

Going Solo?

...Then here's someone who's *really* done it

Its all about....
Planning
Self Reliance
Survival
..and 500 bars of chocolate!



an evening with

Sarah Outen

124 days at Sea
Soloing the indian ocean
3 world records, 4000miles

In August 2009 Sarah Outen rowed into the record books as the first woman to row solo across the Indian Ocean. Her journey took three years planning, one failed attempt, 4,000 miles and 124 days at sea. But hers is a tale of more than just records. To date she has: raised £30,000 for arthritis charities in memory of her late father; fulfilled a lifelong ambition to row an ocean; and, overcome the challenges nature threw in her path during her journey. And she is only 24.

Dream. Believe. Achieve.

A fresh young talent, Sarah is energetic, witty and truly inspiring. She will captivate any audience of any age, taking them on a journey exploring more than just oceans. Her story is raw and elemental – just as adventure should be.

'Sarah is inspirational...but also a witty and engaging talker. She could enthrall any audience effortlessly ...a joy to have on our programme'.

MARK RADCLIFFE,
BBC RADIO 2:
RADCLIFFE & MACONIE SHOW

'Sarah's highly motivational and extremely interesting talk had the whole audience riveted'

SAM HALE, MD
ADVANCE PERFORMANCE

Wed 3rd Feb

7.30pm

£5.00

including refreshments

Limited tickets
please book
your place ...

call...

01789 470424

www.takeflightaviation.com

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