

30 News

Sean takes to the Atlantic waves like duck to water

By Colum Coomey

FARRANSHONE'S Seán McGowan, (41), will attempt to become the first Irish person to row 5,000km across the Atlantic solo and unsupported, starting on December 6.

The former Dell senior manager has volunteered to partake in the Atlantic solo race in aid of the Suwoto Connection, a charity established in Limerick to support families affected by AIDS in South African townships.

Seán's new home for what is expected to be a 100 day journey, will be his vessel, Tess, named after Tess O'Connor, wife of the late Eamonn O'Connor, of RTE and stage fame, who passed away this year, and was a close family friend.

The boat, designed for ocean racing, is 26ft long and 6ft wide, and well equipped for his needs. It has two solar panels and a desalination unit for changing salt water to fresh water, and which he will need to rehydrate food.

Seán will have three sets of oars, and the equipment on the vessel will provide him with technical support in his battle against the elements.

He expects to be faced with 40 to 60 ft waves.

A sea anchor will keep the boat facing into the waves in heavy water. In the event of it taking a hit from a rogue wave and being turned over, it is designed to self right itself.

He has been involved in



Seán McGowan is set to row solo across the Atlantic

intensive physical and mental training for over a year, and has enlisted the help of some experts.

"I have been working on mental preparation with sports psychologist Aine McNamara in UL, and my fitness regime was designed by Fergal O'Callaghan, who works for Munster and the IRFU".

The mental training, he says, has helped him prepare for the ups and downs he will face while on the water.

"I will start at five am and row for an hour on, and half-an-hour off, until noon, when I will eat and rehydrate. Because of the heat in the afternoon, I will row for half-an-hour on,

and an hour off until midnight, when I will eat and e-mail friends, and then to sleep".

He expects to lose two and a half stone in weight on his hazardous journey, burning 12,000 calories a day and only taking in 7,000.

The father of four said his family have been a great help as he pursues his dream: "My wife has been very supportive and also my four children, Rachael, Daniel, Chloe and Patrick".

Rowing has always been a great love of his: "I was bitten by the bug the first time I left the slip at Shannon Rowing Club when aged 14, and this is something I've wanted to do

for years".

Several Limerick primary schools are weighing in behind him, and have started a campaign called, 'Shout for Sean'.

They will send him good luck messages during his voyage, and which he will receive on his satellite phone.

He hopes to raise €80,000 for the Suwoto Connection, to go directly towards the construction of a nutrition centre in a South African township.

A transponder will be used to track his journey across the ocean, and his location can be traced on his website www.atlantic09.com.

Change perspective in architecture

By Colum Coomey

LEADING Irish architects gathered in Limerick for the RIAI Annual Conference, held in Ireland for the first time in many years.

RIAI director John Graby, told the Limerick Post, "Holding the conference in Limerick was a decision we took last year and I think it reflects what's going on and the times we are now living in".

The conference number of elements and health.

John O'Connor architects.

Mr Graby who commented on his about the possibility

The second day of their business opportunity focused on how people".

He feels that the comfortable living recent survey shows stand at €65,000.

A study carried out in Limerick also received a total of 100%.

He promoted the your home: "It will be a challenge of making it work".

According to Mr Graby, through planning a

Shannon trained plumbers win awards

THREE plumbing apprentices who learned their trade at the FAS Training Centre in Shannon, were awarded medals at the Chartered Institute of Plumbing and Heating annual apprentice competition.

They were, Niall Nevin, Quinn, gold; Alan Mangan from Miltown Malbay, silver; and John Frister from Kilkenny, bronze.



Peter Power T.D.
Minister of State
November Advice Clinics

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