## Newhaven Yacht club proudly presents...



## Talisker Atlantic challenge report!

A clubroom event / talk by: **Neil Furminger** 





Venue:

Doors open 7pm, starts 7:30pm

CHARITY DONATION: £5 (CASH) ON THE DOOR

Ever thought you'd like to row across the Atlantic but are too scared/lazy/unfit?

- Well you can live the experience by coming to Neil Furminger's talk about his adventure in last year's Talisker Challenge which is a 2500 mile rowing race across the Atlantic from La Gomera to Antigua.

You will hear about all the things you didn't do like spending two years in preparation, physical and psychological training and perfecting your navigational skills. Then the race itself with adverse winds, giant Atlantic swells and finally the triumph of reaching a Carribean island.

Come along. It may inspire you to do the same or convince you firmly to stay at home!

RSVP for numbers please to: MattLeBone@gmail.com