

THE COSMIC BISCAIY CHALLENGE



ON SEPTEMBER 20th AT 11.00hrs THE COSMIC CREW SET SAIL
ON THE GRUELLING 1500 nautical mile VOYAGE ACROSS THE NOTORIOUS
BAY OF BISCAY
FROM PLYMOUTH TO LAS PALMAS, GRAN CANARIA

THE MAJORITY OF THE CREW HAVE LITTLE OR NO SAILING EXPERIENCE
AND EACH OF THEM IS PAYING AROUND £1,000 FOR THEIR OWN PASSAGE

WHY?

THE ADVENTURE?
GALE FORCE WINDS?
WAVES CRASHING OVER THEM AS THEY CHANGE SAILS?
PERSONAL DISCOMFORT OF 4-HOUR WATCHES AND SEASICKNESS?

POSSIBLY ONE OR ALL OF THESE REASONS
BUT MORE IMPORTANTLY EACH MEMBER OF THE CREW WANTS

TO HELP SAVE THE LIFE OF A CHILD

THE VOYAGE

The voyage from Plymouth to Las Palma, **on a sixty seven foot yacht**, will take around fourteen days covering fifteen hundred nautical miles of some of the most inhospitable seas in the world. The Biscay Challenge is one of the most physically and mentally demanding sailing challenges there is. The Crew will need to be strong willed and of stout heart facing the elements head on in order to achieve their goals.

They need to endure the rigours of the watch system, with daytime shifts of six hours on and six hours off followed by night time shifts of four hours on and four hours off. Comfortable sleep patterns **will be** a thing of the past grabbing a mere two or three hours sleep between two night shifts. The effects of sleep deprivation can be worse than those of seasickness.

They are a working crew and will have to pull their weight with ship's duties including helming, changing and trimming sails, keeping the ship's log as well as cooking and cleaning. A holiday it is not!

You can follow their progress on the internet at

www.cunninghams.uk.com/biscay



picture courtesy Challenge Business



COSMIC - Our Charity



COSMIC stands for Children Of St. Mary's Intensive Care, This is a registered charity which was founded to support the Paediatric Intensive Care Unit at St. Mary's Hospital in Paddington, London.

The COSMIC team pioneered the first inter-hospital transport service, taking the equipment and expertise to the sick child. Specialised resuscitation and life support equipment was required to stabilise the patient prior to transport back to the COSMIC unit at St. Mary's Hospital. The Mobile Intensive Care Ambulance (**MICA**) project is the latest innovation of the COSMIC team.

The aim of the MICA project is to achieve a level of monitoring, life support and therapeutic capability equal to that provided in St Mary's; an intensive care bed on wheels. This facility will allow the sickest, most unstable child to be transferred safely.

The work of the COSMIC team has attracted much media publicity and the unit now boasts the lowest mortality and best outcome for Meningococcal Disease.

The crew of the COSMIC Biscay Challenge are each looking to raise £5000 each towards the second MICA, if we can make a substantial contribution to the £90000 total costs then we will have succeeded in our Challenge. As we sail across the Bay of Biscay we will value your support as will all the children who need the care of the COSMIC team.....THANK YOU FOR YOUR SUPPORT

For further information on Cosmic please visit their website at www.cosmiccharity.com



THE CREW

Chris Cordrey has lived in Wargrave for 20 years, both his children attend Ranelagh School in Bracknell where he is Parent Governor. His business background is in supply chain and he now works as a Director of his own company contracting in e-procurement and partner management. "Last year, my fiftieth, by way of dealing with my MLC (mid life crisis), I had a crack at sailing the Atlantic, it was a great experience and raised £38,000 for the COSMIC Charity. I realised that if a whole COSMIC crew could charter a yacht and raise a modest sum each we would be on winner, so the COSMIC Biscay Challenge was born.

Suby Snellen is the only lady on the crew. Her name evolved from a modelling career years ago when she changed her name, having been christened Susan! She has two daughters and a puppy who is helping in her quest to get fit, having morning runs in addition to training at the gym when work has finished. Suby heard the appeal from Chris on Radio Berkshire and took up the challenge! "The only member from Wokingham, I would like to think the people of Wokingham will get behind me to support my challenge and help me reach my target £5000 sponsorship."

David Moseley has lived in Wargrave for 28 years. He is married with 4 sons and, at 54, he is the oldest member of the Crew. David is a Business Consultant specialising in providing business and strategic planning advice to start-up and early stage companies - mainly in high technology. He keeps fit by running (and is a founder of Wargrave Runners), but has only limited experience of sailing. "Sailing across the Bay of Biscay is an opportunity to test yourself that you only get once or twice in your life. I'm looking forward to it with a mixture of excitement and apprehension."

Ritchie O'Brien lives in Wargrave and has been married for 15 years to Julie, they have four daughters. He was born in London but grew up and was educated in Johannesburg, South Africa. Ritchie has spent his career in the construction, IT and Railway industries, he is currently an executive with the new Railway infrastructure company Network Rail, recently taken over from Railtrack. "I have always planned to sail around the world with Julie when we retire. I think she is hoping that the Biscay Challenge will get this out of my system."

David Cunningham has lived in Wargrave for seven years with his wife Shirley and their ten-year-old daughter Megan. Together with Shirley they run their own business, organising conferences and events both in the UK and abroad. Prior to this David had a twenty-year career as an actor in film, TV and theatre appearing in several West End plays with such names as Lauren Bacall, Faye Dunaway and Michael Gambon. "I have never been a particular lover of the sea, but what an adventure and by the end of it we should have raised a substantial sum of money."

Nadeem Batt - is 32 and lives in Hayes with his girlfriend of three years. He is an IT consultant and works for Sun Microsystems, mainly in the design and implementation of network/internet infrastructure. He keeps fit by a regular gym routine and swimming. Loves sailing and scuba diving, however, hasn't done anything anywhere near as challenging as the Biscay Challenge before. "The cost, the effort and the holidays used, will be well worth it if we can raise enough money to get the ambulance for COSMIC that they so badly need."



COSMIC Sponsorship Form

Registered Charity No. 1043697.



Your support for those taking part in this challenge will be very welcome. If you are a taxpayer please tick the box for Gift Aid so that we can reclaim tax on your gift.

lip with your cheque payable to COSMIC c/o Cunninghams, Mulberry House, Blake's Lane, Reading, RG10 9TA.

Your Name: _____ Address: _____

Amount of Sponsorship: £ _____ Tick for Gift Aid:

Or if you would like to pay by credit card please complete the details below and fax this form to 0118 940 6293.

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Date Valid from (Diners Card Only) _____ Security No. on reverse of card _____

Signature of cardholder _____

With this signature you grant permission to Cunninghams Conference & Events Ltd to charge your credit card for amount shown