

## RUN

**GARRY HILL, founder of the Cambourne Runners ARC, offers tips in his weekly column**

WITH the onset of the dark mornings my normal routine of getting up at the crack of dawn for a run had become more and more difficult.

As usual, the summer had been fine but the ever-increasing darkness always results in the same thing – a battle of wills between the part of me that wants to roll over and go back to sleep and the part that wants to go for a run.

Fortunately, my obsessive nature means that I always get out, although I have to admit I'm not always in the best frame of mind, feeling it's more chore than pleasure. It's definitely not the enjoyable experience that a run is meant to be.

Then, reading my copy of *Runner's World*, I saw an advert for a Lumie Bodyclock, an alarm that wakes you up by using increasing levels of light, in the same way the sun slowly rises. It claimed to be the perfect tool for aiding waking during the dark mornings. So I thought that I'd give it a go, as running like I'm an extra from the cast of *The Walking Dead* wasn't doing me or my running any good at all.

So I did some research; my first pleasant surprise was finding out that Lumie, the clock's manufacturer, is based in Bar Hill, Cambridge. Since 1991 Lumie has been researching and designing bright lights to treat seasonal affective disorder (SAD) and other conditions. Its first Bodyclock Dawn Simulator was the world's first wake-up light.

I also discovered that the Lumie Bodyclock is an alarm clock that wakes you naturally with a gradually brightening 30-minute sunrise. The light is a signal for your body to reduce levels of sleep hormones such as melatonin and increase levels of those that help you get up and go like cortisol. There's also an optional alarm noise setting just in case the

## Race Diary

Every Saturday 9am:  
 ■ Cambridge Parkrun, 5km trail, Milton Park

■ Wimpole Estate Parkrun, 5km mixed

■ RNLI 10km Reindeer Run, Grafham Water, November 30

light alone isn't quite enough to raise you from your slumber.

Additionally, it also offers a sunset mode; the 30-minute sunset works in the opposite way to the sunrise, helping you to naturally wind down. It all sounded pretty much perfect, especially as a recent study found that sports enthusiasts exposed to bright light in the evenings saw an average 7.2% improvement in their performance the following morning. What was I waiting for?

So, I laid my hands on the Starter model, set the light-up time (and the back-up alarm too) and went to sleep ready for my 5am wake up call. The next morning I was woken by the beep of the clock and I felt great – it had worked! Although the light alone hadn't woken me, I truly felt more awake and ready to go than I had for weeks. That morning I had a good enjoyable run and felt ready for the day ahead.

I'm glad to say this was no fluke either; I've been using it solidly during all the dark mornings and each time I've woken feeling awake and refreshed. On one occasion I forgot to set the light and was woken by the beeping alarm only, and once again

I was ready for the now occasional role in *The Walking Dead*.

So if you have problems getting up and out for your early morning run, consider getting yourself a Lumie Bodyclock and enjoying your winter exercise again!

## CYCLE

# Halfway point for bold duo

A PAIR of Cambridge graduates have reached the halfway point of an epic cycle ride to Hong Kong, despite being held at gunpoint in Turkey and deported from Azerbaijan along the way.

Intrepid Nick Codrington and Laurence Gribble, both 23, set off from London on July 10 with the aim of reaching their final destination of Hong Kong in March next year.

Nick and Laurence both graduated from Cambridge this year after reading Chinese and have taken on the challenge to raise money for Prostate Cancer UK.

Richard Codrington, father to Nick, explained the trip, dubbed 'Journey to the East', seemed to be going well so far.

He said: "It's certainly an adventure and they have had all sorts of experiences so far.

"The main thing is that they have encountered such generosity along the way which is quite astonishing.

"People are even more supportive when they find out they are doing this for a good cause as well."

He added: "I've spoken to Nick two or three times in the last few weeks and they seem to be enjoying it – they'll have enormous legs by the end of it all!"

The next stage of their journey will

see Nick and Laurence traversing the deserts of Uzbekistan before moving onto the Pamir Highway through Tajikistan, where temperatures can get as low as the minus 30s.

Laurence, originally from Egremont in Cumbria, added: "We're only halfway, but we've had some great experiences so far.

"It would be fantastic if everyone who saw our Facebook page could give £1 – that would really help us hit our target!"

So far the pair have raised around £6,000 for their chosen charity but are hoping to raise £15,000 by the end of their journey.

Mark Bishop, director of fundraising at Prostate Cancer UK, commented: "Congratulations to Nick and Laurence for what they've achieved so far.

"We're delighted that they have chosen to raise funds for Prostate Cancer UK.

"With help like this we can provide dedicated support and information to men and their families affected by prostate cancer and fund research to fight the disease."

To find out more about Laurence and Nick's adventure, their blog can be found at [journey-to-the-east.com](http://journey-to-the-east.com).

