



*presents*

## *Atlantic Rowing Race Dinner*

*An entertaining and elegant evening at  
Trinity House, overlooking the Tower of London*

IN SUPPORT OF



*Thursday 7<sup>th</sup> September 2017. 7pm reception, 8pm dinner*

*Drinks reception - view our ocean rowing boat*

*Exquisite three course dinner served in the library*

*Music, charity auction, toasts and digestifs*

*Dress code: Evening wear (black tie optional)*

-  
In December 2017, team Heads Together and Row, including two members of the Trinity House rowing crew, will row unsupported from the Canary Islands to Antigua in the Talisker Whisky Atlantic Challenge. We aim to beat the world record of 56 days for a mixed-fours crossing. Our voyage will be as much a mental as a physical challenge.

Our mission is to help people talk about their mental health and to raise funds for mental health charities. We invite you to join us at Trinity House on 7<sup>th</sup> September to become part of the adventure, support Combat Stress and help change the future of mental health.

-  
Tickets £130. Proceeds to Combat Stress and Heads Together and Row

Bookings and enquiries: e: [headstogetherandrow@gmail.com](mailto:headstogetherandrow@gmail.com) t: 07917 072 548

[www.headstogetherandrow.org.uk](http://www.headstogetherandrow.org.uk)



3,000 MILES FROM THE  
CANARIES TO ANTIGUA  
12<sup>th</sup> DECEMBER 2017



TALISKER<sup>™</sup>  
WHISKY ATLANTIC  
CHALLENGE  
THE WORLD'S TOUGHEST ROW

## OUR EXPEDITION

In December 2017, team Heads Together and Row, including two members of the **Trinity House rowing crew**, will row unsupported from the Canary Islands to Antigua in the Talisker Whiskey Atlantic Challenge. We aim to beat the World Record of 56 days for an Atlantic east to west mixed-fours crossing.

We will row in pairs in two hour shifts around the clock. Our 24' x 6' boat will carry all our equipment and food, and a water maker to convert sea water into drinking water. We will be at the mercy of the elements which could result in 40ft waves, 40C heat and hurricane strength winds.

Our voyage will be as much a mental as a physical challenge.

## OUR CHARITIES

**Our mission is to help people talk about their mental health while raising funds for Combat Stress and Mind.**

We are rowing in support of **Heads Together**, a campaign spearheaded by the Duke and Duchess of Cambridge and Prince Harry to **change the conversation on mental health**.

**Combat Stress** is the UK's leading mental health charity for veterans, providing free specialist clinical treatment and welfare support to ex-servicemen and women with mental health conditions.

**Mind** is the leading mental health charity for England and Wales. They provide advice and support to empower anyone experiencing a mental health problem.

In recognition of the environment we will call our home, we are also supporting the **Marine Conservation Society**, the UK's leading charity for the protection of our seas, shores and wildlife.

## BECOME A PARTNER

The support of our partners is crucial. We rely on money, goods and services, corporate and personal sponsorship to help us reach the start line. If you would like to become part of the adventure and help change the future of mental health, we offer excellent packages ranging from experience days on our boat to global marketing opportunities (2015 race Global Advertising Value equivalent £7.7m).

## CONTACT US

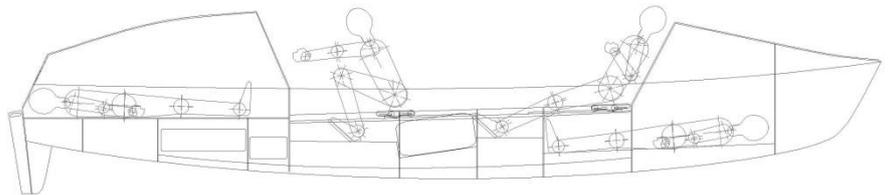
07917 072 548 (Toby Gould, Captain)

[headstogetherandrow@gmail.com](mailto:headstogetherandrow@gmail.com)

[www.headstogetherandrow.org.uk](http://www.headstogetherandrow.org.uk)

Facebook: [Heads Together and Row](#)

Twitter: [@htandrow](#)



FOUR MINDS. ONE OCEAN.



ALISON JUSTIN TOBY JEREMY

