way of his participation, he did himself proud.

To finish this monster of an event you need a little bit of luck on your side, but on this occasion that didn't come Roddy's way and alas he had to pull from the race on the Ice Road - but if he can work his charm on his wife, we might well see him back in 2017 to see him finish off what is very capable of doing.
Unfinished business....
Unfinished business....
Unfinished business....

Frozen insulin and no CGM
UNFINISHED BUSINESS...

1.5 MILES BEHIND TIBI
Unfinished business....3 miles to go

Hallucinations begin
Unfinished business... emotional home straight
Step count
6 days 21 hours, 2\textsuperscript{nd} place, 6th fastest in race history and 1\textsuperscript{st} Scotsman to finish the \textbf{BEAST} of a race.
Rule type 1, don’t let it rule you.