

# ADAM WALKER

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**Adam Walker is an inspiring and record breaking open water endurance swimmer, who became the 1st British person to swim the Oceans 7 (the toughest and deadliest seven ocean swims in the world) on 6th August 2014.**

Not only has he battled against currents, swells and extreme temperatures but against all odds he put himself through 7 years of **vigorous training** while holding a high pressure full time national sales position for a major blue chip company.

His story is one of struggle and success.

He has been **chased by Sharks**, protected by Dolphins and **stung by a Portuguese Man O War**, he has swam continuously for 17 hours and when others might quit, Adam kept on pushing as he was determined to

**never give up on his dreams!**

In 2007 Adam watched an in-flight movie on a plane called 'On a clear day' about a man swimming the English Channel which motivated him to take up the sport. In 2008 he swam the English Channel in 11 hours 35 min and then went on to challenge himself to do the 7 toughest in the world. In 2010 he became the first British person to swim from Spain to Morocco as well as breaking the British record one way. In 2012, at the Molokai Strait in Hawaii, Adam was stung by a deadly Portuguese Man of War and he pulled its tentacles from his stomach continuing to swim the last 3.5 hours of a 17 hour swim in agony but still completed it. He then moved onto Catalina Channel in America where his bicep tendon ruptured again and had to swim 6 hours with one arm. Then followed the Tugaru Channel with huge swells and Cook Strait in New Zealand where Adam was hunted by a shark and a pod of dolphins came to his aid. His video went viral worldwide and has over 5 million hits on YouTube.



**On completing the Oceans 7 swimming the freezing cold Ireland to Scotland and having been repeatedly stung by lions mane jellyfish, Adam Walker became the first British person to complete the amazing feat.**



After being constantly confronted by "the wall", the psychological and physiological barrier including having three operations on his shoulder, Adam completed these feats due to his incredible fitness, stamina, willpower to succeed and his power of mind - a psychological triumph. He taps into a wealth of experience, knowledge and expertise, specifically focusing on motivation, self-esteem, self discovery and overcoming psychological barriers. Adam has shared his experiences and story to schools, universities, groups/clubs and businesses around the world about overcoming his challenges and taking that step to achieve what you truly desire.

He has raised thousands for a number of charities including The Whale and Dolphin Conservation, Make A Wish Foundation and Sports Aid. He has had global coverage having featured on BBC, ITV, ABC America, Fox TV, TV1, Channel 10 and many more. He is the open water swimming ambassador for the RLSS, hosted a documentary called 'Conversations with Dolphins' and has most recently written his book Man Vs Ocean, published Jan 2016.

**"Adam is, to inspiration and determination, what gunpowder is to a bullet. His talks will leave the audience blown away".**

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