

## Chris Brooking's, Thames Path Challenge: 103Km in 31 hrs !!!

### My Story

Last year I was diagnosed with Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME). I was signed off work for a total of 12 weeks last year while my doctor tried to diagnose my condition. The main issues were constant headaches and extreme fatigue. CFS/ME can only be diagnosed when you rule out everything else. Unfortunately, CFS/ME cannot be cured with a tablet. You have to manage it. It's taken me time to understand my triggers and what helps me. I still have bad days, but thankfully the good days out way the bad ones now. Exercise helps, I've had days where I physically and mentally struggle to get out of bed. However, I get up, put on my running trainers or boots and go for a run or walk, and after feel 'normal', well whatever normal feels like, but I know it's not constant headaches, brain fog, shivers, aches and fatigue.

Training for and performing the Thames Path 100km walk helped my own mental health, and raise money for Mental Health Research UK.

### The Thames Path 100km Walk

Eager and ready to start



Just about to cross the finish line 31hrs later



Putting on a smile for the camera after completing the walk. A min later – in the medical tent, as I was overheating (I struggle to regulate my temp, a symptom of ME) for the last 5km and was extremely dizzy, or maybe I just wanted a bed after walking through the night.



Smashed the first 50km, the second 50km was a slog!

The stats, more than 100km!

**Well done Chris. Thanks from Mental Health Research UK for your brilliant effort.**