PLUS: EX PLORI NG SI ACE V ITH BUZ ALD IN & CHRIS HAT FIELD! GALAXY OF NEW RECORDS #GWR2017

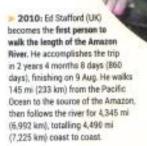
## EXPLORATION 2010-2015

2010

2011



2010: Alan Bare (UK) completes the fastest circumnavigation by bicycle (male) between 31 Mar and 4 Aug. His total journey time is 125 days 21 hr 45 min, during which he cycles 29,467,91 km (18,310.51 mi) and travels more than 42,608,76 km (26,475.85 mi), including transfers. His epic ride begins and ends at the Grand Palace in Bangkok, Theiland.



2010: On 3 Jan, Katie Spotz (USA, b. 18 Apr 1987) is aged 22 years 260 days when she sets off from Dakar, Senegal, to paddle across the Atlantic east to west. After a 70-day voyage, she arrives in Georgetown, Guyana, on 14 Mar – the youngest female to row across any ocean solo.

■ 2010: Vernon Tejas (USA) climbs the combined Kosciuszko and Carstensz lists of summits in 133 days. Tejas begins by climbing Vinson Massif on 18 Jan, and after ascents on Aconcague, Carstensz Pyramid, Kosciuszko, Kilimanjaro, Elbrus and Everest, reaches the top of the last summit — Denail, aka Mount McKinley — on 31 May. This is the fastest time to climb the Seven Summits, including Carstensz. He is shown here at the top of Everest, with his Lapstick guitar.



■ 2011: On 13 Jan, Christian Eide (NOR) reaches the South Pole after a trek of 24 days 1 hr 13 min – completing the fastest solo, unsupported and unassisted journey to the South Pole. He sets off on the 1,150-km (715-mi) adventure on 20 Dec 2010, starting at the Hercules Inlet, on the southwestern edge of the Ronne loc Shelf. Eide covers an average of 47 km (29 mi) per day – although on his last day, he manages to ski 90 km (56 mi). He is shown above reflected in the mirrored ball that stands at the South Pole.

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 2012: Gábor Rakonczay (HUM) crosses the Atlantic Ocean east to west in his 7.5-m-long (24-ft 7-in) cance in 76 days. Departing from Lagos in Portegal and arriving at the Caribbean island of Artigus on 25 Mar, he is the first cancers to paddle an ocean.

2012: On 21 Jul.
Erden Eruç (TUR)
completes a journey of
5 yeers 11 days 12 hr
22 min – the first solo
circumnavigation of the
globe using human power.
He rows, kayaks, hines
and cycles across three
continents and three
oceans to return to his
starting point: Bedega Bay
in California, USA.



P 2013: On 23 May, Phurba Tashi Sherpa (NPL, right) ascends the world's highest peak for the 21st time. He equals the record for the most conquests of Everest, set by Aps Sherpa (NPL) on 11 May 2011.

2013: David Liaño Genzález (MEX) is the first person to climb Everest from both sides in one season. He climbs from Nepal on the south side on 11 May, and from Tibet on the north side on 19 May, making use of bottled oxygen both times.



2013: British-American Vanessa Audi Rhys O'Brien completes the combined Kosciuszko and Carstensz ists in 295 days, starting with Everest on 19 May 2012 and ending with Kilimanjaro on 10 Mar 2013. This marks the fastest time to climb the Seven Summits, including Carstensz (female). (See p.116 for the male record.)

2013: The Triple Seven Summits are the three highest mountains on each continent. Christian Stangl (AUT) reaches his last summit, Shichara, 5,193 m (17,040 ft) tall, on the Georgia-Plussia border, on 23 Aug to become the first person to climb the Triple Seven Summits.



 2014: Matthew Guthmiller (USA,
 b. 29 Nov 1994) becomes the youngest person to circumnavigate by aircraft solo.
 He ends his trip on 14 Jul in El Cajon.

> 2015: Simon Chalk (UK) accomplishes his ninth ocean row on 3 Jan - the most ocean rows by one person. His crossings have been solo and in teams, and over the Atlantic and Indian oceans.







2015: Callum Gathercole (UK, b. 16 May 1995) is aged 20 years 219 days at the start of his Atlantic crossing on 20 Dec – the youngest person to row across any ocean solo.

Oldest continuously used national flag

The design of the flag of Benmark – a white Standinavian cross on a red background – is adopted It acquires its square shape in 1748. In Denmark, it is called the "Dannebrog" or "Danish cloth"



