



Dunwoody pioneers virgin route to South Pole

Fifty years ago this winter, during the International Geophysical Year (1957-58) the world watched high adventure as scientists from many countries engaged in the Commonwealth Trans-Antarctic Expedition, setting out from opposite sides of the continent to meet at the South Pole. The great British explorer Sir Vivian Fuchs then continued to complete the first ever crossing of the White Continent.

In November 2007 three times Champion jockey, **Richard Dunwoody MBE**, sets out on his toughest challenge to date as he undertakes the **'Shackleton South Pole Expedition 2007'** on a route that has never been conquered before. Richard has already completed two Arctic challenges, and participated in an expedition to Mt. Aconcagua in the Andes.

The virgin route is from the Filchner Ice Shelf (Weddell Sea) where Fuchs wintered at the Shackleton base before proceeding on tractors to the Pole to meet Sir Edmund Hillary. Richard will not be travelling on a tractor but trekking around 650 miles in temperatures averaging at minus 40 from late November to the end of January, pulling a 200 pound sled, on skis, across uninhabitable terrain for up to 14 hours a day and burning up to 8,000 calories a day. **The route includes a gruelling climb to the Pole which at 9,300 ft due to the narrowing of the earth's atmosphere is an effective altitude of over 12,000 to 14,000 ft – almost as high as Mont Blanc.**

Richard will be accompanied by two companions: **Doug Stoup**, a well-known explorer, broadcaster and cinematographer, with substantial experience of the Antarctic, who this year has already led expeditions to the Amazon River in Brazil and to the geographic North Pole, and **James Fox**, chartered surveyor and semi-professional photographer, who served four years in the British Army TA/Reserves, has run two marathons, competed in numerous triathlons and climbed challenging mountains across Europe, Asia and Africa.

Training for the expedition in Finse, Norway (February 2007) will be followed by more in Austria as well as extensive training at home pulling tyres for up to 18 hours a week.

Another important objective for the trek is to **complete reconnaissance on the route for the South Pole Race, the first race to the South Pole since Scott and Amundsen's epic journey almost 100 years ago**, which will take place between December 2008 and January 2009 and in which double Olympic Gold Medallist, James Cracknell, and TV

personality, Ben Fogle, will compete. This will be televised in a five part series (www.thesouthpolarace.com).

When Richard returns from the South Pole he has time for 4 – 6 weeks' rest before travelling northwards to Resolute Bay, Canada, where he will be taking part in **an attempt to break the world record of 42 days for skiing 482 miles across the frozen Arctic to the geographic North Pole** from Ward Hunt Island in an unsupported expedition with explorer Tony Martin and recent Everest conqueror Hannah Shields (www.teamnorthpole.com).

As well as to continue to push himself to the limits, Richard is doing the South Pole expedition to raise money for his three chosen charities - **Spinal Research** www.spinal-research.org, **SPARKS** (Sport Aiding Medical Research for Kids) www.sparks.org.uk and **Racing Welfare** www.racingwelfare.co.uk.

He is also working with some high profile figures to ensure his trip raises public awareness of **climate change and global warming** in polar regions.

On October 21st at Kempton Park Racecourse an unprecedented race will take place to raise funds for Richard's trek and his charities. The **CORTAFLEX NH Legends Charity Race** will boast a line-up of retired NH jockeys including **John Francome, Peter Scudamore, Norman Williamson, Adrian Maguire, Charlie Swan, Brendan Powell, Steve Smith Eccles, Simon Sherwood, Hywel Davies, Colin Brown and Brian Clifford** as well as Richard himself. **Phil Middleton**, the Managing Director of **Cortaflex**, will also ride as unbeaten amateur 'wildcard'.

The race will be preceded by a **VIP charity lunch**. Tickets are extremely limited and include the opportunity to dine with some of jump racing's greatest legends, a three course lunch with wine, great viewing in the Desert Orchid Suite, a 'sporting memorabilia' silent auction and access into the Premier Enclosure for the day's racing. Tickets are priced at £150 each, on a first come first served basis.

About Richard Dunwoody

Richard's career as a professional jump jockey spanned 17 years and saw him ride 1,699 winners. He won the Champion Jockey title in 1993, 1994 and 1995, two Grand Nationals, and was the only jockey of his generation to win the big three – the National, Cheltenham Gold Cup and Champion Hurdle. Richard retired from the saddle in 1999 due to a neck injury. He is still very involved in racing, lecturing at the British Racing School, mentoring jockeys and he has a regular newspaper column in the Daily Mirror. He is also a much sought after motivational public speaker, leads horse treks around the world for Wild Frontiers, and spearheads and partakes in many events for the charities he patronises and is associated with. Richard was awarded the MBE in 1993.

For further information please contact info@lizampairee.com or call 07908116826
www.dunwoody-southpole.com