

Rotary Surfers Sunrise



My first hiking trip



New Zealand



Nepal

Morocco



Everest Base Camp



05.01.2020 13:36



My home in the village



The school

Canberra to Sydney Run





Books I devoured
during lockdown

Polar Training in Australia



Skiing across Finnmarksvidda



30 days

600km

50kg sled



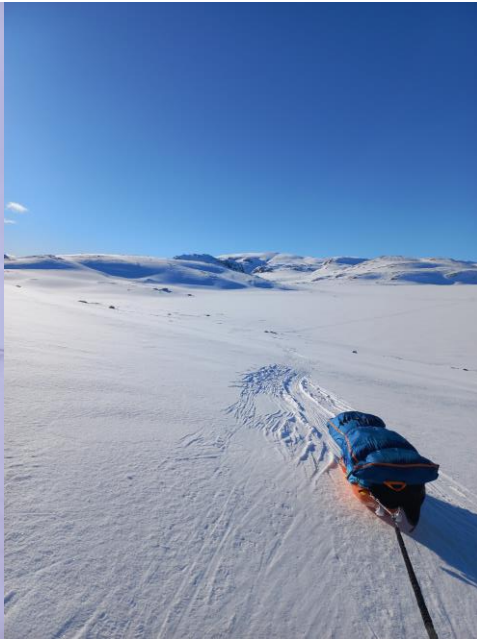
Skiing across Greenland



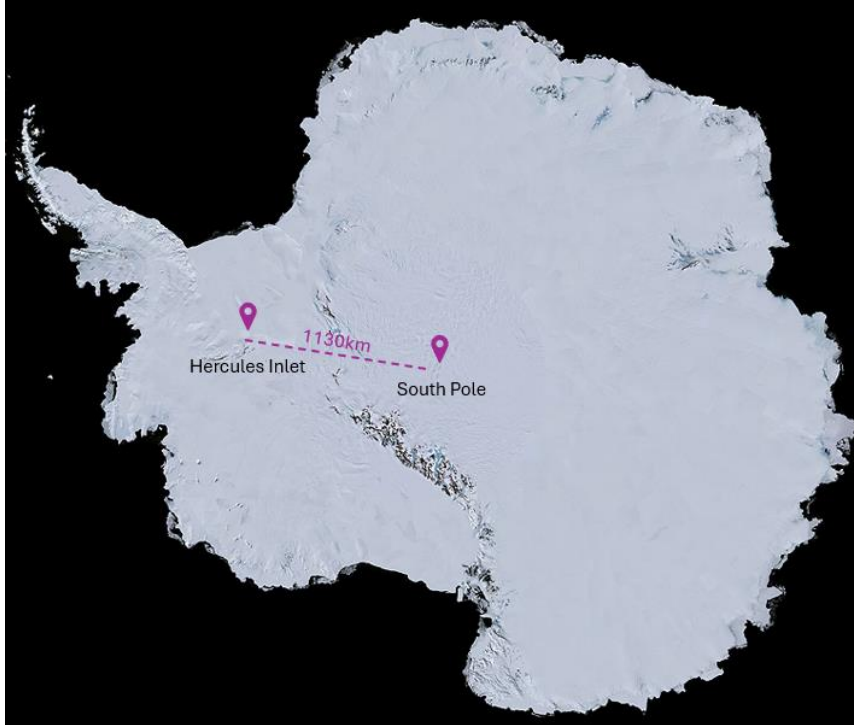
Tent life



Skiing across the Hardangervidda



Solo Ski to the Pole – Nov 2026



Distance: 1130km

Duration: 60 days

Route: Hercules Inlet to South Pole
(continental coast to pole)

Temperatures: -5 to -40 degrees

Research

Research Questions

- Measure metabolic rate at rest in sleeping bag to pinpoint thermal requirements
- Collaborate with dietician to ascertain nutritional requirements and use DEXA scanning to see body composition differences (pre and post)
- Partner with sports psychologist to determine the effects of extended periods of solitude in extreme environments

