

Wife carries on (amidst 40ft waves and sharks)

EXCLUSIVE

Debra and John Veal have spent the last 10 years sailing the Atlantic Ocean. Now they are back in the water, this time with a new mission: to sail the Atlantic Ocean in a small boat, with Debra as the only crew member.

DEBRA VEAL

Rowing it Alone

Rowing it

One Woman's Extraordinary Transatlantic Adventure

Rowing It Alone One Womans Extraordinary Transatlantic Adventure

Sarah Outen



Rowing It Alone One Woman's Extraordinary Transatlantic Adventure:

Rowing it Alone Debra Veal, 2002 **Rowing It Alone** Debra Veal, 2003-07-19 On 7 October 2001 Debra and Andrew Veal set off from Tenerife in a rowing boat They were the only mixed pair in the Ward Evans Transatlantic Rowing Challenge After two weeks Andrew despite being the more experienced rower abandoned ship having realised he was terrified of the open seas *Postcards from the Edge* Ian Coffey, 2015-07-17 In *Postcards from the Edge* Ian Coffey will help you learn from eight Bible characters about how God can meet you in the hardest moments of your life God often seems most distant when we are going through our hardest times And yet many people have found that it is exactly at the moments of their greatest struggle that they have met God most closely Through vivid retellings of the stories of eight biblical characters who met God at points of extremity in their lives Ian Coffey offers us inspirational ways of making the struggles we face an opportunity for growth By sharing both modern examples of people who have faced the same sorts of struggles and events in his own life he gives us practical help and hope in our hardest moments Esther and courage Jeremiah and inadequacy John and doubt Paul and fear Peter and imprisonment Ruth and loss Elijah and despair Mark and failure Full of rich reflection and thought provoking questions it will help us to discover the God who walks with his people through their darkest moments *The British National Bibliography* Arthur James Wells, 2002 **Books In Print 2004-2005** Ed Bowker Staff, Staff Bowker, Ed, 2004 *Four Mums in a Boat: Friends who rowed 3000 miles, broke a world record and learnt a lot about life along the way* Janette Benaddi, Helen Butters, Niki Doeg, Frances Davies, 2017-03-09 A TOP 10 SUNDAY TIMES BESTSELLER SHORTLISTED FOR THE 2018 SPORTS BOOK AWARDS LONGLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR 2017 The incredible true story of four ordinary working mums from Yorkshire who took on an extraordinary challenge and broke a world record along the way **Publishers Weekly**, 1976 *The Publishers Weekly*, 1976 *A Year of Your Life*, 1970 **Rowing the Atlantic** Roz Savage, 2009-10-06 STUCK IN A corporate job rut and faced with an unraveling marriage at the age of thirty six Roz Savage sat down one night and wrote two versions of her own obituary the one that she wanted and the one she was heading for They were very different She realized that if she carried on as she was she wasn't going to end up with the life she wanted So she turned her back on an eleven year career as a management consultant to reinvent herself as a woman of adventure She invested her life's savings in an ocean rowboat and became the first solo woman ever to enter the Atlantic Rowing Race Her 3 000 mile trial by sea became the challenge of a lifetime Of the twenty six crews that set out from La Gomera six capsized or sank and didn't make it to the finish line in Antigua There were times when she thought she had hit her absolute limit but alone in the middle of the ocean she had no choice but to find the strength to carry on In *Rowing the Atlantic* we are brought on board when Savage's dreams of feasts are nourished by yet another freeze dried meal When her gloves wear through to her blistered hands When her headlamp is the only light on a pitch black night ocean that extends indefinitely in all directions When one by one all four of her oars break When her

