

Tom tackles Indian Ocean race

Tom Lee, IDS regional manager for Africa, is preparing to take on the greatest challenge of his life. Tom and rowing partner Roger Haines have set themselves an ambitious target: to become the first pair in history to row across the Indian Ocean by competing in the inaugural Indian Ocean Race 2009.

Hailed as the world's toughest rowing race, the Indian Ocean Race challenges participants to row 7000km from Geraldton, Western Australia to Port Louis, Mauritius. Leaving Australia week commencing 19 April, Tom and Roger will spend around 100 days in their 7m boat, battling waves reaching up to 50 foot and with only one another for company.

'To achieve the crossing we will have to row individual shift patterns of two hours on and two hours off, continually for the duration. In our 'off' periods we'll have to catch some sleep, undertake preventive and essential maintenance both for our equipment and ourselves, plot our course, write up the log book and diary, produce blog entries, answer messages and clean the boat, so there will not be much time for just sitting around!' explains Tom.


'It will be largely very tedious; hours upon hours of seeing nothing but open sea and doing little more than approximately 1,300,000 strokes of the oars each in this hugely physically and mentally demanding feat.'

Tom and Roger are aiming to raise



Tom Lee and rowing partner Roger Haines train for the Indian Ocean Race 2009

a minimum of £52000 for charity Asthma UK and the Bank of Sierra Leone Educational Trust, set up in conjunction with De La Rue.

 **To find out more about Tom's challenge and/or pledge a donation, visit his website: www.indianoceanrace2009.com**