

8 K9 Survival

Aurora Borealis and Reindeer Stew – just the icing on the cake in this adventure?

14 *The Fastnet Tale From The Rail*

Finally the Red Arrow crew make the start line, the Fastnet Rock and the finish line. Just making the cut for the team is a challenge.



20 TAMING THE DRAGON

Everyone knows an Ironman-distance triathlon is tough. It turns out that one of the most challenging is right here on our own doorstep. With a sea swim and a vicious bike course, Ironman Wales is not for the faint hearted...



24 Gambusters target the RedBull Soapbox Challenge

This team of technicians from Lossiemouth gave the crowds what they came for as they took on the RedBull challenge.



30 FOUR GO FISHING

Shark Tagging. The phrase can't help but create a vivid mental image; especially when there's not a cage in sight. Four intrepid souls headed to a collection of remote islands a long way from the coast of Mexica as part of Jurassic Shark 4! "You're going to need a bigger boat...!"



36 WHAT'S ON?

The year's not over yet - there is still plenty going on... from courses an competitions in the UK to planning for some spectacular expeds that you could be involved in next year – Nepal or Bolivia anyone?...



44 CORNISH CLIFFSIDE CANTER

Running 44 miles of the Cornish coast would be the end-goal for most people looking for a challenge. For our Triathlon sub-editor this is just the second of 3 equally tough events required to qualify for something even bigger!



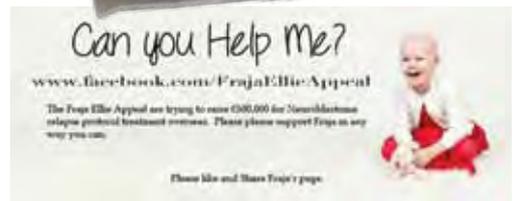
50 *Nijmegen*

Fancy a stroll? Read how a High Wycombe team strolled for 163.8km through the Dutch polderlands with a few thousand others...



54 Crossing the Falklands for *FRaja*

Running more than 5 Marathons in 5 days. A monumental challenge at any time or place, let alone during a bitterly cold winter in the Falklands... especially for someone who had never run a marathon before!



58 (Not) Getting Lost in Sweden!

The Team find some control(s) and challenges on the Staleyckerheide military training area... trying saying that when you get lost and need to ask for directions, or join Orienteering and find the way yourself!



62 TOP GUN RACING

Fraught with hazards and dangers commonly found on your daily commute and hampered by technical issues, Sgt Adrian Cox aka 'Wurz', gives an insight in to the highs, lows and hurdles as he attempts to tame the Isle of Man TT.



66 RAF Spitfires' Battle Down Britain



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Publishing dates:
Feb/April issue 59
May/July Issue 60
Aug/October Issue 61

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