

LIVING BEYOND TYPE 1

WITH VICTORIA RETTIE AND RODDY RIDDLE

THE CURIOUS CASE OF T1D TO DSN THE BEGINNING



THE CURIOUS CASE OF T1D TO DSN THE BEGINNING



THE CURIOUS CASE OF TID TO DSN THE BEGINNING



THE FIRST FORAY INTO HEALTHCARE



REACH FOR THE STARS



31.12.01

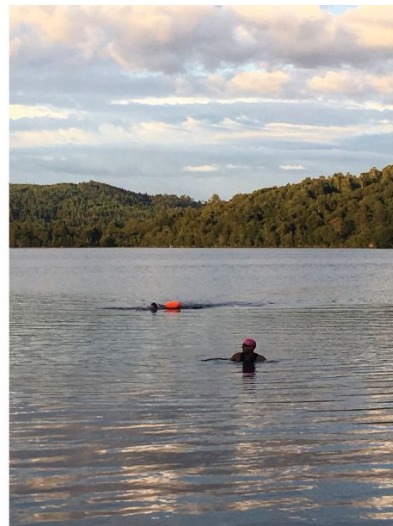
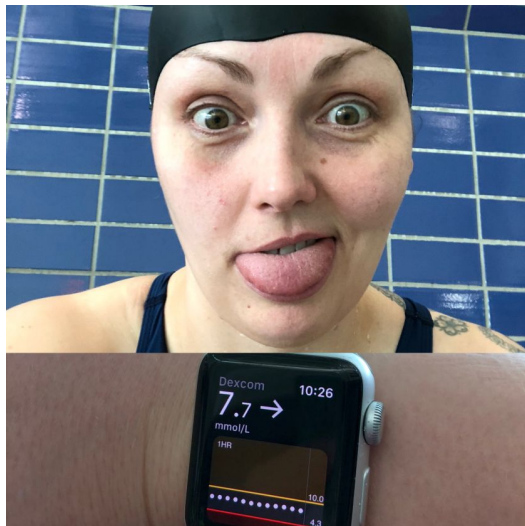
FROM THE DARKNESS CAME....A DSN



DAY ONE



REVISITING PAST GLORIES



DO ANYTHING YOU WANNA DO...



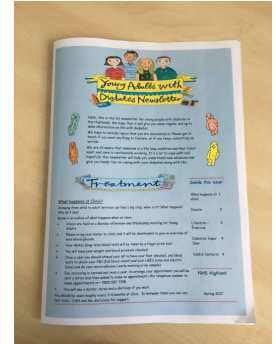
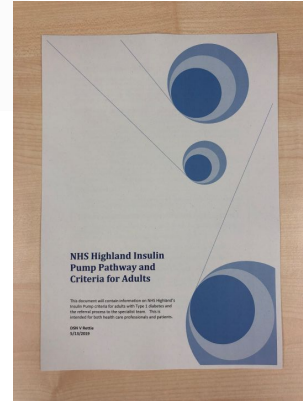
FROM SAINT TO SINNER



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



BLISTERS!

HILLS!

