

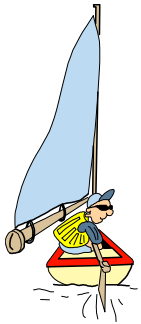
Summery of Past Adventures & Achievements.



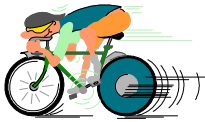
- 1988** Climbed Mont Blanc 15,771ft (France) – The highest mountain in Western Europe.
- 1990** Completed the solo traverse of the Black Cullin Ridge on the Isle of Skye.
- 1990** Climbed Mount McKinley 20,260ft (Alaska, USA) – highest mountain in North America.
- 1991** Attempted to climb the Matterhorn. Failed due to falling off during a heavy snow storm.
- 1997** Completed the winter traverse of the Aonach Eagach Ridge. (The most difficult ridge passage on the UK mainland).

General: Climbed over 70 'Munro's' (Scottish mountains over 3,000ft) during 1987 and 1999, many in winter conditions).

Climbed all mountains in England and Wales over 3,000ft during this period.



- 1995~1996** Built from scratch my own small (14ft) sailing boat – “Diddy- Da”
- 1997** Sailed from Harwich to Littlehampton in Diddy-Da.
- 1998** Sailed from Harwich to Holland then to Belgium and home again in Diddy-Da. (Solo crossings of the North Sea with difficult weather conditions).



- 1999** Cycled across England, East to West 410 miles. (Harwich to the Pembrokeshire coast)
- 2000** Cycled down the Atlantic coast of France (Cherbourg ~ La Rochelle).
- 2001** Cycled from Harwich to Timbuktu (Mali). 4,269 miles. Including a crossing of the Sahara desert alone and unsupported.
Raised nearly £10,000 for cancer charity.



- 2002** Motor-cycle trip to Lapland.
Harwich to Netherlands, Germany, Denmark, Sweden, Finland.
Crossed the Artic Circle, visited the border between Norway and Russia. Reached North Cap around the summer solstice & midnight sun.
Travelled south down Norway along the Atlantic coast via the fiords.



- 2004** Sub-aqua Diving (Turkey)
Passed open water diving course (P.A.D.I.)



2005

First season in Triathlon competitions. Completed 3 events including first Olympic distance event.

Travelled to Iceland to climb Hvannadalshnukur. Two attempts to summit but prevented by bad weather on both occasions.

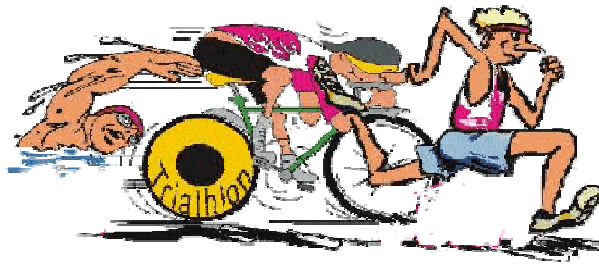
2006

Climbed to the summit of Jebel Toubkal – Morocco (4,167m) highest mountain in North Africa. Organised and led a group of four including my 14 year old son Christopher.

Crossed the Vatnajokaul glacier (3rd largest in the world) in Southern Iceland and climbed to the summit of Hvannadalshnukur (2,119m) with my son Christopher.

Second season in Triathlon competitions. Nine events entered. Several age group wins.

Triathlons included; Helvelyn triathlon see website for details and 'The Big Triathlon'. This was a 1,900m swim in the sea off Fort William at the end of September, followed by a tough 90kms mountain cycle race around the foothills of Ben Nevis and finally a run to the summit of Ben Nevis and return. 21st overall with a time of 09h 56m 01s



2007

Competed all season in World Championship Qualification event to secure a place in the British Triathlon Team. Place won at Bala Triathlon.

Took part in eleven triathlons during the season including a half iron-man event at the New Forest in September.

Complete one stage of the Tour de France (E'tape). 196kms including 5 mountain climbs (2 x cat 2; 2 x cat 1 and one hors cat). 11hrs 45mins.

2008



Ten triathlons / duathlons completed this year with seven age group wins (50+). Eastern Counties Regional Champion for over 50's age group. Third place overall in over 40's age group for regional championship.