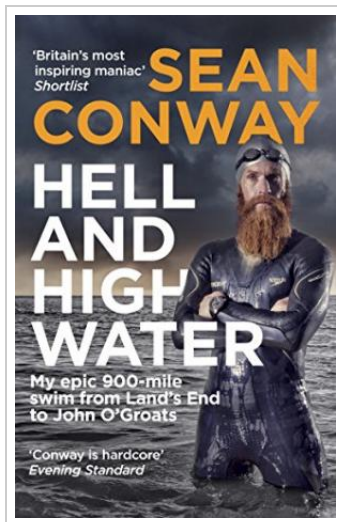




Hell and High Water: My Epic 900-Mile Swim from Land s End to John O Groats (Paperback)

By Sean Conway

Ebury Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Rain pelted down on the back of my neck and saltwater rushed down my throat as I tried to breathe into a wave. A foghorn started booming from a lighthouse in the distance. For a moment I thought it was a rescue siren for me. Imagine if I got rescued on day two. That would be embarrassing. In June 2013 Sean Conway set out from Land s End in his bid to be the first person to swim the length of Britain. It was a challenge so extreme that not only had it never been attempted before, but most of the sponsors Sean approached turned him down as they were worried that he would die trying. Landlocked Cheltenham - Sean s hometown - isn t really the ideal place to train for a long sea swim, and he only managed three miles in a local pool before setting off from Land s End. Once in the water Sean had to develop incredible mental strength to deal with the extreme cold and hours alone. He also needed to devise ways to take on the huge number of...



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Reviews

A very great pdf with lucid and perfect explanations. It really is rally interesting through reading time period. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about in the event you question me).

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