

Rhianon has made another big step forward in her recovery in recent days, taking her first steps with the aid of crutches.

Frequent physiotherapy and exercises have strengthened Rhianon's legs sufficiently to allow her to start putting weight on her left leg. Getting around with crutches is a slow process but a very positive step forward and her fitness at the time of the accident, and her determination, have definitely contributed to her rate of recovery.

With just eight weeks until the final round of the Asia Pacific Rally Championship, Rally China, Rhianon is confident she will be fit and ready to co-drive for Emma Gilmour.

"I am feeling really positive about my progress and working hard to make my transition from the wheelchair to the crutches as easy as possible. On Thursday I will have a screw removed from my right leg and then I can weight bear on both legs, so using the crutches will be made much easier".

"Fingers crossed all will go well on Thursday and then I can start to learn to walk again anytime from then".