satellite communication fails Stroke by stroke Savage discovers there is so much more to life than a fancy sports car and a power suit job Flashing back to key moments from her life before rowing she describes the bolt from the blue that first inspired her to row across oceans and how this crazy idea evolved from a dream into a tendinitis inducing reality And finally Savage discovers in the rough waters of the Atlantic the kind of happiness we all hope to find The Illustrated London News ,1948 Britannia: Rowing Alone Across the Atlantic John Fairfax,1972 An account of the harrowing details of a six month 4 500 nautical mile trip across the Atlantic Ocean from the Canary Islands to Fort Lauderdale Florida Across the Savage Sea Maud Fontenoy,2014-12-17 Over the last century only six men had defied the power of nature and successfully rowed across the Atlantic from west to east Maud Fontenoy a 2005 Time Europe Hero changed that forever when she became the first woman to do so In 2003 Fontenoy a young woman and seasoned mariner set out from Newfoundland in her twenty four foot long boat Pilot to row across the North Atlantic Her goal to prove that a woman could do what men once believed to be impossible It became a journey both far more harrowing than even she had imagined and one full of unexpected wonders Her extraordinary story continues to inspire **Stop Drifting, Start Rowing** Roz Savage,2013-10-15 In 2007 Roz Savage set out to row 8 000 miles across the Pacific Ocean alone Despite having successfully rowed across the Atlantic the previous year the Pacific presented the former office worker with unprecedented challenges and overpowering currents both in the water and within herself Crossing Earth s largest ocean alone might seem a long way removed from everyday life yet the lessons Roz learned about the inner journey the ocean and the world are relevant to all of us She shares tales of the ups and downs of her voyage across the waves while offering insights on how to find happiness through a meaningful and rewarding life **Alone** Michelle Lee,2022-10-05 68 days 12 hours 49 minutes In 2018 Michelle Lee became the first Australian woman to row solo across the Atlantic Ocean It took two years of preparation for the 68 day 5 000km journey Solo details this extraordinary adventure from her perspective Crossing the Atlantic Ocean is never an easy undertaking but people have been making the journey for hundreds of years The very first crossings were made to discover and explore new lands Today most crossings are made by huge cargo ships exporting essential commodities across the ocean But some daring people choose to cross the Atlantic to test the limit of their physical and mental strength to achieve something unthinkable Each year in December waiting for an end to the hurricane season rowers depart from La Gomera Spain and arrive in Antigua in the Caribbean No motor no sails a journey powered only by rowing It was from this port that Michelle sailed into the history books achieving what few have before her and marking the start of a new chapter in her life encouraging others to live without regret and not die wondering Rowing for My Life Kathleen Saville,2017-01-17 In the tradition of Cheryl Strayed s Wild one s woman s transformational journey rowing across the savage sea twice Just out of college newly wed and set up with her husband Curt in a small town in New York Kathleen Saville quickly realized that an ordinary life working for a better used car and a home with a mortgage would never satisfy her thirst for freedom and

