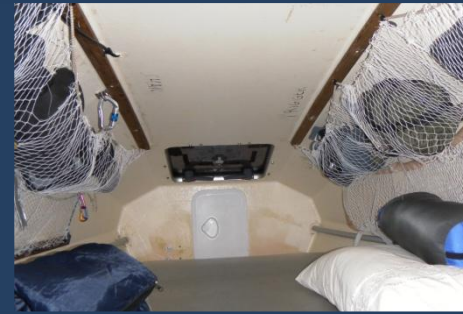


# THE ATLANTIC ODYSSEY

3100 MILES, 6 MEN, 1 BOAT, 1 OCEAN, 1 ODYSSEY



Current world record holder Matt Craughwell is leading the crew which includes round the world cyclist and BBC presenter Mark Beaumont who also rowed to the North Pole earlier this year [www.markbeaumontonline.com](http://www.markbeaumontonline.com) Joining them are Aodhan Kelly, Yaakov Mutnikas, Simon Brown and finally Ian Rowe Director of Bedford based personal performance coaching company, Gold Fever [www.gold-fever.net](http://www.gold-fever.net)

Skipper Matt Craughwell of World Ocean Rowing [worldoceanrowing.com](http://worldoceanrowing.com) has made their goal clear, 'We are setting out to break the 30 day barrier which many people feel is impossible; following a series of sea trails to select this crew and my belief is we have a great chance.'

Backing the challenge are Ian's Gold Fever Colleagues, former Olympic rowing champions Martin Cross and Tim Foster, Martin commented, 'The sheer scale of the challenge is hard to imagine; rowing two hours on, two hours off for 3,100 miles is quite simply brutal.' Tim added simply 'They're mad!'

## THE LOGISTICS

- 'Sara G', the current world record holding boat, will travel 3,100 miles across the Atlantic Ocean from Tarfaya, Morocco to Port st Charles Barbados.
- The crew's goal is to complete the journey in less than 30 days and be the first boat in history to do so.
- Each crew member will be rowing 2 hours on, 2 hours off.
- The boat is self supported with all food supplies carried on board, including freeze dried meals, snacks and morale boosting treats.
- A water maker filters sea water to provide the crew's drinking water.
- 20 mile an hour plus winds and 30 foot waves are expected.
- Each crew member is expecting to burn up to 12,000 calories per day with their bodies only able to absorb around 5,000 calories, this results in a 2-3 stone weight loss per man over the course of the journey.
- In Matt's world record setting voyage he and his crew each lost between 20/25% of their body weight on arrival in Barbados.
- 'Bucket and chuck it' is the official term for the en-suite toilet facilities!

