

Hi from Norman and James at Beech Boys Atlantic HQ, at a secret location in Coniston!

We are now wrapping up the Coniston end of our preparations as we check through all the documents we need to take with us and make sure we have packed everything we need. We are obviously looking forward to seeing 'Beech Boys Atlantic' again and being able to do the final set-up work out in La Gomera. It will make a change to have only one task to focus on – we seem to have been spinning lots of plates over the last few months!

We are in good health and spirit, and looking forward to the adventure ahead. We have managed to add some extra pounds in body weight through Christine's excellent feeding programme! Hopefully we will manage to lose the excess weight during the row – at least, that is the theory!

Although you may not receive BBC Radio Cumbria or ITV Tyne Tees & Border news where you live, you may be able to pick these up over the Internet, and hear the radio interview recorded this morning (Tues 17<sup>th</sup>) at our house! On Thursday morning the Tyne Tees & Border news will record a piece about the row before we set off for Manchester airport, which will go out on Friday 20<sup>th</sup> November in the evening.

During the row, we will aim to keep up a regular news blog on our website [www.sport.bham.ac.uk/transatlantic](http://www.sport.bham.ac.uk/transatlantic). You will also be able to see the race positions of all the competitors via the link from this website to the race web page. It should be easy to find us as our boat has the race number 1.

We will be able to pick up e-mails, although probably won't be able to reply to them as we have limited power supply and minutes on our satellite phone! However, it would be encouraging to receive messages of support, so please write to us at [beechboysatlantic@gmail.com](mailto:beechboysatlantic@gmail.com)

That's it for the moment. Next news will be hot off the Atlantic! So for your daily recommended dose of sea air log on to catch our news.

Best wishes from Norman and James

Beech Boys Atlantic

PS Some breaking news – we will be the support vessel during the crossing for Joe the Swimmer, who is attempting to become the first bath toy to swim the Atlantic! Checkout our online shop if you wish to buy your very own Joe the Swimmer before he becomes famous!! Great idea for a Christmas gift!!