

Sue Allen of Truro Tae Kwon-Do Academy (GTI) West Highland Way for Water Aid

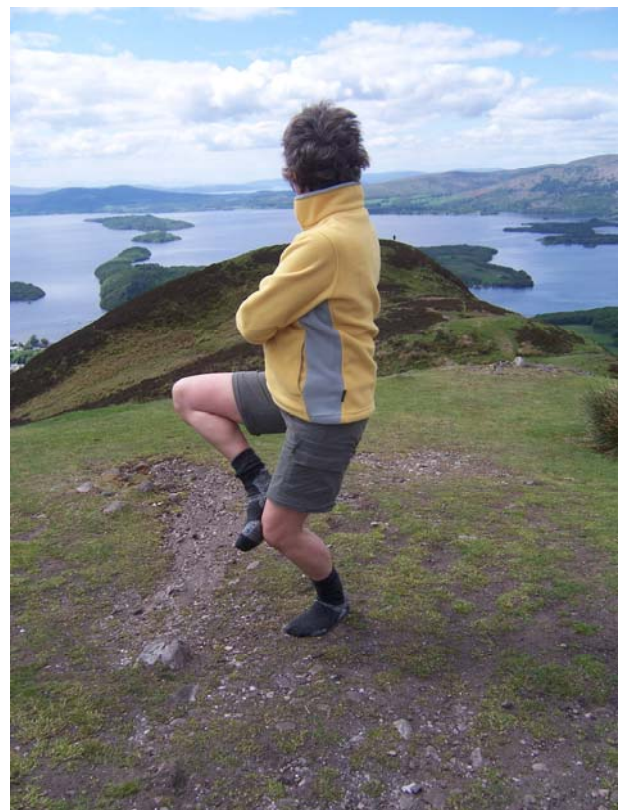
I am walking the West Highland Way, a long-distance path from Glasgow to Fort William, on my own over 9 days, stopping at Hostels and B&Bs. On day 10 I plan to climb Ben Nevis (this is my idea of a holiday!). As I'm away on 31st May for the GTI Fundraising Day, I asked my Instructor, Mr Liam Broderick if I could get sponsorship for this walk for our club charity, Water Aid...

Sue Allen, 6th Kup, May 2008



Day 1 – Start at Milngavie

In hindsight, I should have adopted Gunnun Chunbi Sogi!



Day 2 – Conic Hill
(above Loch Lomond)

Grading practice

Day 3

Slight detour up Ben Lomond.

Only another 1,000 feet to go!

The high punch is in honour of pattern Dan-Gun.



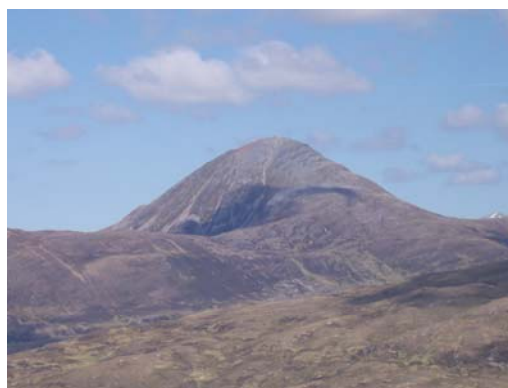
Day 4 – Fighting off the locals

I knew my Tae Kwon-Do skills would come in handy!



Day 8 – Fellow traveller Reece who does karate

(although his Dad said he does Judo)





Day 9 – The End of the West Highland Way

Day 10

Press Ups with a back pack on whilst climbing Ben Nevis – not recommended!



The Summit of Ben Nevis (1,344m), trying to emulate my Instructor – can someone please airbrush out the trig point pillar?

We're all very proud of Sue at Truro GTI and she always manages to be a shining example of the tenets of Tae Kwon-Do. In total she raised **£136.50** for Water Aid which was a great result and helps to boost the overall GTI Fundraising Event total. Thank you Sue for being such a great student...

Liam Broderick