



ANNA MCNUFF

ADVENTURER & SPEAKER



"One of the most inspiring modern female adventurers"

- The Guardian -

- Ex Great Britain Rower, turned adventurer
- Watch the TEDx Talk: ["But what if I fail?"](#)
- Ran 2,000 miles through New Zealand
- Cycled 11,000 miles through 50 US states

ABOUT ANNA: ADVENTURER & ENDURANCE ATHLETE

Anna McNuff is an endurance athlete and adventurer. On a mission to explore the limit of her own potential, she works to help others unlock theirs too. Named by the Guardian as one of the top female adventurers of our time, Condé Nast Traveller have also recently included her in a list of the 50 most influential travellers in the world. She is the UK ambassador for Girl Guiding, and the co-founder of Adventure Queens; the UK's fastest growing women's adventure community.

Background: The daughter of two Olympians' Anna grew up in a family where the pursuit of physical and mental excellence was encouraged, and harboured ambitions from an early age to be an Olympian herself.

By aged 16 she had taken up the sport of rowing, and went on to represent Great Britain. During her time in the Great Britain squad, Anna became a World Champion at the University Games in 2006, and won a Bronze medal at the 2007 European Championships.

Dogged by injury in her twenties, Anna made the difficult decision to retire from the sport and to let go of her Olympic dream. She then embarked on a new life as an adventurer - darting around the world on the hunt for new and exciting endurance challenges.

Adventures: In **2013** Anna cycled a beautiful Pink bicycle 11,000 miles through each and every state of the USA, from Alaska to Hawaii. Pedalling up to 130 miles a day for 6 months, solo and unsupported, she encountered blizzards, floods and temperatures as low as minus 15C.

In January **2015**, with no previous experience as a long distance runner, Anna set out on a 2,000 mile run along New Zealand's Te Araroa trail. Travelling alone for 148 days, she moved through forests, along ridge-lines, over mountain passes, along beaches and across swollen rivers. Running up to 32 miles in a day, she carried all of her belongings in a backpack that was often as heavy as 20kgs. By June 2015 she had become the first person, male or female, to run then length of the country entirely unsupported.

In October **2016**, Anna began a journey to cycle along the spine of the largest mountain range in the world: The Andes. By the time she returned home to the UK in May 2017 she had pedalled through some of South America's most remote and inhospitable regions, and ascended over 100,000 metres on a bike - more than 11 times the height of Everest.



From primary school age to those approaching graduation, Anna has shared her passion for adventure with over 10,000 children in the UK, Europe, USA, Australia and New Zealand. Drawing on experience as an elite athlete turned award winning adventurer, she helps students to uncover and embrace their individuality. Her message for young adventurers is simple:

“Think big, be brave, pursue your passions and have the courage to seek out new challenges as often as possible. Only in stepping out of your comfort zone will you discover what you’re truly capable of.”

Through Anna’s talks, student’s will be encouraged to greet new challenges head on, and to view each one as an opportunity to learn and to grow. They will feel empowered to push fear and doubt aside in the pursuit of uncovering their full potential.

Above all, they will learn that the difference between leading a comfortable life and one that is truly remarkable, is entirely within their control. And that with a little humour, a pinch of perspective and the right motivation, truly anything is possible.

“I was so inspired by your talk. It helped me realise that we are all made for bigger things than we think we are. I'm not exactly sure what I'd like to do when I'm older yet, but after listening to you speak I just know that I'm now super motivated to work towards doing something meaningful with my life.”

- Katie, aged 15, Hamilton, New Zealand -

EXAMPLE TALK CONTENT

Trainers, Tyres And a Quest For 'More'.

Delivered as a 20 minute keynote or 45 minute extended version.

In this high energy talk Anna takes students through the highs and lows of a life as an adventurer. She offers an insight into her motivations for human powered exploration, and puts forward the case for having the courage to start, even when the risk of failure is high.

Themes included:

Resilience: The harder you fall, the higher you bounce back

Positivity: The importance of a positive mindset and the ability to 'choose your attitude'

Self-belief: Have the confidence and courage to dream big

Curiosity: Exploring your own potential, and the pursuit of 'more' from life

Fear: Embracing and understanding the unknown

Passion: The practicality of turning personal interests into action

"Anna won over the year 11 crowd from the moment she bounced onto the stage. She is a fantastic role model for young women; her enthusiasm and confidence are inspiring. The Year 11s loved the way she spoke to them with such energy, making them feel like they could do anything."

- Waldegrave Girls School, Twickenham -

"How refreshing you are! I loved the way you interacted with the students and really got them thinking about their future and what they are capable of."

- Collège Alpin International Beau Soleil, Switzerland -

"The whole school was buzzing for days after you left."

- The International School, Geneva -

"Anna made such a strong impression on us all with her message of leaving your comfort zone in order to achieve success."

- Head Boy, St Martin's School, London -

"An amazing after dinner speech at the annual Boat Club dinner last night. We couldn't have hoped for anything better. Your infectious enthusiasm for adventure spread through the the hall like wildfire!!"

- Master of Rowing, Dulwich College London -

St Swithun's School @st_swithuns · 7 Jul 2016
Wonderful #adventure #resilience talk by @AnnaMcNuff at #valedictory #speech day. Love the happy leggings!



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"What you've achieved is truly remarkable, and it's wonderful for our girls to hear stories of such strength and determination as they leave the school and start on their own adventures."

**- Headmistress,
St Swithun's School -**

"It can be hard to capture the students attention in the first week back after the summer, but you really connected with our girls - they were hanging off your every word."

- Headmistress, Sherborne School, Dorset -

"All of those in the Throne room raved about you! Having you as our speaker really made the day extra special for the young people."

- Duke of Edinburgh Gold Awards, St James' Palace -

"Anna is as brave as a wolf and a fire dragon. She is an awesome person because she helps kids around New Zealand. She is a blue eyed, blonde haired superhero!"

- Leonard, aged 7, Deanwell School, Hamilton, New Zealand -

"An energising, authentic and inspiring talk. The children loved you!"

- The Dragon School, Oxford, UK -

"We were all so refreshed by your visit! Thank you so much for bringing the world to our classroom and helping our students to see that they are capable of 'more'."

- Mr Gonzalez, New York Harbour School, NYC -



Nicki Choules-Rowe
@thenickioftime



@AnnaMcNuff Great job on the inspiration front - he's planned his own adventure already! All set for the off. Thanks



"Great motivational speakers are hard to find. Anna was absolutely fantastic - infectiously positive, and with a real story to tell. Exactly what the kids needed as they head into taking their GCSEs."

- Head of Progress, Icknield Community College -

To book Anna in to speak at your school, or to find out more email:

speaking@annamcnuff.com