

Our Mission:

We aim to become the fastest ever female duo to row 3,000 miles across the Atlantic Ocean. Our target? The current World Record is 45 days and 1 hour.

This is a test of strength, strategy, innovation, resilience, and the ability to work as a team under stress and extreme sleep deprivation.

We are building an elite team of experts to help us explore the limits of sustainable human performance, and to share our learning throughout the journey.

Our preparations have begun. The race begins in December 2026.

Are you with us? Will you help us gROW?



gROW

UNITED
STATES

The 'World's Toughest Row'

A race 3,000 miles from La Gomera to Antigua

SPAIN

RACE STARTS
**SAN SEBASTIÁN
DE LA GOMERA**

28° N, 17° W

RACE FINISH
**NELSON'S DOCKYARD
ANTIGUA**

17° N, 62° W

Our mission:

3 000 Miles (4 800 KM)

MID ATLANTIC OCEAN



Our Why:

If we truly focus on improving performance: what are we capable of?

As experts in sleep and resilience, for us, this is not just a rowing race - it's about what we can test, learn and share throughout the preparation and recovery.

We aim to inspire a global audience to challenge their limiting beliefs, to explore new habits and to unlock their potential. We will ask:

- How can we test and stretch beyond our current capabilities?
- How can we build an unbreakable mindset?
- How can we finish as a stronger team than when we began?

During the row we will also raise funds for two important charities.

Every step of the way we will ask.. Could it help us gROW?



Our Crew:

gROW



Vicki Anstey
Adventurer,
Endurance Athlete,
Speaker



Dr Sophie Bostock
Sleep specialist,
Coastal rower,
Speaker

Vicki Anstey

Vicki is a leading well-being expert, TEDx speaker and coach with a journey spanning entrepreneurship, and record-breaking adventures.

Vicki was among the first women to reach the final stages of SAS: Who Dares Wins. She has since set World Records for rowing the mid-Pacific unaided as a trio (2021) and cycling 3,000 miles across America in The Race Across America (2024), with a team of 4 women.

When not coaching or speaking on Human Performance, Vicki can mainly be found at Crossfit, or walking her lovely dog, Olive. Vicki is also a UK Ambassador for the charity, Inspiring Girls.

“Honestly? Rowing the Pacific was the toughest thing I’ve ever done. Only Sophie would have convinced me to get back in a rowing boat.. ”



Dr Sophie Bostock

Sophie is a sleep scientist. She works with teams in business, elite sport, policing and the military to improve performance and wellbeing.

Sophie often features as a TV sleep expert and has delivered talks for TEDx and Talks@Google. She hosts the Sleep On podcast for The Sleep Charity.

Sophie learned to row in 2021 when she rowed around Britain for charity. She has represented GBR at World Champs for outrigger canoeing (2023) and coastal rowing (2024). She was a proud member of British Rowing's Club Crew of the year in 2024. When not sleeping, Sophie would like to be rowing.

“I can’t think of a worse shift pattern. I was curious - could I cope?! Vicki is the only person I would attempt this challenge with.”

