

NEWS RELEASE

UNIVERSITY
— OF CENTRAL —
LANCASHIRE



For the attention of
Barry Freeman

Rowers have a whale of a time

Lancashire rowers Paul Nelson and Adam Murfitt have now reached the half-way stage in their bid to win the Woodvale Atlantic Rowing Race.

Having started out from the Canary Islands over a month ago, in their boat, the 'Spirit of Lancashire', the pair have now adjusted to life at sea and the regime of two hours rowing, two hours rest. They managed to overcome complete electrical failure, which caused them to lose several places and are now fighting back, in seventh position and gaining on the leaders.

Also keeping an eye on their progress is team manager and sports scientist, Dr John Bradley, from the University of Central Lancashire, where the team undertook a rigorous training programme. "Paul and Adam have now fully adapted to life on board", he says. "They've had a few problems, but they're well prepared and have managed to get back in the race."

They may not have seen any other boats lately, but life at sea isn't lonely for the Lancashire team. "They've been accompanied by a pod of whales for a while" continued John. "And have even seen shoals of tuna swimming under the boat which prompted them to try their hand at fishing!"

The rowers are in regular contact with family and with the University via satellite phone. They have been inundated with messages of support from their website (www.spiritoflancashire.com), which help them through the tough times. Meanwhile the county watches their progress as they anticipate finishing somewhere between 8th and 14th December, ready for an extra special Christmas celebration in Barbados.

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25 November 2003

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Note to editors:

1. For more details, please contact Dr John Bradley, Dept of Biological Sciences, University of Central Lancashire, tel:01772 893523. See www.uclan.ac.uk/sport for photos and links
2. Calls via the satellite phone cost around £5 per minute. Those interested in sponsoring Adam and Paul for the cost of a call, should contact Dr Bradley, as above
3. The race can be monitored at www.woodvale-events.com