



Activities pack

Launched in partnership with



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Our Mission - More than just rowing oceans!

On the 18th January 2020, four serving Royal Navy Submariners became the first ever Royal Navy team to row across the Atlantic. In 2023 we competed again, managing to row across in 35 Days, 17 Hours and 19 Minutes to regain our record as the fastest Military Team.

It's been an incredible privilege to see HMS Oardacious grow from a seed of an idea into a successful campaign that has reached millions around the world. We have collaborated with some fantastic organisations that add value to our defence community; inspired the next generation through STEM and youth groups; championed Mental Health and Resilience through a challenging pandemic year; and successfully fundraised over £500,000 in support Mental Health and Heritage charities and that is still our mission.

Our first HMS Oardacious Ocean crossing was the beginning of a legacy that will enable submariners to champion resilience through adversity, support charities, inspire the public and collaborate with organisations in an environment they are passionate about. The 2023 Team start racing on 12 December 23, and we are looking forward to our all-female team racing in 2024. We look forward to sharing these races, our legacy and many other adventures with you.

Yours aye,

HMS Oardacious Team



The Challenge

The premier event in ocean rowing – A challenge that will take you more than 3000 Miles west from San Sebastian in La Gomera, Canary Islands, Spain (28oN 18oW) to Nelson’s Dockyard, English Harbour, Antigua & Barbuda (17oN 61oW).

Meet the team The 2023 race team



Name: Cdr Matthew Main

Years in the Royal Navy: 21 years in RN, served on HMS Invincible and HMS Chatham as well as a glorious summer on NE Brasil during training and in HMS Vanguard, HMS Sceptre, USS New Mexico and HMS Audacious as crew.

Why did you get involved with HMS Oardacious: Got involved in HMS Oardacious as a last-minute sub for a strenuous exped round the Isle of Bute and was hooked! The lure of adventure drew me in and the prospect of doing some good via charity, STEM, grassroots work and contributing to a growing conversation on mental health and resilience has kept me in.

What are you looking forward to the most: Most looking forward to the humbling effect of big swells, empty ocean and huge skies and enjoying it with shipmates as part of a well-oiled team.

What are you looking forward to the least: Least looking forward to capsizing, sores, and not sleeping for more than 90 minutes at a time for over a month!



Name: PO Ian Allen

Years in the Royal Navy: 11 years (joined July 2012) Four boats: Astute, Victorious, Vigilant, Dreadnought.

Why did you get involved with HMS Oardacious: I have a history in rowing and specifically Ocean rowing, having won the inaugural Indian Ocean Rowing Race 2009 and wanted to row the Atlantic as well.

What are you looking forward to the most: Looking forward to finishing! And winning the 5s class (we’re the only crew entered). I’m genuinely looking forward to the spectacle of being thousands of miles from artificial light and seeing the night sky come alive. Getting into a routine where only the most important things really matter (rowing, eating and recovering every 4 hours and thus stripping away the things that affect everyday modern society).

What are you looking forward to the least: I’m really not looking forward to the monotony of freeze dried food!



Name: Cdr Mike Forrester

Years in the Royal Navy: I joined the Royal Navy in 2006 so have now served 17 years. I’ve served on multiple SSN’s and SSBNs.

Why did you get involved with HMS Oardacious: I jumped at the opportunity to row an ocean, and for such good causes. I’ve seen some really good shipmates struggle giving so much, sacrificing so much for their service, and I’m keen to do what he can to help them.

What are you looking forward to the most: I’m really looking forward to gaining different, unique experiences and looking forward to a cup of coffee with biscuits under a clear night sky.

What are you looking forward to the least: I’m not looking forward to being away from home over Christmas again, but unlike when at Sea, at least I’ll be able to call home and speak to family.



Name: Cdr Dan Seager

Years in the Royal Navy: 17 years. I served on HMS Turbulent and HMS Astute.

Why did you get involved with HMS Oardacious: I got involved because I believed in the cause and also the challenge. Submariners in the harshest conditions, reliant on a small team, away from family and raising awareness about mental health.

What are you looking forward to the most: Surfing huge waves and pulling together as a team. Looking after each other when things get tough and being an example to those following from home. In all the challenges we will face, for me it is simply a representation of the challenges submariners face every time they go to sea. It’s important that people understand that.

What are you looking forward to the least: I’m least looking forward to saying goodbye to my family, I don’t fear for myself, I worry about the impact of my absence on them. But if it is about me, the truth is that nothing is certain. It’s all just risk and opportunity. Things will go wrong, we may capsize, or get a swordfish strike, or have an injury. My hope is that we come through those challenges and build strength because of it.



Name: Lt Rob Clarke

Years in the Royal Navy: I’ve been in the RN for 12 years, serving on HMS Tireless and HMS Trenchant.

Why did you get involved with HMS Oardacious: Having done so many different things in the Royal Navy, I couldn’t turn down the once in a lifetime opportunity to row an ocean. I’m also excited to help act as an ambassador for ocean sustainability.

What are you looking forward to the most: I’m really looking forward to sharing the experience with the rest of the crew and bonding together.

What are you looking forward to the least: I’m not looking forward to the risk of Marlin Strikes, a sore Bum and trying to maintain a 2hr on, 2hr off pattern for a month!

Be part of our journey

We'd love you to follow our journey. The QR code will take you to our Social Media Pages where we share all our activity and also has a link to the Race Tracker App so you can follow our progress with the Wallchart at this link:



HMS Oardacious Art competition with Never Such Innocence

Never Such Innocence (NSI) is holding a very special competition for HMS Oardacious, welcoming poetry and art about the race! Using the other materials in this packet, we invite young people to create a piece of work that reflects on any aspects of the race that stands out to them; the journey itself, what it must be like for the rowers that are participating or maybe they even want to put themselves in the race!