MARATHON DE SABLES



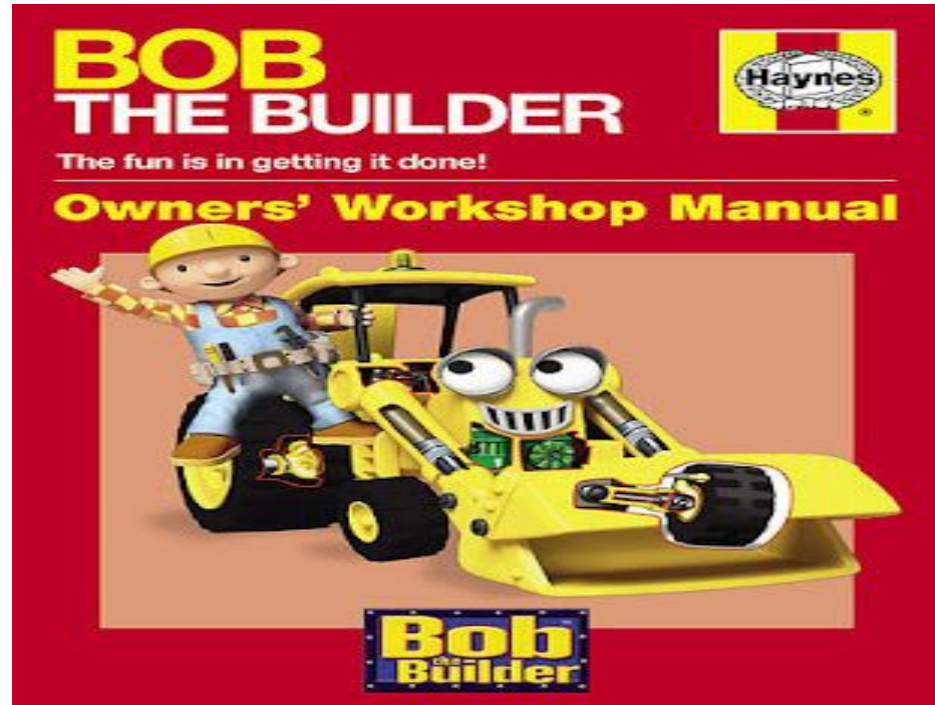
BG BETWEEN 3.7 AND 6.3 MMOL/L

MARATHON DE SABLES



EMAILS HELPED SO MUCH

WHAT DID I LEARN?

