

Sean Conway

Writer / Adventurer

Sean Conway is an endurance adventurer who recently became the first person in history to swim the length of Great Britain - Land's End to John O'Groats. Sean also climbed Kilimanjaro dressed as a penguin and cycled 16,000 miles through 6 continents in 116 days and doing most of it with a fractured spine after getting run over by a truck in America. His never-give-up attitude captured the imagination of many and he is now giving talks about setting your goals high, challenging yourself and overcoming tough times.



Agents

James Gill

jgill@unitedagents.co.uk

Assistant

Amber Garvey

agarvey@unitedagents.co.uk

020 3214 0864

Publications

Non-Fiction

Publication Details	Notes
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**Hell and High
Water: One
Man's Attempt
to Swim the
Length of Britain**

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Ebury Press

In June 2013 Sean Conway set out from Land's End in his bid to be the first person to swim the length of Britain. It was a challenge so extreme that not only had it never been attempted before, but most of the sponsors Sean approached turned him down as they were worried that he would die trying. Landlocked Cheltenham – Sean's hometown – isn't really the ideal place to train for a long sea swim, and he only managed three miles in a local pool before setting off from Land's End. Once in the water Sean had to develop incredible mental strength to deal with the extreme cold and hours alone. He also needed to devise ways to take on the huge number of calories he needed to sustain him. On the support boat he and his three-man crew had to cope with storms, seasickness and living in close proximity for months. After taking a few jellyfish stings to the face, Sean decided to grow a huge beard to protect himself.

The physical challenge was gruelling, but came with unexpected rewards. Sean swam with dolphins and seals and among stunning night-time phosphorescence. He had a unique view of the British coast, discovering tiny hidden coves and exploring shipwrecks. When there were problems with the support boat, Sean and his crew met many kindly people who were willing to come to their aid.

This is a remarkable and funny story about how anything is possible if you truly put your mind to it.
