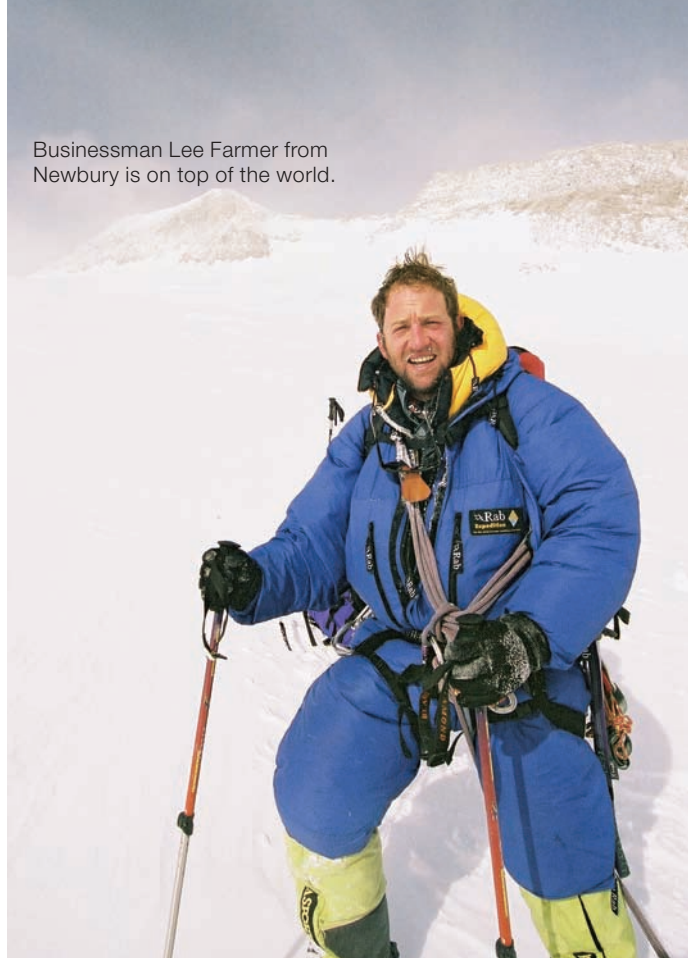


Businessman Lee Farmer from Newbury is on top of the world.



Lee's at the bottom of the world

As the rest of us were sticking a knife and fork into our Christmas turkeys, mountain climber and West Berkshire businessman, Lee Farmer was planting his own marker into the most southerly point on the planet – the South Pole. Leaving his Newbury home on December 1, he was commissioned to guide groups of up to a dozen people during a six-week stint in Antarctica. He and his group arrived at Punta Arenas in Chile before a six-hour flight to the Patriot Hills in Antarctica. He then accompanied the group to the South Pole on a ski plane, where the trip was taking in a visit to the Scott Amundsen Scientific Station and the South Pole itself.

Says Lee: "For my clients it is the trip of a lifetime, and also "2008 has been truly memorable because I've achieved a lifetime ambition to climb Everest."

quite educational as I will not only be looking after them, but I'll also be delivering a series of topical lectures. If you want to know the behind-the-scenes story of Scott and Amundsen's, race to be the first to the South Pole or one of my favourite lectures accounting tales of death and survival in Antarctica, then you can always rely on me to tell it straight!"

The group is currently experiencing temperatures of minus 35 or colder, depending on the wind chill.

This is Lee's first major expedition since May when he became the 201st Briton to reach the summit of the world's highest mountain, Everest.

"2008 has been truly memorable because I've achieved a lifetime ambition to climb Everest," Lee added. "In between I've also obtained an MBA in business management, and have developed an additional career speaking about my expeditions and taking on new expedition challenges."

"...it was a once-in-a-lifetime experience and it really opened my eyes to what some people do."

How Lynn 'spices' up her life

It's not the average way to spend your weekend, but then Lynne Galloway isn't an average person. Whilst most people spend their weekends shopping or cutting the lawn, Lynne, 51, a HR manager from Bracknell, took on the Royal Marines in their annual three-mile Commando Challenge in Exmouth, Devon. "Anyone can go to the theatre, and I often do, but I'm always looking for a new challenge and this is something I always wanted to do," she says.

Lynne, who joined local Action, Adventure & Social group Spice in April 2005 is used to spending her weekends getting wet and dirty, with events such as kayaking in the New Forest and sea kayaking in Pembrokeshire, flinging herself from towering vertical rock faces, while the Atlantic grey seals looked on bemused.

"I expected to be doing an assault course but we were running across peat bogs and through streams. We had to go underwater through a tunnel, but that was the easy bit because there was a hunky marine pushing your head down at one end and another hunky marine helping you out at the other!"

What Lynne disliked most was trawling through yards and yards of tunnels in the pitch black, not knowing where she was or when she would see daylight. "I did get a bit claustrophobic and it was very disorientating but it was a once-in-a-lifetime experience and it really opened my eyes to what some people do in the big wide world!"

Lynne's next big challenge is white water rafting down the Grand Canyon this April, again through Spice. "I can't wait. It's so exciting," she says, but it's not all her activities are adrenalin charged. Lynne has been to workshops on The Art of Seduction and It's Fun to Flirt, which stood her in good stead for one of Spice's recent Black Tie Balls where she kept her table-mates entertained with her adventures! ■



Daredevil Lynne Galloway with one of her 'hunky' Royal Marines.