

Progress Update

WHERE ARE THE TEAM IN THEIR PREPARATIONS



TEAM PREPARING TO LAUNCH AT QAB, PLYMOUTH



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ROW WEST SEALS SUPPORTERS NEWSLETTER



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Launching from Plymouth

We had a fantastic weekend at the end of May when we successfully launched out of Queen Annes Battery in Plymouth. Although the weather was not ideal and a wind gusting at Force 4 kept us a bit tethered we had a great experience with a number of systems tested and adjusted. There was a lot of local interest and even a number of visitors to the marina, after MDL put a photo of Small and Mighty on twitter. This was a massively useful exercise as lessons on seamanship and boat handling were quickly learned. Sunday was much calmer and as we rowed out to the Breakwater and towards Fort Bovisand the gentle breeze barely rippled the surface of the water.

Preparation

Preparation of the boat is probably the most important, and time-consuming activity. With an inventory list as long as your arm and the requirement to get everything just perfect at the forefront of our minds. There is still a huge amount to do and test to ensure the crossing is



both safe and achievable.

While a huge amount has been completed, there is still a huge amount to do before we lose sight of land and row across an Ocean!



In parallel with the boat being prepared - we've been following a strict training regime, and Alan underwent a VO2 Max and Lactic Acid threshold test on the Erg at the University of Northampton earlier in the year. With more testing and training to come, ahead of departing La Gomera.

Sponsor Profile

Fowler Welch provides flexible and cost-effective supply chain services for ambient and temperature controlled products. Serving major names on both sides of the supply and retail equation, we place great emphasis on the experience, expertise and dedication of our people. People who are listening to customers. People who are responding to what they hear, and people who are delivering accordingly.



Photos from Brixham



Mark took the Boat to Brixham to support the Brixham on the Water festival - Devon Blood Bikes were in support with one of their bikes, a huge amount of public interest in both our venture, the charity and our sponsors.

