

ROW 4 VICTORY

Hi, Duncan here in Cape Verde! I am currently 100 miles from half way across the Atlantic Ocean having departed on 12 Dec 17 from Portugal in a small rowing boat!

Why am I here and what's it all in aid of?

This December I will be rowing 3000 miles from La Gomera to Antigua with Row4Victory aiming to win the TWAC2018 and set a new speed record in the process.

Row4Victory is a 4 man team proud to be representing all 3 of the services. Glyn Sadler, Ex Royal Marine (Navy), Fraser Mowlem, RAF, myself Duncan Roy, Army and our Skipper Will Quarmby, Civilian who brings us all together.

I only got into rowing following an injury and it's all snowballed from there. My indoor rowing was going from strength to strength during my rehabilitation when the Adjutant at my Regiment, 24 Commando Royal Engineers, rowed across the Atlantic in the TWAC2015. When he returned, having won the pairs category, I heard of his expedition and it captured me entirely. It was at that moment I knew I wanted to row across the Atlantic Ocean, it was now my Everest!

Fast forward 2 years and here I am, half way across the Atlantic sat in Mindelo Marina, Cape Verde waiting for the weather window to open so we can crack on. As soon as I get back to the UK it will be straight into the preparation for the next crossing this December!

If you would like to know more, follow our progress, donate or anything in between please check us out on Instagram, Facebook or Twitter with @row4victory or visit us on www.row4victory.com

Out for now, Duncan.

The Talisker Whiskey Atlantic Challenge 2018

As part of my training and preparation for the 'Worlds Toughest Row' I decided to row across the Atlantic with another team to gain invaluable experience and to give us the edge in our race later this year!

My current Expedition has been plagued by technical issues from early on but we are rising to every challenge! We have stopped in Cape Verde to make repairs and aim to depart again as soon as the weather window opens up. We should arrive in South America in mid February. They say 'Train Hard, Fight Easy'. If this isn't classed as training hard I don't know what is. I have learnt so much about ocean rowing and seamanship, especially after all of the technical issues we have faced on this crossing already.

People keep asking me how I feel about doing it all over again in less than 12 months and I couldn't be more excited! I feel like I have some much to bring to the Row4Victory campaign now and honestly think we will smash it.

With having such a strong military ethos in the team and 2018 being the centenary since the end of the Great War it seemed obvious for The Royal British Legion to be our chosen charity. We have all seen, first-hand, the excellent services it provides service men, women and veterans of the Armed Forces.