If you would like to sponsor the duo, visit [justgiving.com/journeytotheeast](http://justgiving.com/journeytotheeast)



## CYCLE

# Champion cycling effort

HUNTINGDONSHIRE District Council has been awarded Commuting Champions as part of this year's Cambridgeshire Cycle Challenge.

Over four weeks in September and October, 953 participants from 146 workplaces took part in the Cambridgeshire Cycle Challenge.

The challenge is a fun web-based competition, which aims to increase the uptake of cycling among members of the community.

Councillor Darren Tysoe, whose executive

responsibilities include the environment commented: "Well done to those who took part and helped HDC achieve this award.

"It's great to see staff choosing to travel more sustainably to work."

Mark Houston, who undertook the highest number of journeys from Huntingdon District Council, added: "We all really enjoyed taking part in the challenge.

"We encouraged each other to record our cycling trips to make sure we stayed at the top of the leader board."



SUCCESS: Members of Huntingdon District Council



porting inspiration?

section of our website for more  
[www.co.uk/health/fitness-and-sport](http://www.co.uk/health/fitness-and-sport)

# WalkRunCycle

**Nuffield Health**

Nuffield Health Cambridge  
 (01223) 855766

[www.nuffieldhealth.com/hospitals/cambridge](http://www.nuffieldhealth.com/hospitals/cambridge)



LOOKING EAST:  
 Nick Codrington  
 at the Azerbaijan  
 border, inset,  
 Laurence Gribble  
 in Georgia

## RUN



## Engineer all set for survival challenge

AN ENGINEER will be putting his stamina to the test to raise money for a charity close to his heart. James Hall, 33, (above left) has signed up for this year's *Men's Health Survival of the Fittest* competition – renowned as being one of the most physically challenging contests in the UK.

But James, from Soham, and his friend and work colleague, Lee Moatt, 18, from Red Lodge, aren't just participating for the fun of it – they are raising money for Alzheimer's Research UK.

James' mum, Anne Hall, 60, has had dementia since she was in her early 40s, but was only properly diagnosed around two years ago.

James said: "I know what a horrible disease dementia is and my mum is one of those unlucky people who is diagnosed with it at a young age."

"I think dementia affects a lot of people so I want to raise as much as I can."

James, who works with Lee at Multi Fab in Mildenhall, said: "I was diagnosed with anaemia around three months after I signed up for the challenge, which has affected my ability to train properly, but it's not as if I'm going to die so I'm just going to give it my best shot."

The challenge takes place in London this Saturday. To sponsor their cause, visit [justgiving.com/jamesandleesurvivalofthefittest](http://justgiving.com/jamesandleesurvivalofthefittest).

## CYCLE

## Sky Ride kicks off legacy of Tour visit

KEEN cyclists got to take part in the Cambridgeshire Sky Ride on Sunday, marking the start of the event in the region.

At a comfortable pace, and with some modest hills along the way, the rides took place on quiet roads with plenty of sights along the way.

The ride, which is the first in a series throughout autumn, saw cycling enthusiasts set off from the Abbey Leisure Complex to pedal around the region.

It follows the partnership between Cambridge City Council, Cambridgeshire County Council, British Cycling and Living Sport to help people of all ages, abilities and confidence get out and about on their bike to explore the city and county.

Upon the partnership's launch, Cambridgeshire County Council's Cycling Champion Cllr Noel Kavanagh said: "We are launching by giving residents of all ages and abilities the opportunity to take part in three Sky Ride Local bike rides this autumn."

"Please join us on these special rides."

## WALK

## Don your wellies for charity this festive season

PEOPLE across Cambridgeshire are being encouraged to give cancer the boot this Boxing Day at a new fundraising 'welly walk'.

Cancer Research UK is asking us to ditch the TV in favour of a bracing Boxing Day walk, in the first event of its kind for the charity.

Walkers are encouraged to get into the festive spirit and glitz up their boots with decorations such as tinsel, garlands, baubles and stickers.

All welly walkers who register online will receive a free pack with ideas for their walk.

They will also receive some stickers to decorate their wellies but can of course release their inner artist and come up



with their own individual designs.

Jane Redman, Cambridgeshire spokesperson for Cancer Research UK, said: "Boxing Day is traditionally the time when families and friends come together to get some fresh air and

exercise after the excesses of Christmas.

"Turning your Boxing Day walk into a Cancer Research UK welly walk is a great way to raise money to help save lives, so that more families can enjoy more Christmases together."

She added: "Children and adults of all ages can have great fun jazzing up their wellies with weird and wonderful designs."

"It's a perfect opportunity to exchange season's greetings with friends and neighbours."

The charity aims to see three-quarters of those diagnosed with the disease survive within the next 20 years.

To find out more or to register, visit [cruk.org/wellywalk](http://cruk.org/wellywalk)