

## Reaching new heights

Denise Goodwin

Passion, determination and mental strength are all things you need to drive you forward – be that in business and the challenges we all face in life.

When we met Jake Meyer, his drive to achieve his ambitions was overwhelming and inspired us to support his cause. Last year we sponsored his climb up K2 in aid of Walking with the Wounded, a charity supporting vulnerable armed services veterans.

At the age of 21, Jake was the youngest Briton to climb Mount Everest. He also fulfilled his dream of becoming the youngest man in the world to complete the Seven Summits (the highest mountain on each continent) and broke the World Record for climbing the 48 highest peaks of Continental USA in the shortest time possible. His list of achievements is undoubtedly prolific and made us realise that anything is possible in a lifetime.

This year at Patron, we launched a lecture series and, in the first of a number of inspirational talks, had the pleasure of hearing about Jake's experiences, challenges and successes. His journey up Mount Everest was thrilling but we were very conscious of the life-threatening dangers Jake and his team had taken on the ascent and the descent. Jake showed us how they carried oxygen cylinders so they could breathe while ascending and showed us a photograph he had taken on his way up of 'Green Boots' – the frozen remains of a climber who has become a landmark on the main Northwest ridge route of Mount Everest, since his death in 1996. All expeditions from the north side pass his body, curled in a limestone alcove cave, with the green mountaineering boots sticking out at 8,500 m (27,900 ft). If it hadn't already, this story really brought home to us the danger of an expedition up the world's most famous mountain.

Our support combines our passion for helping those who have suffered during active service and our love for adventure, instilled by our Managing Director Keith Breslauer. We look forward to hearing more from Jake, thank him for his inspirational talk, and wish him luck on his future expeditions.

*Our lecture series continues and we look forward to welcoming internationally acclaimed motivational speaker, a peak performance coach, and the author of the award winning auto-biography Man Down - Mark Ormrod on 9 February.*

*Mark, a former Royal Marines Commando, was the UK's first triple amputee to survive the Afghanistan conflict having stepped on and triggered an Improvised Explosive Device.*