

Langstone Adventure Rowing

London2Paris Challenge 2015



The Challenge: Is to row London to Paris in an Adventure Gig as part of a team of 12 people over a 6 day period in May 2015.

The distance is approximately 500 miles (450 nautical miles) and takes six days and six nights. Other than a few short stops to refuel the support boat, or for tides, the rowing boat keeps moving day and night.

The boat is an Adventure Gig – a modified GRP Cornish Pilot Gig with additional buoyancy, lights and a pump, rowed with rowlocks. The boat is stable and can be rowed in fairly extreme conditions. It is rowed by six rowers and steered by a cox.



The crew of twelve takes turns to row and rest in two hour rotations. In a normal configuration this means six rowers and a cox with five resting. After two hours, five rowers will transfer to the support boat and the five rested crew will go into the rowing boat. Two of the crew will remain in the rowing boat for a double shift: one rower moving to cox and the cox moving to a rowing position.

During the two hours “off”, crew will need to eat, sleep, tend to any medical or kit issues and eat again before returning to the rowing boat.

The route:

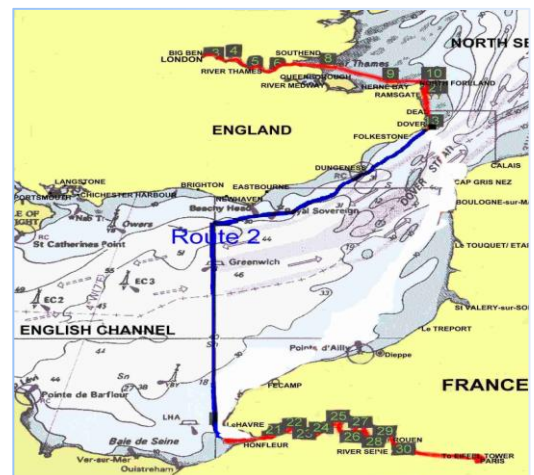
Departing from London’s Westminster Bridge for Ramsgate (70nm, 130km, 80lm). Target time 20 hours.

Stop in Ramsgate for tide change and refuel (approx. 6 hours).

Ramsgate to Le Havre (entrance to River Seine) via Beachy Head (150nm, 280km, 174lm). Target time 45-50 hours

Tidal Seine entrance to Amfreville (tidal Seine section, 90nm, 170km, 140lm). Target time 18-20 hours.

Amfreville Lock to Paris (106nm, 200km, 120lm). Timed for arrival in Paris at 8am/9am.



Timing: The Challenge can only be undertaken over the spring tide period in May as the Le Havre to Rouen section of the route has to be covered in daylight hours as part of the French requirements.

Dates: Monday 25th May – Monday 1st June is the target window. The event should take no longer than six days but as the channel crossing element is very much weather dependant it is best to keep the whole period free.

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The Team: Put together and managed by Langstone Adventure Rowing (LAR), who work with Michael Oram at Adventure Rowing in Ramsgate who run the event.

LAR is run by Mike Gilbert and Shelley Cook. Both are experienced traditional rowers and qualified UKCC L2 coaches in traditional (fixed seat) rowing. Mike has rowed London to Paris three times; the crew he led in 2008 still holds the record for the fastest time (just over 95 hours). Shelley has rowed London to Paris once, has rowed Dover to Calais as part of the first ladies team to do so in an Adventure Gig and has completed the 28 mile Scilly Row (Lands End to St Marys, Isles of Scilly). Both are current trophy holders in the Great River Race. Shelley will be part of the rowing team in 2015.

The Cost: The top end cost of preparation, training, equipment and the event itself is around £42,000 which equates to £3,500 per team member. Every effort will be made to secure sponsorship and a fundraising partner to cover this amount but individual team members will be required to underwrite this amount and to assist with corporate sponsorship and charity fundraising.

What next?

We will need to get together, meet each other, meet the boat, discuss what we can do and how we can do it.

If you would like a place please respond with your name, location, date of birth and details of any rowing experience or any other endurance or challenge events you have previously undertaken.



If you would like to discuss any aspect of the challenge please call Shelley Cook (0780 3000 745).

