



## 6 MONTHS TO GO!

Team Peninsula are rowing 3,000 miles across the Atlantic as part of the Talisker Whisky Atlantic Challenge (TWAC) December 2021, from La Gomera to Antigua, to raise funds for and awareness about the ever-increasing volume of plastics that are finding their way into the world's oceans each day, month and year.

### WORLD'S TOUGHEST ROW

Inspired by their endless quest for adventure and their desire to conserve the oceans and relieve them from plastic pollution, Team Peninsula have entered TWAC 2021.



North Atlantic Ocean

La Gomera, Spain

Antigua & Barbuda

3000 miles

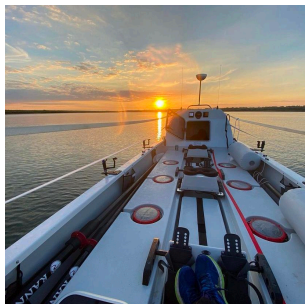
Q. So what have Team Peninsula been up to? And what does the next 6 months look like for the team?

#### BOAT & EQUIPMENT

Our brand new R45 Elite ocean rowing boat was completed ahead of schedule and handed over by our boat builder, Rannoch Adventure, on 19<sup>th</sup> April.

It was a big day for Team Peninsula; Will & Toby visited Rannoch HQ to take possession & get a crash mini-course in how all the on-board systems work.

Sam was unfortunately stuck in Dubai, unable to travel due to corona restrictions, but the team linked him into the handover via video call.



We held a raffle where supporters could pay for a name suggestion for the boat, which raised a whopping £5,931 towards the expedition. Ball no.36 was drawn with "Dirty Oar" the corresponding name.. We are not sure how 'Partner friendly' the name is but a raffle is a raffle.



Included within the boat build is all fixed equipment, including VHF radio, navigation / chart plotter, AIS, and most essentially the water maker!

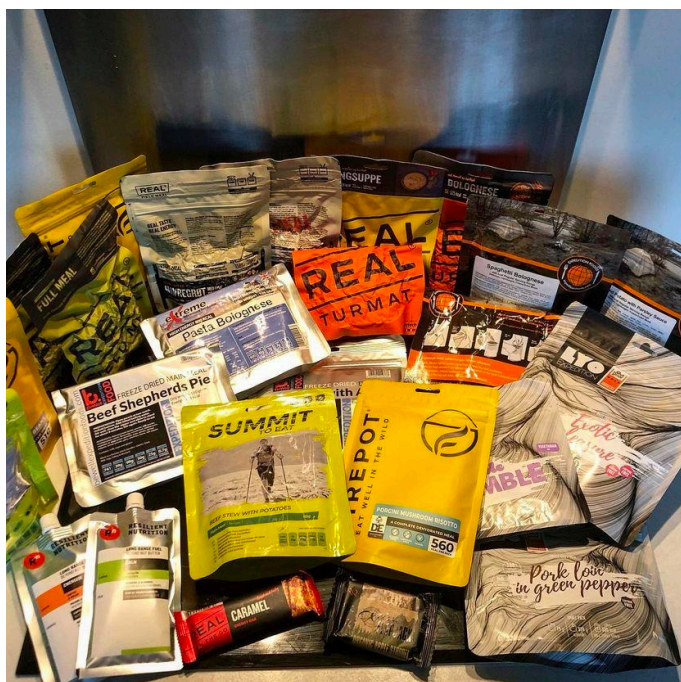
We next have a list of loose equipment to acquire over the next couple of months – most importantly safety (life raft, life jackets, harnesses and so on), as well as practical items such as cooking, sleeping, etc - we look forward to using our training rows to ensure what works for us and what doesn't.

## NUTRITION

Toby & Will have been working their way through multiple 'military' ration pack brands, including Expedition Foods, Real Turmat, Firepot and Wayfarer, looking at plastic free packaging where possible.

We will be expending some 7,000 calories per day, whilst consuming c.5,000 per day.

Our standard day will look like 3 meals of about 800 calories each, plus a snack pack to fuel us whilst rowing and aid with recovery. The snack pack will contain a mixture of bars, nuts, etc and come to about 3,000 calories per rower.



## TRAINING

Will & Toby are now also getting out training on the boat, with Sam planning to join them in July and September. The race rules specify each rower has to log a minimum of 120 hours training on the boat they are using for the crossing to qualify for the race. Within the 120 hours there are various requirements to meet, such as over night hours and hours in the open sea/ocean, and various kit tests to prove the team has completed.

The other aspect to rowing across the Atlantic is the mental preparation – the team are spending time now focusing on mentally preparing by having regular psychological focused calls, expressing their fears, hopes, dreams and expected highs and lows. They are brainstorming out every eventuality which will help mentally prepare them for the challenge ahead.

Compulsory courses: the team are meeting at Sea Sports Southwest on 02 July to complete their compulsory 7 day pre-qualifying course. The course is RYA certified and covers short range radio, sea survival, first aid, essential navigation and seamanship and exams. The final day is with Ian Couch, the race organizers chief safety officer, and will cover race logistics, minimum safety requirements, and tips and advice for during the race.



