In which section do we read about …

1 activities that help Ian prepare for a trip?

2 Ian having problems finding his way on a trip?

3 the achievement that gives Ian the most satisfaction?

4 Ian need to stay awake because of an unexpected danger?

5 Ian's desire to do something that few other people had managed before?

6 Ian feeling that a lot must be achieved in a lifetime?

7 an example of Ian not being successful at the first attempt?

8 a specific activity designed for people less experienced than Ian?

9 Ian seeing something that inspired him to go on further trips?

10 a delay that didn't prevent Ian achieving something?

For the record

Ian Couch holds a number of records for adventurous trips.

A

Ian Couch and his travelling companion Ben had prepared themselves thoroughly for the physical and mental demands of the 600 kilometre crossing of the Greenland ice-cap. But two days into the trek, snow was blowing so forcefully there was no distinguishing sky from ground and the temperature had hit -40°C. All they could do was blindly follow their compass and hope they were heading in the right direction. Fortunately, conditions did improve but improved visibility only revealed another potential danger: two male polar bears were following their party. After more than fourteen hours of exhausting skiing and running, they had to set up camp. Despite being exhausted, they decided to take it in turns to sit on guard for hourly watches. The next day local hunters were sent to chase off the bears and, although Ian and Ben had lost vital hours, they still completed the journey in fifteen days – the fastest-ever British crossing. It's just one of eight records that Ian holds.

B

Ian became hooked on endurance events after a record-breaking row across the Atlantic Ocean, and he's drawn to tackling super-human challenges. 'Partly it's about finding out what I'm capable of,' says the forty-year-old, who was also part of the first crew to row the entire Indian. Ocean unassisted, 'and partly it's knowing we have a limited amount of time to see so many things.' Two years ago, Ian set up Adventure Hub, an activity company that offers support and advice to people who wish to test themselves with ocean rowing, polar exploration, trekking

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or mountaineering. Ian has been doing his sort of thing since childhood. While still at Atlantic in 2007. The appeal, he says, was because there weren't many challenges that either hadn't been done before or were still unusual.

C

The crew rowed 2,600 miles and set a world record for the fastest thousand-mile row by boat, despite battling incredible storms and close encounters with sharks and whales. He recalls: 'One morning, I came out of the cabin to take the dawn shift and a pod of forty dolphins was swimming around the boat. At that moment, I decided I wanted to do it again.' The following year, Ian started training for the Greenland ice-cap expedition with friend Ben. Hours spent on a cross-country skiing machine and dragging tractor tyres on a harness around his home village to improve his fitness counted for little when Ben suffered severe frostbite on his thumbs two days into the attempt and they had to be evacuated by helicopter so that he could receive medical attention. Although hugely disappointed at the time, the pair returned this April and claimed the British record.

D

Not one to rest for long though, six months later he was signed up to lead a crew of twelve people on another trans-Atlantic rowing trip, for which he was awarded his proudest world record to date: the fastest triple ocean crossing. While the four-hour sleep rotas were a luxury for the father of two young children, Ian admits he missed his family greatly. At Adventure Hub, plans are underway for another Atlantic row, for which the boxer Jackson Williams has signed up. Nearer home, he's recently organised a sixty-mile ultra run that takes in forest, cliff-top and stony beach. 'It's a flat route, but a good way for non-adventurers to push themselves out of their comfort zone.' There's also an unsupported South Pole trip planned which, for the very first time, will be tackled not use kites or dogs. It's therefore just too tempting for this record-breaking adventurer to resist.

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