Here's where to enter: form.jotform.com/211173003258343

The competition will open on December 10 and closes 5 days after the end of the race. One winning poem will be picked to read at a special event and one piece of artwork will be picked to be put somewhere special in next year's boat! Never Such Innocence (NSI) is an educational charity, which runs the Voices of Armed Forces Children Programme, open to children of currently serving and veteran parents in the RNRM, RAF and Army. NSI invites children to use creative arts to reflect on what service life means to them, the challenges and the opportunities. Participants in the programme have been able to share their work in some very special places!

Month of the Military Child Competition winners' work was displayed at Parliament and at the MOD Main Building and our Voices of Armed Forces Children Choir even performed on Britain's Got Talent! To learn more about the programme, please visit: neversuchinnocence.com/voices-of-armed-forces-children



Never Such Innocence creative competition

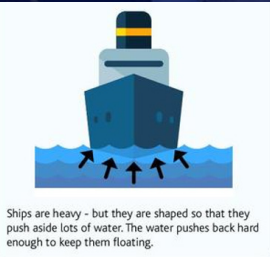
Why not use this page to write a poem, speech, or song!

Send your creation here: form.jotform.com/211173003258343

Can you build a junk boat?



Our Rowing Boat needs be able to survive 3000 miles of the ocean, staying afloat whilst facing huge waves and mammals. Although Gravity means that boats want to sink downwards, the pressure that water pushes back against the shape of the hull means that it can mitigate the weight of the vessel. Therefore, some materials float and some sink!



Ships are heavy - but they are shaped so that they push aside lots of water. The water pushes back hard enough to keep them floating.

There is a balance between size, weight, and material to make something float. For example, our rowing boat is made of very light materials to mean that the area in contact with the water is as small as possible and therefore should move quicker with less energy required, really important when we have to use people power to move!

Why don't you use empty materials waiting for recycling to build your own boat? Or some of the rubbish left over from Christmas?

Experiment with different materials, shapes and sizes to see what will float and what will sink? You could always add a sail and see how easily it moves across the water in the bath?

If you do make something, why not share it with us on Instagram or Facebook and we'll share some of the best boats we get sent!

Challenge yourself! Have you got the discipline and motivation...

HMS Oardacious will be rowing 3000 miles which is an extreme physical and mental undertaking. As part of this ocean row the team will be confined to their boat, have limited opportunities for rest and see waves as high as a two-story house!

They're encouraging you to challenge yourself and be part of the action! Have you got what it takes...

Why don't you try and help us cross the ocean virtually? HMS Oardacious will be running a virtual Atlantic Crossing during December, can we beat the 23 Team to the finish?

We're asking you to row, walk, swim, run or cycle as many miles as you can during the race! Why don't you try and see if you can run 30 miles in a month? Or row 100Km? Keep track of your miles and then send them across to us at admin@hmsoardacious.com and we can add them to the total!

If you would like to make it a sponsored event, please let us know and set up your own Fundraiser at [justgiving.com/team/hmsoardacious](https://www.justgiving.com/team/hmsoardacious) and help us to raise money for the Mental Health and Wellbeing of Submariners.



Row, Row, Row

Row row row
There are waves as large as trees
Row row row
We surf the atlantic seas
We're all alone 30 days to go
To win the race we can't go slow
Row row row
Till I see my family

Row row row
The stars sail the sky
Row row row
We watch them fly by
Flying fish we make a wish
Sailing through the ocean mist
Row row row
A sailors time is nigh

Row row row
There are waves as large as trees
Row row row
We surf the atlantic seas
We're all alone, 30 days to go
To win the race we can't go slow
Row row row
Till I meet my victory

Written by students at Westover Primary School



To watch the music video and sing along to Row, row, row, please visit:
youtu.be/XyCGeXPXwBs

Our Charity Partners

The Royal Navy and Royal Marines Charity

Working with the fantastic Royal Navy & Royal Marines Charity, the 2019 HMS Oardacious campaign fundraised over £110,000 to establish the Submarine Family with 3 key objectives:

- Wellbeing, Mental Health and Welfare of all Submariners (serving & retired) and their families.
- Submarine Ethos and morale; through provision of recreational facilities, amenities and other services not provided out of public funds.
- Submarine heritage.

To deliver this, we are working closely with the Royal Navy and Royal Marines Charity, whose purpose and duty is to remain focused on the needs of the sailors, marines and their families. Since 2007, the charity has funded projects and facilities that boost morale for those who serve today. It also distributes millions of pounds annually to military charities which care for the children, families and veterans of the Royal Navy and Royal Marines.

For more information, visit rnmrc.org.uk/how-we-help



The Submarine Family

The Submarine Family brings together all parts of the submarine community: serving, veteran, family and supporter; it provides a framework for fundraising and coordinated support for benevolence, commemoration, heritage and projects which support our 'family' in any way. The Submarine Family is a fund part of the Royal Navy and Royal Marines Charity in which HMS Oardacious are proud to support.



RACE STARTS

LA GOMERA

28°N, 17°W

RACE ENDS

ANTIGUA

17°N, 62°W



3,000 MILES

Be part of our journey

We'd love you to follow our journey. The QR code will take you to our Social Media Pages where we share all our activity and also has a link to the Race Tracker App so you can follow our progress with the wallchart at this link:



Show your support: @hmsoardacious



For any other queries please contact: admin@hmsoardacious.com

