

# X TREME EVEREST



**Dan welcomes everyone to the launch**

## Xtreme Everest launches 2013 book

On the 11 June at the ISEH, Xtreme Everest launched their new expedition photo book to celebrate the 2013 expedition.

Packed with pictures from trekkers and investigators the book covers everything from getting ready to go, testing at EBC and the celebration of a job well done.

[More Details](#)

## Dr Ned Gilbert Kawai "In conversation with..."

Xtreme Everest's Dr Ned Gilbert-Kawai has embarked on a mission to interview the good and the great from the academic world and his series starts with a fascinating interview with John Wendell Severinghaus.

[More Details](#)



**Dr Gilbert-Kawai delves into the academic mind**

**July 2015**

### DATES FOR THE DIARY

The new Xtreme Everest website launches on the 24 July 2015

2015 Walk & Talk

26 & 27 September 2015

Bournemouth Marathon  
3 & 4 October 2015

## Professor Mike Grocott talks leadership with the Dame Kelly Holmes Trust



**Mike tells the Olympians what makes a good leader**

Xtreme Everest's Professor Mike Grocott was invited to speak to former Olympians by the Dame Kelly Holmes Trust at an event held at the [Institute of Sport Exercise and Health](#) on the 10 June.

Mike was invited to speak as part of their 4<sup>th</sup> Annual Champions Voice event, which teaches boardroom vision, purpose and values. Professor Grocott led the 2007 Caudwell Xtreme Everest expedition and gave a detailed background into the set up of the whole expedition, the purpose of the research and what outcomes they expected and what they have learned since returning.

[More Details](#)

## Running donations help bring support to those in Nepal

The Xtreme Everest team has received some happy and positive news from our colleagues and friends at Summit Nepal Trekking, following on from the recent devastating earthquakes last month.

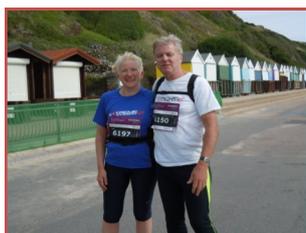
Funds raised by Xtreme Everest from the 2014 Bournemouth Marathon have been used to support Summit Nepal Trekking staff to help rebuild their own villages and improve the lives of those affected.



**Every little donation helps rebuild lives in Nepal**

[More Details](#)

## Get your running shoes on and join Xtreme Everest at the Bournemouth Marathon!



Keep on running!

The Xtreme Everest team will be running in the Bournemouth Marathon again this year, with return runners Mike, Kay and David making an appearance along with some new faces.

Money raised this year will go to Sherpa Aid UK, who are assisting the Sherpas and their families who have been displaced or injured in the recent earthquakes.

If you want to run with us, please get in touch.

[More Details](#)

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## Join us for the annual Xtreme Everest Walk & Talk

The annual 2015 Walk & Talk will take place on the weekend of the 26 and 27 September.

This year we have booked in at the Langdale Youth Hostel which is situated in the picturesque Lake District. As part of the weekend we have invited speakers from the wider Xtreme Everest team to give updates on their research, and we will of course be leading a walk on the 27 September in the local area for those wishing to join us.

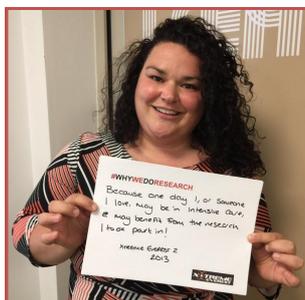
[Book here now](#)



These boots are made for walking

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## #WhyWeDoResearch - Xtreme Everest wants to know



Rachel tells us  
#WhyWeDoResearch

Have you seen on Twitter the latest #WhyWeDoResearch hashtag making the rounds and wondered what it is all about?

Set up by Claire Gibbs, Senior Clinical Research Nurse, and Abby Greaves, Research Administrator, at The James Paget University Hospitals NHS Foundation Trust (JPUH), the campaign seeks to raise research awareness and opportunities for patients, the public and staff, and to provide everyone involved in research, in any way, with a voice.

With this in mind, Xtreme Everest wants to get all of our trekkers, investigators, sponsors, colleagues and friends involved and tell us why they became involved with Xtreme Everest.

[More Details](#)

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## Xtreme Everest delve into the archives for a story of XE past

Xtreme Everest holds a large archive of stories, papers, blogs, photos and media which covers the 11 years that the project has been alive.

In celebration of this and leading up to our ten year anniversary in 2017, we've decided to blow away some cobwebs and bring some of our favourites back to life.

To kick off this new series we head back to April 2007, when the Proclaimers were storming the charts and Cambridge beat Oxford in the 153rd University Boat Race, and when Dr Jim Milledge looked back on his previous medical research expeditions in the 60s and 80s.

[More Details](#)



## More news and events you may have missed!

- [XE 2 featured article on F1000 Research website](#)
- [Xtreme web chat with Dr Martin at the ISEH](#)
- [From Fire to Ice expedition update](#)

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### Want to stay in touch? Update your details

Xtreme Everest are currently updating their mailing list. If you think we may not have the latest contact details for you, [please get in touch](#).



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### DON'T FORGET!

News items are added to the website as they come in, so we recommend that you check [www.xtreme-everest.co.uk](http://www.xtreme-everest.co.uk) regularly.

You can also find the latest news from the team by following us on Twitter [@XtremeEverest](https://twitter.com/XtremeEverest)

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### Xtreme Everest Gallery



By Jim & Sarah Moonie



By Becky Aziz

