

## Progress Update

WHERE ARE THE TEAM IN THEIR PREPARATIONS



TEAM PREPARING TO LAUNCH AT QAB, PLYMOUTH



VISIT US ONLINE AT WWW.ROW-WEST.CO.UK



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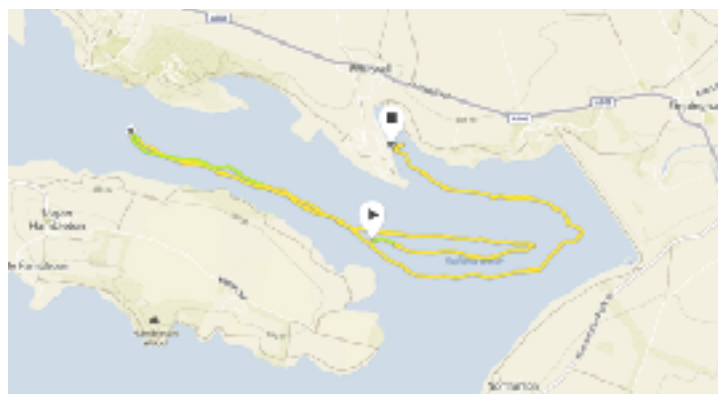
# ROW WEST SEALS NEWSLETTER



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A workmanlike outing on Rutland Water designed to get a bit of workout and test a number of systems was carried out at the beginning of October, taking the opportunity

to wear a T-Shirt supporting Forces Business Net - an organisation working on connecting those who have left or leaving the armed formed with those already in business, and one of our sponsors. As we left home early on the Sunday morning heading to Rutland the day promised to be beautiful and once booked on we were the centre of attention as we reversed the boat down the slipway passed



the unfortunately located aqua park (especially with my trailer reversing) - as an indication of how much work this is, a total of 3000kCal were consumed in 3 hours!!

Covering about 14 miles in total. At least its not uphill! A lot of questions asked about our journey and our sponsors. Happy days.

## Food Glorious Food

After the boat and kit has been perfected the next area which needs too be 100% correct is probably the most important thing on board FOOD! We need to consume



about 5000 Cals a day just to keep our heads above water, but with a calorie deficit of about 5000 calories on top of that we still expect to lose 10-15kg of bodyweight on the journey - meaning this will be physically

transforming as well as Psychologically- we've been going through our available food and putting together combinations which are interesting and we think we'd like to eat. With food coming in at about £20 per person per day (75 days)- this alone forms a large part of our budget

## Sponsor Profile



Fraser Anti-Static Techniques is an award winning company, specialising in the design and manufacture of static control equipment for a wide range of industrial uses. For over 25 years, we have been leaders in the areas of electrostatic research and manufacture, working with clients across sectors as diverse as packaging, cleanrooms, converting,

aerospace, printing and textiles.



## Charity Profile



Devon Freewheelers are a team of 37 volunteer Emergency Vehicle drivers who are dedicated to providing a weekday out of hours service (17.00 – 06.00) and 24/7 weekend service supporting the NHS in delivering essential Blood, Samples, Medication and Donor Breast Milk to hospitals throughout Devon.