

# NEXT WEEK...

Look out for our new fortnightly children's page next week. Kids' Corner will feature pictures from schools, small stories written by primary school children, and much more. Send your submissions to [joanne.roberts@trinitymirror.com](mailto:joanne.roberts@trinitymirror.com) or [mari.jones@trinitymirror.com](mailto:mari.jones@trinitymirror.com)



## Give your home the finish it deserves

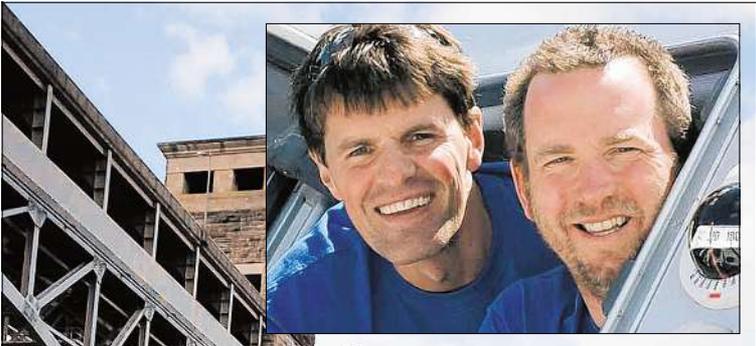


**Bespoke Orangeries and Conservatories**



PVCu, Hardwood & Aluminium glazing - Stunning Glass Balustrades - Automatic Garage Doors - Decking & Fencing - Orangeries - Conservatories

Call (01248) 715555  
[www.peninsulawindows.co.uk](http://www.peninsulawindows.co.uk)  
 Star Crossroads, Gaerwen, Anglesey LL60 6AL



Rowers ready to grin and bare it in tropics



# We'll row 2,600 miles in the nude for cancer charity

**CHALLENGE:** Nick Rees (top left) and Ed Curtis will row non-stop across the Atlantic, taking two-hour turns for 60 days in the 2,600-mile Talisker Whisky Atlantic Challenge race.

By **OWEN HUGHES**

A DAD-of-two will row across the Atlantic Ocean non-stop – facing 50ft high waves, whales and giant ships – possibly in the nude.

Ed Curtis, 37, from Penmaenmawr, will “enter the unknown” when he takes to the seas to row from La Gomera in the Canary Islands to English Harbour in Antigua – a distance of 2,600 nautical miles.

Ed, a sailing instructor at Plas Menai watersports centre on the Menai Strait, will be joined by close friend Nick Rees for the Talisker Whisky Atlantic Challenge – dubbed the world's toughest rowing race.

They have been inspired by Nick's wife's battle with breast cancer and Ed suggested the idea after a glass of wine.

It will see them at sea in the 24ft rowing boat for around 60 days – taking it in turns to row across the mighty ocean.

With scorching temperatures expected the clothes may come off as this is recommended as the best way to avoid painful blisters.

Ed said: “The fear is going into the unknown and leaving our families at Christmas (the challenge starts in December).”

“It is also the unknown about how tough it will be, how hard it will be on our minds and bodies.

“Tropical storms are also a concern, the winds can be very strong and the waves can reach 50ft high but at least we will be out of the hurricane season.

“Whales and sharks have been known to take an interest in the boats but the biggest concern on the water will be shipping, the Atlantic is very busy with large ships and that is a danger.”

The boat is completely self sufficient, and even makes its own fresh water, and has solar panels for electricity. The rowers burn 8,000 calories per day each and lose 20% of their body weight.

He added: “The race is non-stop, we take it in turns on the boat, two hours on and two hours off.

“We don't want to hang around, we don't want this to take any longer than it has to.

“In terms of support there is one yacht that follows the last boat, but if we receive any outside help at all we are out of the challenge. We are basically on our own out there.”

Nick's wife Ellen was diagnosed with breast cancer in 2009. The pair are now seeking to raise £250,000 for Breakthrough Breast Cancer.

Around 48,000 women and 300 men are diagnosed with breast cancer in the UK each year, with 12,000 dying of it. Breakthrough Breast Cancer is leading the fight against the disease by developing life-saving treatments and bringing them to patients as quickly as possible.

Ed, who is married to Nicola and is dad of Osian, six, and Betsan, two, said: “Nick wanted ideas to raise money for cancer research and after a glass of wine I came up with the idea of rowing the Atlantic.

“My previous experience had been in the ‘good old days’ when I rowed in a four-person long boat but I am now training hard.”

As well fundraising for the charity they are seeking corporate sponsorship towards the cost of the equipment.



## Win an iPad Mini

We are offering one lucky reader the chance to win an iPad mini.

All you need to do to be in with the chance of winning this great prize is simply collect any 2 tokens running in paper from Thursday 17 January until Thursday 31 January.

Win an iPad Mini

**How to enter:**

Complete this entry form and attach any 2 tokens running in paper from Thursday 17 January until Thursday 31 January. **Post this to:** iPad mini competition, PO Box 202, Vale Road, Llandudno Junction, LL31 9ZD. Closing date: Sunday 17 February 2013.

Name: .....

Address: .....

.....Postcode:.....

Telephone Number: .....

The North Wales Weekly News and Trinity Mirror group companies may contact you by email, phone or letter with details of goods and services you may be interested in. You will not be charged for these messages. If you would prefer your information note to be passed onto selected partners please tick here

**Terms and conditions:** One winner will receive an iPad mini, white and silver 16GB. Prize not transferable, no whole/part cash alternatives. Competition running across the Caernarfon and Denbigh Herald, Bangor, Holyhead and Anglesey Mails, and the North Wales Weekly News. Standard North Wales Weekly News terms and conditions apply, visit <http://www.trinitymirrornorthwest.co.uk/procedures-policies/rules/>.

North Wales **Weekly News**



Affix 2nd token here