

UK'S SUPER COMMUTER CLOCKS 5,322 MILES A YEAR

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You don't get the nickname of the UK's super commuter for nothing.

Tim Wiggins, a communications manager at Wiggle.com from the Isle of Wight, is believed to have cycled the greatest distance to work in the UK, covering 5,322 miles in 2016 as tracked by fitness app, Strava.

As thousands of Brits prepare to get in the saddle for Cycle to Work Day on 13th September, the cycling enthusiast has already commuted 3,894 miles in 2017, expecting to surpass last year's total.

By comparison, according to Strava's end of year report, the average UK commute by bike is just 8.37 miles door-to-door.

In total, Tim cycles the equivalent distance of London to San Francisco each year, just to get to work. The yearly commute includes an incredible 105,066m of ascent, which would see Tim summit the world's highest peak, Mount Everest, 12 times over.

Tim's daily 37.2 mile commute isn't your average commute either. Based in the Isle of Wight, Tim regularly includes a detour ride around the island before boarding the ferry to Portsmouth, where his desk at Wiggle, the world's largest online cycle retailer, awaits.

Tim said: "I commute around 10 hours a week, which amounts to between 250-300 kilometres. I've been putting in these early morning and evening rides for over five years now, and have commuted on everything from a mountain bike, through to a single speed road bike.

"For those people who have never thought to ride to work each day, I couldn't recommend it more. You don't need to take it to the extreme, but you'll find you feel fitter, healthier and much more energised by the time you reach your desk every morning. With the right bike and kit, there's are no excuses not to get on the bike all year round."

Cycle to Work Day takes place on 13th September 2017 and aims to encourage adults across the UK to get on their bikes and have a go at commuting by bike for one day.

Cycling to work is not only a great way to save money and help the environment, but it's also a great way to boost health and fitness. According to Cyclescheme's 10:10 report, with the average commute burning 235 calories, 50% of cyclists lost weight in their first year of commuting to work by bike and 82% were less stressed in the office.

ENDS

Some of Tim's numbers in detail:

Up to 186 miles per week
Equivalent of London to Bruges in Belgium

5,323 miles in 2016 -
Equivalent to London - San Francisco

105,066 metres climbed in 2016 commuting
That's 12x the height of everest (8,848m)

1102 hours 20 mins = 367 hours commuting = Over 15 days

238,550 calories* commuting
*based on average calories per hour (650) - 928 Big Macs

Super Commuter, Tim Wiggins' top tips for cycle commuting:

Buy a bike. Sounds obvious! However, consider your commute - there are lots of different types out there. My commute takes in a mix of road and off road, so a cyclocross bike is my perfect choice. It's quick, comfortable and can be adapted easily for any eventuality.

Start slow. Commuting for the first time can take its toll. Don't overload your body and ease yourself in. Maybe aim to commute every other day by bike at first. Alternatively you can ride in one morning, and then ride the bike home the following evening - alternating with alternative transport.

Invest in some lights. Commuting, especially in winter often means you can be riding in low light, so it's a good idea to make sure you are always seen.

Work out your route in advance. It's not well known, but local councils will often help people choose a route to work. The TFL offer a service which can help people plot routes from where they live to their place of work, taking in quite routes. I tend to use something like mapmyride.com to plot my routes.

The right kit pays for itself. Commuting by bike often means you will face all types of weather. Investing in good kit - especially reflective and waterproof kit is a must. You can also add these things to your cycle to work purchase meaning you can save up to 45% off you kit as well as your bike.

Pack a bag in advance. This is a great tip to avoid riding with a bag every day. Plan for the week and pack a bag that will see you through. You only need to bring this in once on a Monday and home again on a Friday for laundry over the weekend. You'll be amazed what a difference it makes being free of luggage!

More information on www.wiggle.com's tax free cycle to work offering can be found at <http://cycletowork.wiggle.co.uk/>

Plan your commute route with the National Cycle Network - a series of traffic-free paths and quiet,

on-road cycling and walking routes, that connect to every major town and city.

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