

RYAN STRAMROOD

PUSH PAST IMPOSSIBLE



BREAKFAST & INSPIRATION

Extreme Athlete Ryan Stramrood is a South African, Small Business Owner, Family Man and Average Joe.

However his hobby is Ultra Extreme Open Water and Ice swimming, and for deeply personal reasons, he has undertaken some of the world's most extreme challenges. Pushing his limits and human boundaries in our planet's most inhospitable places.

Usually travelling with a team of like-minded adventurers, following painful, pioneering training techniques and using what limited resources they can find to put basic safety procedures in place, they challenges themselves by pushing personal limits for swimming in ice water, and often set new benchmarks for human endurance. No wet-suits or protection from the cold water – Speedo's only.

Ryan's adventures, world first achievements and the often death-defying circumstances, make for brilliant tales of human spirit and victory.

He takes audiences on a journey with him. Through story telling and strong visuals, he illustrates just how limited and governed we all are, in every aspect of our lives, by believing in our own limitations.

SOME SWIM CHALLENGES INCLUDE:

64 Robben Island to Mainland crossings

Solo swim across the English Channel

*First South African Male to Swim Europe to Africa – Gibraltar Strait

*First swim around the Southern most tip of South America – Cape Horn

*First Official ICE MILE swum north of the ARCTIC CIRCLE – 0C water

Historic Russia to USA relay swim

*First Official ICE MILE swum in Antarctica – minus 1C water

Solo swim Russia to USA – 3.8km between Diomedede Islands, 4C water (no contact with Ratmanova)

World First Double Relay crossing of the North Channel, swimming from Ireland to Scotland and back to Ireland

*(With SA team)

FRIDAY
10 FEB 2017
@ 07H00

Victoria Country Club
Pietermaritzburg

Cost : R180.00 PER PERSON
OR R1750.00 Table of 10


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