



# 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 solo through New Zealand
- Cycled 11,000 miles through 50 US states

## ABOUT ANNA: ADVENTURER & ENDURANCE ATHLETE

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Anna McNuff is an endurance athlete, bestselling author and adventurer. Named by the Guardian as one of the top female adventurers of our time, Condé Nast Traveller 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. Her debut book 'The Pants of Perspective' was released in July 2017, and hit the UK charts as a No.1 bestseller.

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

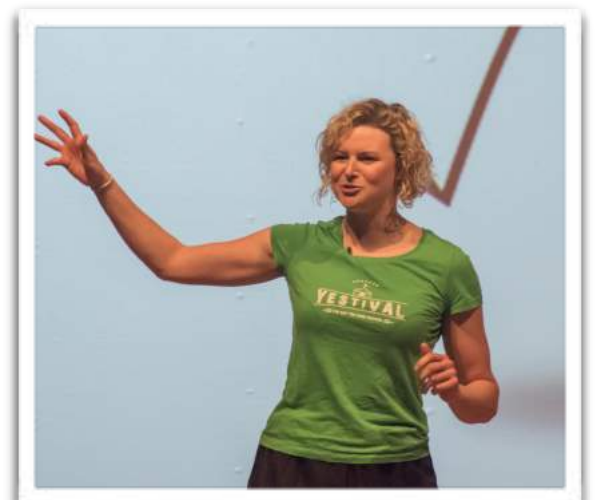
As a middle sibling sandwiched between two brothers, she simply did what the boys did, and often better. By aged 16 she had taken up the sport of rowing, and went on to represent Great Britain. During her time in the Great Britain squad, Anna became a World Champion at the University Games in 2006, and 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, and 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 eleven times the height of Everest.



Anna's high energy talks are life lessons from the road, told with raw honesty, humour and passion. From sitting on an International Regatta start line in Great Britain colours, to finding herself deep in the New Zealand bush alone and injured, she has learnt a great deal about personal limits in the past 15 years.

Through her speeches, Anna advocates a willingness to embrace the many obstacles that litter the road to success, and to view each one as an opportunity to learn and to grow.



Topics include:

- Confidence and self-belief
- Overcoming fear of failure
- Growth mindset and the courage to begin
- Bold thoughts paired with brave actions
- The ability to 'choose your attitude'
- The Importance of perspective & positivity
- Determination, resilience and perseverance

Watch the TEDx Talk: [\*"But what if I fail?"\*](#)

Clients include:

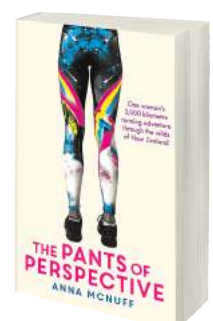


## IN THE PRESS

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Anna is regularly interviewed about her exploits, a selection of recent articles include:

- The Guardian: "10 of the most inspiring contemporary female adventurers"
- Condé Nast Traveller: "The 50 most influential travellers in the world"
- The Evening Standard: "Eight of the most inspiring adventurers"
- Women's Running: "Meet the Adventure Queen who ran the length of NZ"
- Runner's World UK: "Fuelling with chocolate, and running in mens shoes."
- The Guardian: "There isn't only one way to be an adventurer"



For event bookings or more information, email: [speaking@annamcnuff.com](mailto:speaking@annamcnuff.com)

## CLIENT TESTIMONIALS

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*"An incredibly talented speaker - full of guts, energy, determination, stamina and vision. At our after dinner event, you told your story with great humour and placed us right in the heart of the action. As a result you have encouraged each and every one of us to try new things and push ourselves more. We can't wait to hear what you get up to next!"*

**- Barclays -**

*"It really felt like we experienced the journey with Anna. Her passion for pursuing a life beyond the norm, and her drive to encourage others to do the same shone through from start to finish. A truly memorable presentation and I would welcome her back to speak at future events in a heartbeat."*

**- Cancer Research UK -**

*"Hugely engaging and entertaining with plenty of food for thought for all of us watching. Thank you for not just having great stories to tell, but for telling them in such a compelling way. One of the team at dinner tonight has now pledged to cycle around the world for charity – or rather the distance equivalent to round the world... how about that!"*

**- GlaxoSmithKline, Global Leadership Conference -**

*"Absolutely fantastic!"*

**- HRH Prince Edward -**

*"You made a huge impact on our athletes in such a short space of time! They are now heading into qualification for the Olympics feeling inspired, motivated and positive about the journey ahead."*

**- English Institute of Sport and the GB Archery Team -**

*"After your talk at our women's networking event, the whole company has been inspired to take to the great outdoors! We have just arranged a mass company camping trip with our charity partner...Thank you for helping us lead our employees way beyond their comfort zones."*

**- Konica Minolta UK-**

*"I laughed, I cried, and I left ready to take on the world."*

**- Deloitte, Auckland -**

*"In the same way Jamie Oliver has a kind of innate and interminable positivity that makes cooking and food seem like the best thing ever, adventurer Anna McNuff manages to do that about life, when she takes to the stage."*

**- Stylist Magazine, UK -**

*"Without a doubt, the most energetic speaker we have ever had!"*

**- Mars, UK-**

*"To be on stage in front of 700 people is one thing. To hold court, field questions from the crowd and conduct fascinating and insightful interviews is entirely another. Congratulations on hosting the best female adventure panel I've had the pleasure to watch."*

**- The Adventure Travel Show, Olympia, London -**

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