

## **Mike Stroud – From Ice to Dust**

Mike Stroud is best known for his record-breaking Polar expeditions with Sir Ranulph Fiennes. The two men first teamed up between 1986 and 1990 when they made several attempts to reach the North Pole on foot, unsupported by other men animals or machines. These included a journey from Siberia which raised more than £2.4 million for the Multiple Sclerosis Society. Following this, they switched their attention to Antarctica and the South Pole where in 1992/93 they succeeded in making the first unaided walk across the continent from coast to coast, more than 2500 km dragging all their supplies and equipment behind them. At times, temperatures fell to less than minus 50 centigrade and winds exceeded 160 km per hour. The journey raised a further £2 million for the MS Society.

Since then, Mike continued his interest in extreme challenges with ventures including: the 1994 'Marathon of the Sands' (a Trans-Sahara multi-marathon); the 1995 and 96 'Eco-Challenge' adventure races (team events using skills such as climbing, canoeing, horse-riding, rafting and mountain biking to race non-stop across hundreds of miles of back country); a non-stop, 200km run up the length of the Qatar desert and in 2004, 7 marathons, in 7 days, on 7 different continents.

Mike's presentation gives an account of all these ventures, not only describing the physical and psychological hardships endured, but using the topics to illustrate how vision, planning, communication, teamwork and determination can make any idea successful.