

## **Rachel Smith**

### **GB Dragon Boat Gold medal & world-record holder & Atlantic Ocean Rower**

#### **Press Quotes**

'Even when their boat capsized, Rachel Smith and her rowing partner continued with their quest to row the Atlantic for charity.

'Bobbing up and down in their rowboat in the middle of the Atlantic Ocean as she gazed up at the stars, it suddenly dawned on Rachel she was finally living her dream. After three and a half years of planning, training and raising sponsorship money, Rachel and Lin had embarked on the adventure of a lifetime. With just each other for company for 76 days, 11 hours and 12 minutes, they overcame injuries, sunburn and even a capsized boat.

'Stepping off the boat she could barely stand and couldn't walk without assistance. Not only unused to being on a surface that wasn't constantly moving, but her leg muscles weren't working properly because she'd been rowing for so long.'

*Daily Express* (April 2008)

'Towing their bright pink and heavily logo-ed boat into a service station, Rachel Smith had just climbed out of the car when a woman suddenly thrust a £20 note into her hand. 'I think what you're doing is marvellous,' she said, 'Good luck.'

'Most sailors are wary of crossing the Atlantic in a well-found yacht, so imagine doing the same trip in a 7m (23ft) open boat, powered by just two pairs of oars. But for Rachel, the lure of 2,935nm of open ocean was just too hard to resist.'

*Practical Boat Owner* (Jan 2008)

'Rachel Smith recently returned from the European Dragon Boat Racing championships in Poland with three gold and two silver medals. This takes her medal tally to an astonishing 19 – five gold, six silver and eight bronze.

*Boating Business* (Nov 2002)

'Chester based Rachel Smith was part of the victorious Great Britain Dragonboat Team that returned from the 2000 European Championships in Malmo, Sweden with a clutch of medals. As well as collecting three gold, six silver and four bronze medals, Britain also took the Nations Cup for the first time. The championship was particularly sweet for Rachel who came back with two Golds – medals that had so far eluded her.'

*Chester Chronicle* (Sept 2000)