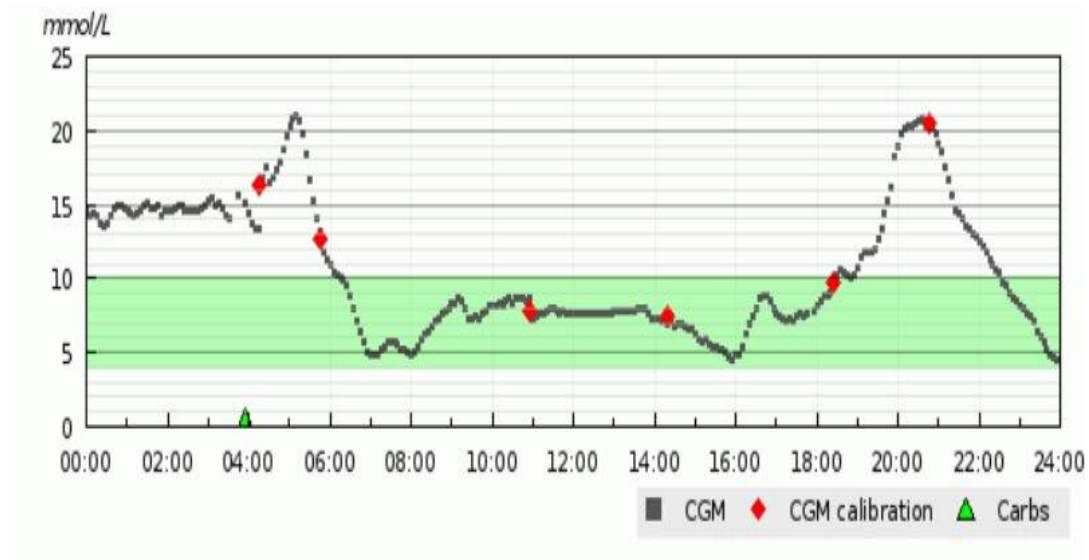


HIGHLAND FLING 53 MILE ULTRA MARATHON

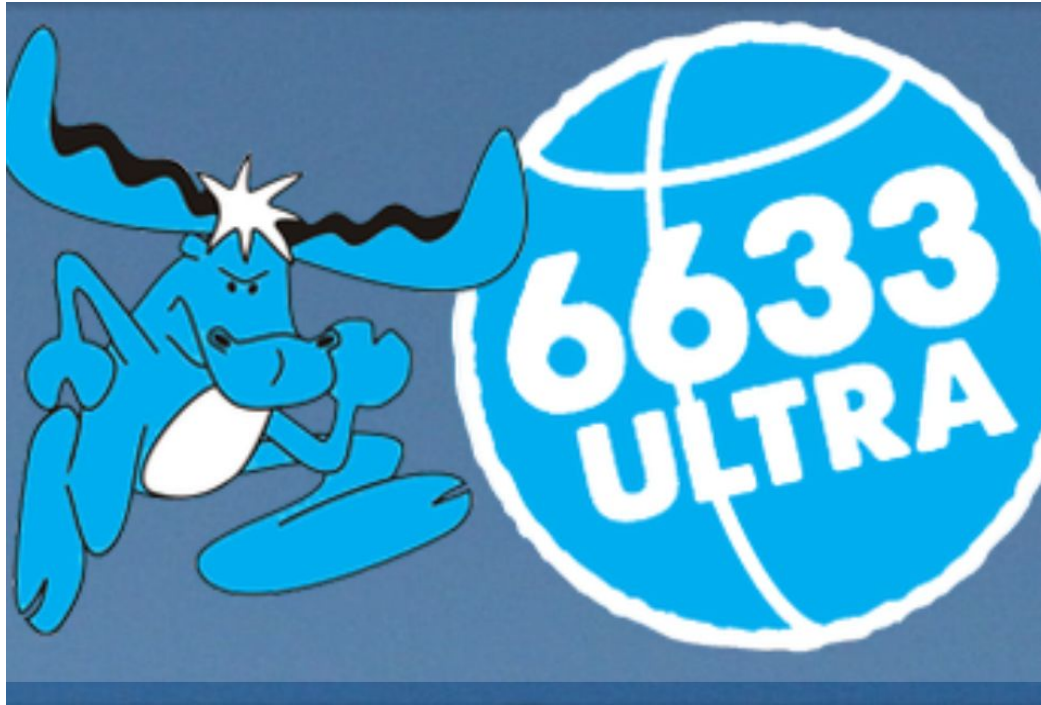


HIGHLAND FLING 53 MILE ULTRA MARATHON

Saturday 26/4



6633 ARCTIC ULTRA (352 MILES)



6633 ARCTIC ULTRA (352 MILES)



DAY 1 - 2ND
PLACE!

6633 ARCTIC ULTRA (352 MILES)

LONG, LONELY,
WINDY ROADS

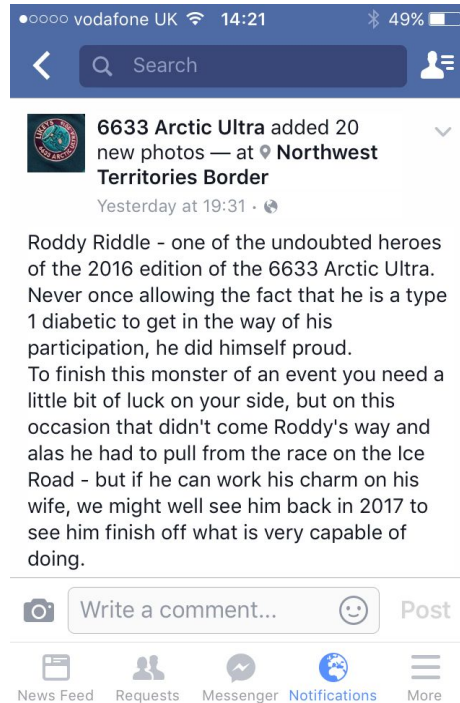
2
WHEELED
PULK



HALLUCINATIONS

90 MILES IN
ONE DAY


6633 ARCTIC ULTRA (352 MILES)



The screenshot shows a mobile interface for a Facebook post. At the top, the status bar displays 'vodafone UK', signal strength, Wi-Fi, time '14:21', Bluetooth, and 49% battery. Below is a navigation bar with a back arrow, a search bar, and a profile icon. The post is from the '6633 Arctic Ultra' group, indicated by a circular logo and the text '6633 Arctic Ultra added 20 new photos — at Northwest Territories Border'. The post text reads: '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.' At the bottom, there is a comment input field with a camera icon, a 'Write a comment...' placeholder, a smiley face icon, and a 'Post' button. The bottom navigation bar includes icons for News Feed, Requests, Messenger, Notifications, and More.



vodafone UK 14:21 49%

< Search

 **6633 Arctic Ultra** added 20 new photos — at **Northwest Territories Border**

Yesterday at 19:31 · 🌐

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.

 Write a comment...  Post

News Feed Requests Messenger Notifications More

UNFINISHED BUSINESS....



UNFINISHED BUSINESS....



4
WHEELS!

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, 2ND PLACE, 6TH FASTEST IN RACE HISTORY AND
1ST SCOTSMAN TO FINISH THE BEAST OF A RACE.



RULE TYPE 1, DON'T LET IT RULE YOU.

