

Guildford Community News

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Friends prepared for freezing Russian ride

by Pete Bryant

A GUILDFORD graduate is swapping the sweeping Surrey roads for the Arctic Circle next month in a fundraising journey for charity.

Guildford-born Simon Limpus, 31, who studied construction management at Guildford College up until last summer, will take part in the Siberia Ice Run race in a Russian Second World War

side car Ural motorbike. Along with friend David Murray, 32, from New Zealand, he will navigate the frozen River Ob during the Siberian winter temperatures of -50 degrees from Yekaterinburg to Salekhard in Russia.

They are raising money for research into Chronic Fatigue Syndrome (CFS) and ME, a condition from which Simon suffered for seven years, and wish to donate it to the Optimum Health Clinic

Foundation (OHC) charity. Simon sold his own Kawasaki motorbike in order to take part in the challenge and instead take to the saddle of the unreliable 1940s machine.

"It will break down, but that's part of the trip," he said. "I used to ride in Guildford quite a bit but now that I have finished college this is my last big riding project before I get a job."

"I want to raise in excess of £10,000 so the OHC Foundation can start a research project into the role of adrenal fatigue in CFS."

One of the biggest challenges faced by the pair, along with the other 14 teams competing, will be avoiding hypothermia and frost bite as they will not be walking to warm themselves.

Wind chill will be a huge factor in snow blizzards that can freeze exposed skin instantly. As well as this, there will be only four or five hours of daylight each day and a risk of attack from wolves and bears.

Competitors in the race are



Simon Limpus will be taking part in the Siberia Ice Race.

not given a set route to follow or any support making it a test of spirit and endurance.

For more information visit www.icerun2012.com. Anyone wishing to sponsor the pair on their challenge can visit www.justgiving.com/Simon-Limpus.



The Ural motorbike on which Simon Limpus and friend David Murray will attempt to ride through the Russian winter.