

This is the challenge that \_\_\_\_\_ (face) British polar explorer Ben Saunders and his companion Tarka L'Herpinere as they \_\_\_\_\_ (set off) in October 2013, from the coast of Antarctica to the South Pole and back, to complete the journey that the famous British explorer Captain Robert Falcon Scott \_\_\_\_\_ (attempt) a century earlier, but which unfortunately cost him his life. Captain Scott and his team \_\_\_\_\_ (walk) for six months before they reached the South Pole, only to discover that a Norwegian party, led by Roald Amundsen, \_\_\_\_\_ (get) there first. All Scott's team died while they \_\_\_\_\_ (return) home.

A hundred years later, it \_\_\_\_\_ (take) Saunders and L'Herpinere 105 days to make the journey, and in doing so they \_\_\_\_\_ (break) the record for the longest human-powered polar journey in history. Their achievement is extraordinary when you consider that throughout the journey they \_\_\_\_\_ (drag) 200 kg of food and equipment and they \_\_\_\_\_ (use) skis.

Although he is best known for the South Pole expedition, Saunders \_\_\_\_\_ (already, break) a record ten years earlier when he \_\_\_\_\_ (become) the youngest person, at the age of twenty-three, to reach the North Pole alone and on foot.