## LOGISTICS

The amount of logistics that go into an ocean row are immense. These include boat manufacture, fixed and loose equipment items, nutrition planning, boat shipping, equipment testing, accommodation either side, mandatory courses, optional courses (water maker is the essential one!), training and paperwork (including things you wouldn't think about such as boat registration, VHF registration, EPIRB registration, customs clearances etc etc).

The team are delighted to have secured Stewart Robertson, an experienced weather router who will be in contact daily with a report of the prevailing winds, weather conditions and help us identify and plot the best course to take. This will be huge in maintaining morale and ensuring a competitive edge. Stewart will be one of our only regular lines of communication off the boat so having his knowledge and input is invaluable.

Other good news is that the arrival date to La Gomera (the start location in the Canary Islands) has been called now by the race organizers – all teams must arrive in La Gomera by 7pm on 29th November 2020, with the race start usually around 10<sup>th</sup>-12<sup>th</sup> December. The preceding 2 weeks cover everything from race registration, health & safety briefings, boat unpacking (from shipping containers) and set up, mandatory kit and nutrition check, on-water testing and obviously a little bit of on-shore team bonding time before setting off on the adventure of a lifetime!

## PARTNERS

We are about halfway to our target of GBP140k to cover our expedition cost, of which we expect just over GBP80k will go to our selected marine conservation organisations upon completion of the expedition (from the sale proceeds of the boat and equipment)

## CORPORATE

We now have a distinguished list of Partners confirmed, including Gleeds, RCG, Eltizam, DK Engineering, and are always seeking more. We would welcome a meeting with potential partners to discuss how they can join the fight against single use plastics by supporting Team Peninsula:



## INDIVIDUALS

As well as corporate partners, friends and family of Team Peninsula are supporting our expedition and helping in the fight against single use plastic. So far we have raised just over 10k from friends and family, with plenty of events in the pipeline. more information on these to be announced shortly

Obviously the more we raise above and beyond GBP140k, the more funds go to our chosen charity and non-profit, so please dig deep! Visit [www.teampeninsula.com](http://www.teampeninsula.com) for further information and corporate partnership levels.

*Please note that any fundraising is for non-UAE individuals.*



## CHARITIES and NON PROFITS

We are pleased to be raising awareness for marine conservation an amazing non-profit and charity organisation:



### Azraq

Team Peninsula are proud to support Azraq, a grassroots marine conservation organisation registered in the United Arab Emirates!

Azraq is the Arabic word for Blue. Its mission is to end the destruction of habitat and slaughter of wildlife in the world's oceans in order to conserve and protect ecosystems and species.

Azraq aims to EDUCATE through awareness programs and community presentations, MOTIVATE individuals, organisations and communities at large to make a difference and ACTIVATE them by offering a range of activities on, in and around the ocean.

Team Peninsula have chosen to collaborate with Azraq as their mission fully aligns with Team Peninsula's cause which is to raise awareness about the ever-increasing issue of plastics in the world's oceans.

Team Peninsula will distribute a part share of funds from activities such as the sale of the boat after the race in order to sponsor Azraq's future activities.

To find out more about Azraq, and how you can support their venture, head to <https://azraqme.org/>



### Ocean Generation

Team Peninsula are proud to support Ocean Generation, formerly Plastic Oceans UK, experts on plastic pollution for over a decade, starting with the award-winning documentary A Plastic Ocean, which was praised by Sir David Attenborough as "one of the most important films of our time".

Ocean Generation are committed to long-lasting change through solving the ocean plastics crisis and changing attitudes to stop plastic reaching the ocean. They are focused on raising awareness about the impacts of ocean plastic pollution by investing in education and supporting resources and partnering with key organisations and institutions. The organisation recognises the importance of science and with the support of their relationships with leading scientists ensure that their messaging is backed by peer-reviewed science. By developing globally credible behaviour change programmes, they now aim to empower young leaders and everyone across society to rethink the way we use and value plastic - to become more "plastic intelligent" in all aspects of life.

Team Peninsula have chosen to collaborate with Ocean Generation as their mission fully aligns with Team Peninsula's cause, which is to raise awareness and support education about the ever-increasing issue of plastics in the world's ocean to change attitudes, behaviour and corporate and governmental policy.

Team Peninsula will distribute a part share of funds above the cost of the expedition in order to support Ocean Generation's (formerly Plastic Oceans UK) critical input into solving the plastic crisis.

To find out more about Ocean Generation, and how you can support their venture, head to <https://www.oceangeneration.org>

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## INDIVIDUAL THOUGHTS



Sam

I cannot wait to get out there now! We have been working towards this for over a year now and with 6 months to go the excitement is building! On-going corona restrictions are frustrating and limiting training on the boat with the boys but we are hoping things will open up again soon over the coming months!



Will

We've made some good headway with the campaign over the past few weeks. Getting out on the water and training on the boat has really heightened the sense of enthusiasm and excitement towards the expedition - there's a lot to take in but training is going well and it's great to see improvements in strength and technique.



Toby

Getting out on the boat properly for the first time has really reinvigorated my excitement for this campaign, especially after a tough year for all of us being confined to our residences. Looking forward to getting the whole team together on the boat and have a solid last drive with our team and our advisors to narrow in on the details of the strategy to deliver us the best result possible in the race as well as fundraising for our chosen charities and partners.

Visit [www.teampeninsula.com](http://www.teampeninsula.com) for further information and corporate partnership levels

Please note Partnerships are for non-UAE residents only.