

Adam's return from the Woodvale Atlantic Rowing Race

On Tuesday 22 March, after 77 days at sea, we crossed the finish line at English Harbour, Antigua. Stepping ashore was overwhelming, and it will be some time before we have fully come to terms with the experience of the last 11-weeks. We are so happy to be back with the loved ones that filled our thoughts when we were at sea and we are finding joy in all of the little things that we missed on the ocean, the sights, sounds, smells and tastes that are part of everyday life back on dry land.



The crossing was tougher than we ever imagined it would be. Within a fortnight we were well adjusted to the sleep deprivation (about 5 hours/day) and the exertion of rowing for 12-hours/day, much of it in the searing heat. Managing our bodies was a constant battle, but the greatest challenge was mental. Even before the race started (a month late), adverse weather patterns would ensure that this was no 'normal' season for an Atlantic crossing and it soon became clear that our 50 day target was completely unachievable. Eventually even our 'worst case' scenario of 70 days fell by the wayside. Including the delayed start, we have now been away from our lives back home for almost five-months. We had hoped to be gone for little more than two. It has been too long.



Thank-you for all the support you have given us throughout the race and over the last 3-years. It has been a life changing experience for us and we return home with a different perspective on life and different priorities from those which we had when we left.