

# Adrian takes on the MARATHON DES SABLES

ASP Ships Group Commercial & Finance Director Adrian Whatley took part in the 34<sup>th</sup> Edition of the Legendary Marathon Des Sables (MDS) held in Southern Morocco – Sahara Desert, running just under 230km over six days, effectively a marathon a day, in early April 2019.

All 900-odd participants from nearly 50 countries were required to carry a 10kg (roughly) back-pack, including all sleeping, cooking, food and mandatory provisions. The only items supplied by organisers were 12 litres of water per day (no more).



Flying into Casablanca, entrants were bussed for 10 hours to the town of Quarzazate for one last night in a B&B, before heading into the desert sand where the legendary event is held each year.

The event comprises six gruelling back to back days of 32km, 33km, 37km, 77km, 42km and 6km (charity day) across sand, sand dunes, stoney plateau, salt lakes, wadi, up and down jebels and gorges in the beautiful Moroccan sun. All participants were then transported back to Quarzazate for their 1<sup>st</sup> shower in a week.



Adrian describes it as the most personally demanding, mental and physical challenge he has undertaken to date. Adrian said the highlights for him were the simple things, like the extreme remoteness and harshness of the location (yes, no internet, phone or emails!), the quietness of running through the night with just the moon and your headlight as reference points, the crisp cold 5:00am starts and needing to be fed/packed/organised & ready to run, and the camaraderie amongst the 3 tents of Aussies/Kiwis and South Africans.

Adrian said the biggest feeling though, came from the self-satisfaction of crossing the finish line, pushing the body and achieving that finisher's medal.

Adrian also wished to thank all the family, friends and work colleagues who emailed each day with well wishes and words of encouragement; it was amazing support.

Adrian advises that anyone interested or wanting to read more, go to [www.marathondessables.com](http://www.marathondessables.com)

## LARCOM Celebrates her 5<sup>th</sup> year LTI FREE

Bunker Barges are often seen in a less glamorous light to that of the larger internationally trading ships. However, with daily in-port navigational operations, complex manoeuvring requirements, bunker fuel exchanges and smaller crews, bunker barges work very hard to safely complete a day of operations and as such they deserve far greater recognition in the shipping world.

Recently when *Larcom* reached the milestone of 5 years of LTI free, naturally there has been a high level of respect around the industry. Furthermore, noting that *Larcom* does many of her bunker exchanges in deep, unsheltered waterways out of the Port of Gladstone in Queensland Australia, that level of respect is very well deserved.



*The Larcom and crew (inset):  
From Left; C/E. Sandeep Patil, GPH Greg Domin, 1<sup>st</sup> E. Kerry Thompson, C/O: Tony Barr,  
Capt Damien Geyer and GPH Aiden Crooks.*

We congratulate the crew of the *Larcom* (pictured above) in this milestone; it is a fantastic achievement, long may it continue.