



## EDITORIAL NOTES

### Richard's History in Antarctica

- On 4th January 2014, Richard became the first Welshman and fastest Briton to ski solo and unsupported to the South Pole, smashing the previous British record by 9 days and finishing in 29 days, 19 hours and 24 minutes.
- Only two people have ever completed this gruelling expedition in under 30 days - Richard and current world record holder, Norwegian Christian Eide - who set a new world record on 13th January 2011 of 24 days, 1 hour and 13 minutes, covering an average of 47km (29 miles) per day.
- Richard's British record in 2014 was only the 17th solo, unassisted and unsupported expedition to the South Pole in over 100 years of polar exploration at the bottom of the world.
- His previous Antarctica expedition saw Richard arrive at the South Pole in temperatures of -24c after skiing a total of 366 hours and burning the calorific equivalent of two marathons a day completely alone for 29 days.
- This will be Richard's 5<sup>th</sup> expedition and 4<sup>th</sup> season in Antarctica. He first set foot on the continent way back in 2010 when he skied the last degree to the South Pole and climbed Mount Vinson as part of his Guinness World Record setting 737 Challenge. He then embarked on a solo R&D expedition in 2012/13 before setting his solo British record a season later in 2014.
- To this date (17<sup>th</sup> Dec 18) only 28 people in total have completed a solo, unsupported and unassisted journey from the coast of Antarctica to the South Pole.

### Additional Editorial

- This is the first world leading expedition Richard has taken on since becoming a father. Richard and his fiancée Jo welcomed the arrival of Alfred Emerson Parks on 4<sup>th</sup> February 2018. Fred's initials; AEP are on all of Richard's expedition clothing and sled.
- Richard believes that physically and mentally he has become more resilient as a result of fatherhood.
- Richard is once again carrying his Welsh flag that lives on display at the Principality Stadium. He has carried this flag on all of his expeditions.

### Team Quest Podcast

- For the first time ever, Richard is going to share a behind the scenes look in to every aspect of his world-leading Team Quest expedition in a new Podcast Series called Richard Parks: Antarctica. [Subscribe and find out more HERE.](#)

### Using adventure to inspire

- Richard is using the development, execution and legacy of his polar endeavour to create unique applied learning opportunities in both education and business.
- His Team Quest partnerships have already created a host of firsts, some of which have even influenced change in curriculum.

- Students from Cardiff Met have designed and manufactured various components of Richard's expedition equipment – from his polar sled to his food rations. They've even designed a special expedition Christmas dinner.
- Talking of food – Richard's aim is to consume around 6,600 calories a day, but he will burn in excess of 9-10,000 calories a day.
- The Team Quest partnership has enabled Richard and Cardiff Met to develop a well-being app for young people, which is due to be launched later in the academic year.
- Sports Broadcast postgraduate students at Cardiff Met have filmed and interviewed Richard throughout his preparation, creating Team Quest content to share the aspirations, learning experiences and the day-to-day reality of the journey.
- An artificial intelligence robot called Nao (Pronounced 'Now' for the non Welshies!) will accompany Richard to Antarctica. Yes, we said a robot - in Antarctica. He'll be at the Pole to meet Richard and on return will be programmed with reflections and dialogue about the experience and translated into an educational resource. Nao will eventually feature in a ground-breaking exhibition in Techniquest, Cardiff.
- Rich's partnership with Techniquest will bring to life the legacy of the project for the young people of Wales and beyond - In collaboration with Cardiff Met School of Education students, Team Quest will create an inspirational STEM education hub for schools, young children and adults to experience Antarctica – The exciting new Antarctica exhibition will open in 2019 at Techniquest's Cardiff Bay Science Capital Centre.
- Richard is wearing the Army Cadets Welsh flag on his expedition jacket, he is an Honorary Colonel of Gwent and Powys Cadet Force and spoke with 300 cadets at the Wales v Tonga rugby match before he left.
- Mount Stuart Primary School pupils have painted Richard's insulated flasks for his expedition. Richard spoke at their school where students asked him about his favourite things before designing them. "I love the sense of community – my next door neighbours kids were in the school when I spoke" added Richard.
- Another Team Quest partner, JLL will be collaborating with Richard to inspire excellence in leadership and teamwork throughout the organisation, using the unique insights from this project.
- Richard will be documenting parts of his expedition using camera equipment manufactured by world leading Sony UK TEC in Pencoed. He'll be filming using his Sony RXO camera and carrying the Sony NW-A45 Walkman. Thunderstruck by ACDC and the Hamilton soundtrack will probably never sound so good.
- As Sony UK TEC's Learning & Development Ambassador, Richard will be sharing his insights and inspiring the next generation of leaders in Wales' tech industry.