

#ROCKNROW

MAINLAND TO MAINLAND SOLO ATLANTIC OCEAN ROW WORLD RECORD ATTEMPT

ATTEMPTING TO SMASH THE
CURRENT 96 DAY RECORD
ROWING 6000KM OF BUSY
SHIPPING LANES, 40°C HEAT,
SHARKS, 40 FOOT SWELLS,
ROGUE WAVES & HURRICANES.

IN AID OF:



ROCK² RECOVERY



ABOUT THE EXPEDITION

**MORE PEOPLE HAVE BEEN TO SPACE THAN
HAVE ROWED ACROSS AN OCEAN SOLO.**

Having been prepared for this undertaking for the last 5 years and with the assistance of world renowned Dutch adventurer and ocean rower Ralph Tuijn, one of the worlds fastest and most advanced solo ocean rowing boats is all packed and waiting at the starting line ready for departure. After Ralph's attempt was scuppered by a rogue wave that pitch polled him, the boat has been made ready to go again and the opportunity to take on the record has been given to me.

I am scheduled to depart mainland Europe from Lagos, Portugal in the last week of February of this year. From there I will row solo, enduring 6000km of open ocean, busy shipping lanes, 40ft swells, rogue waves, hurricanes and sharks. This route is approximately 800 miles longer than that of the Talisker Atlantic Challenge and will see me test myself against the existing mainland to mainland Atlantic solo rowing record of 96 days as I navigate my way unsupported and totally alone to mainland South America, aiming for Cayenne in French Guiana.

I will be undertaking this journey in a Rannoch R10 ocean rowing boat, which has been fully prepared to the highest specifications.

I could be at sea for anything between 50 and 80 days depending on the weather conditions, burning up to around 10000 calories per day and trying to consume up to 6000 calories per day to prevent myself from wasting away, to keep my oars powered and most importantly to help maintain the strength and awareness to stay safe and self sufficient.



ABOUT BUSTER

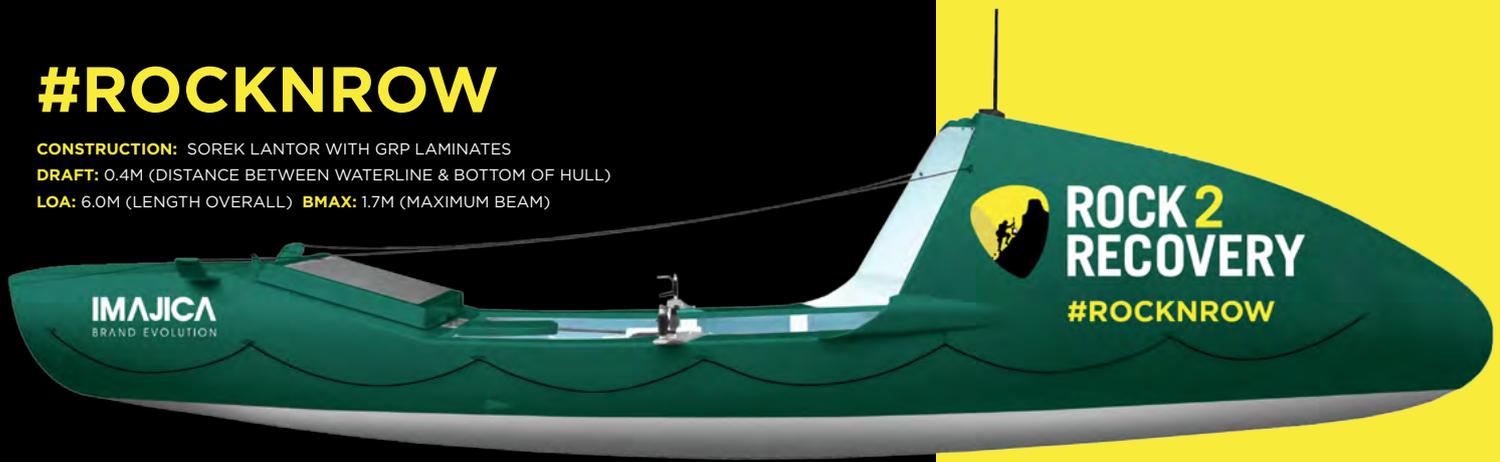
I am 37 years old, a fiancé, a father, owner of 1 Leonberger, a forces brat and a veteran, a conservationist, a lover of wild places and experiences, a recently diagnosed Aspergers and a proven ocean rower.

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CONSTRUCTION: SOREK LANTOR WITH GRP LAMINATES

DRAFT: 0.4M (DISTANCE BETWEEN WATERLINE & BOTTOM OF HULL)

LOA: 6.0M (LENGTH OVERALL) **BMAX:** 1.7M (MAXIMUM BEAM)



WHY ROCK2RECOVERY?

I sought Jamie Sanderson out after seeing that some of my friends had been picked up by Rock2Recovery and were seeing and feeling results from the work they were doing with the organisations life coaches. I was seeing something different. This wasn't a numbers game, it was real positive outcomes through dedicated coaching and support.

I had been through the mill by this point after being passed from pillar to post, diagnosed with this and medicated on that, always ending up further down the deep dark hole of despair. A number of times I had been at breaking point and had tried to take my own life, the confusion, chaos, pain and seemingly never ending stream of loss had been unrelenting since early childhood. This was another of those times and enough was enough. I wanted an end to feeling scared of people and confused about this world that I had struggled to fit in to for so long. Not just for me this time, but for the family I had begun with my Fiancé Lisa.

Within a week of talking with Jamie, Rock2Recovery's head life coach Malcolm was with me to work one on one for the whole day. Just that in itself, that someone had gone to such lengths spoke volumes. But the work we did had massive impacts very quickly. I started feeling more confident about socialising and made a new friend in the village where I live. It just so happened that this gentleman is an educational psychologist and has a wealth of experience in the field of autistic spectrum disorders. We became good friends and started hanging out regularly after work and weekends. He was able to see very quickly that somehow, for the last 37 years, I had managed to negotiate my way through very challenging circumstances (not always well) with no clue that I was high functioning Aspergers! The tests confirmed this.

The thing is, not only did Rock2Recovery help me find the answers that made sense of my story enabling me to start structuring my life accordingly, their coaching techniques have also helped me learn how to move forward from the constant sustained stress I was living in before enabling me to take time to understand social interactions and cues more positively and productively.

Now I am helping to run the biggest ocean rowing projects in the world in a way that creates opportunities for others to use adventure to change their own lives.

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HOW CAN YOU SUPPORT THIS CHALLENGE?

The world record attempt is about to begin! We have reached the point of no return with sufficient funding in place to ensure the trip goes ahead safely and fully resourced. But we still have a number of uniquely tailored branding & sponsorship opportunities that such a high profile world record can bring and in line with the premise that all surplus funds go to charity, any additional support we can raise will directly benefit Rock2Recovery CIC.

Your brand will be seen in affiliation with a unique human feat, a credible world record attempt and a world first. It's an opportunity to be closely associated with an incredible feat of human endurance and determination that will be seen by national and international media, supports mental well-being in our veteran and autistic spectrum communities whilst promoting adventure and our marine environments. And your support will deliver a significant confidence boost to the world record and the support team.

GET INVOLVED

Why not get in touch and take the time to hear the story direct from Buster? If nothing else, that will be time well spent.

PROUDLY SUPPORTED BY
OUR MEDIA PARTNERS