adventure The year before she and Curt had retraced Henry David Thoreau s canoe journey through the Maine Woods and both were veteran rowers Inspired she suggested that they row across the Atlantic Ocean Returning to her hometown living on a shoestring they built their own twenty five foot ocean rowboat They set out from Morocco and tested by adverse currents gales and their own inexperience accomplished the near impossible Three years later while they attempted to row across the Pacific Curt was washed overboard and lost their sextant their only means of navigation Now besides confronting fatigue storms sharks and deadly reefs they had to find a way to avoid becoming lost at sea and succumbing to starvation Their ordeal in completing their crossing exposed the fissures in their marriage and in this and subsequent adventures Kathleen was forced to confront the difference between courage and foolhardiness Cinematic suspenseful heartbreaking and ultimately triumphant her story of an unraveling marriage is also the account of finding her true self amid the life and death challenges at sea It is easier to sail many thousand miles through cold and storm and cannibals in a government ship with five hundred men and boys to assist one than it is to explore the private sea the Atlantic and Pacific Ocean of one s being alone Henry David Thoreau Completely Mad James R. Hansen,2023-07-04 From the New York Times bestselling author of The First Man comes a sweeping saga involving two extraordinary and extraordinarily different adventurers who have only one thing in common the ambition to cross the Atlantic in a rowboat alone In this bracing adventure tale the stories of John Fairfax and Tom McLean are woven together for the first time Fairfax would set off from the Canary Islands off the coast of Africa with his sights on Florida McClean charted a course from Newfoundland to Ireland The two men couldn t have been more different John Fairfax was a golden haired playboy gambler whiskey gun smuggler and ex pirate who blamed his boat often and who brazenly took time off from his goal of reaching America to hop aboard large ships for a drink a shower and good food He courted the press like a modern day Richard Branson or Elon Musk The egoless Tom McClean was an orphan with a tough Dickensian childhood who ran off to become a British paratrooper and later joined the SAS his training rivaled the U S Navy Seals Tom was a purist who loved his boat Silver and never once took time off from rowing to sun himself on a remote beach or jump aboard a cruise ship After 70 days he landed on the rocky coast of Ireland to no fanfare and headed straight to the nearest pub Though the two men s remarkable transoceanic journeys seem pulled from a different era both embarked within days of the first landing on the Moon July 20th 1969 Filled with gale force winds backbreaking effort menacing sharks playful dolphins awing natural beauty great mishaps failed equipment hyperthermia near drowning the fighting of mental and physical lethargy creative problem solving phantom illusions on the water and glorious moments of bliss Completely Mad stands alongside other classics of ocean adventure With gripping and insightful prose James R Hansen brings to life Fairfax and McLean s expeditions from their battle with the elements to their own inner demons Completely Mad is a nail biting epic tale of endurance and readers will be gripped until the end to find out who won Woman Alone Clare Francis,1977-01-01 Crossing the Swell Tori Holmes,Paul Gleeson,2011-02-15 That first day is hard The hands begin

to cramp drops of blood start oozing through your fingertips In 2003 Tori Holmes a 21 year old from Alberta Canada and Paul Gleeson a 29 year old financial advisor from Limerick Ireland met in Australia when Holmes answered an ad to drive the support vehicle for Gleeson s 5 000 kilometre cycling trek across that country During their first adventure together Gleeson fell hard both off his bike and for the woman driving the car Once Australia was behind them it became clear that crossing a continent together was simply not enough Acting on self assured determination and an ever growing sense of adventure Gleeson and Holmes embraced the dream of rowing a tiny boat across the vastness of the Atlantic Ocean in the 2005 06 Trans Atlantic Race Of course neither of the young adventurers knew how to row so they connected and trained with the only Irishmen ever to have completed the same race Eamonn and Peter Kavanagh In November 2005 after months of training Paul and Tori left the Canary Islands to row 4 800 kilometres across the Atlantic In February 2006 they completed their epic journey after 86 days of huge seas violent storms terrifying capsizes unbearable thirst bizarre hallucinations and sleep deprivation Along the way however during one of the darkest moments in the race inspiration came in the form of an unseen yet completely perceptible presence Old seafaring lore has several theories as to what this might have been but both adventurers are keeping their minds open on it Part inspirational adventure story part travelogue and part romance Crossing the Swell is an honest and intimate portrayal of what it takes to truly engage in the many adventures that life has to offer

Dare to Do Sarah Outen, 2017-04-18 Shortlisted for the Edward Stanford Adventure Travel Book of the Year Award 2106 On 1 April 2011 rower and adventurer Sarah Outen set off in her kayak from Tower Bridge for France Her aim was simple to circle the globe entirely under her own steam cycling kayaking and rowing across Europe Asia the Pacific the Americas the Atlantic and eventually home A year later Sarah was plucked from the Pacific ocean amid tropical storm Mawar her boat broken her spirit even more so But that wasn t the end Despite ill health and depression giving up was not an option So Sarah set off once more to finish what she had started becoming the first woman to row solo from Japan to Alaska as well as the first woman to row the Pacific from West to East She kayaked the treacherous Aleutian chain and cycled the Americas before setting sail on the Atlantic despite the risk of another row ending storm *Dare to Do* is more than an adventure story It is a story of the kindness of strangers and the spirit of travel a story of the raw power of nature of finding love in unexpected places and of discovering your inner strength It is about trying and failing and trying again and about how even when all seems lost you can find yourself

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