

AUGUST 7TH - LONDON - MOSCOW INTRODUCTION AND DIARY

I cant actually believe that im on the flight to Russia with all my bags hopefully safely below. This time last year when i was heading to Ecuador to meet the Chilean team, the airline managed to loose one of my bags.It didnt look so organised on my part showing up for a mountain climb with a bag full of bikinis and shorts!

To say that the past few weeks have been hectic is an understatement. Two weeks ago i was unsponsored trying to organise a years worth of climbing - seven mountains in total, with the help of the amazingly patient and supportive Guy Cotter from Adventure Consultants.

Because of the limited time between making my decision to try and be the fastest woman to complete the seven summits and catching the correct seson with which to start climbing the first mountain (Elbrus), sponsorship was extremely difficult to obtain. It needed a quick decision from a very senior executive who could waiver the corporate beaurocracy to give me the green light. As i fly to Russia today to climb Mt Elbrus i have the support of three incredible companies. From my asian roots and my hometown Hong Kong, i have the support of Li and Fung Group, and from the USA i am backed by BlackRock and Tudor Capital. I couldnt wish for higher quality sponsorship and i pray i can fullfill my side of the deal by taking their flags to the remaining seven highest peaks on each continent.

Generating media interest in the UK about my proposed goal has been extremely hard, especially when ur up against big brother!! My persistantly hard work has paid off and im now having somesuccess with the press here. I want people to be able to see what a hugely physical and mentally challenging task i have undertaken that is 50% reliant on weather. I have handled everything myself from organising flights, hotels and liaising almost daily on logistics with Guy Cotter, to doing interviews and trying to find representation.

I have unsuccessfully tried to recruit my mother to act as my assistant!! I am an unfit wreck as i sit here on the plane headed for Moscow.

I couldnt have done all this without the help of Rob Montague at RKMPR who has been handling my media here in the UK. He has patiently sat with me on interveiws and been a great friend and supporter of my climbing exploits since i met him a few days prior to my Everest departure this spring!

Richard Lewis from Summit Hotels has tied his appropriately named brand to my quest and is providing accomodation for myself, Guy Cotter and Luis Benitez for the duration of the Seven summit climb. It will be a great luxury for us whilst not roughing it in tents and Summit Hotels are located in nealy all of my scheduled destinations from Alaska to South America. I want to thank Rlchard Lewis and the Summit Hotel group for their support and hope to do justice to their name!

Whilst on Everest this spring Dave from Discovery channel suggested i contact a "hot production" guy in london to help me out with advice with the filming of my seven summit speed challenge. James Brabazon has been extremely helpfull to me. When not filming in a war zone which is his specaility, he has taken the time to give me some great advice, contacts

and endured an inundation of phone and text messages over the purchase of my camera equipment. My camera with Mikes, headphones etc was purchased at 6.00pm before departing the following morning at 9.00am - talk about cutting it fine!!

The North Face have provided my equipment for the year ahead and are fully behind me and my goal and have given me everything from down jackets, backpacks to duffel bags which has been great.

I have been a ball of nervous energy - having spent 10 years in real estate trying to start a career in the outdoors entertainment industry has been almost as challenging as climbing the mountains! The legal side of things, sponsorship, agents promoting and organising events for the Eve Appeal have kept me chained to my computer until 2.00am most nights - im just hoping ive maintained a level of fitness that will enable me to perform on Elbrus.

I also have to make a special mention to Guy Cotter of Adventure Consultants. They not only are the top guiding company specialising in the Seven Summits but he was extremely flexible in helping me pursue this opportunity. If you read my Everest Diary you will have read that i did a "quality control" assessment of all the groups at basecamp from their mess tent, tents and food to the safety measures of their guides on the mountain and Adventure Consultants came out far and away the most superior. Guy and Luis Benitez (one of the best guides out there) will between the two of them divide the arduous task of guiding me on the seven mountains that i would like to climb within a year. I want to thank Guy for all his help with my challenge.

As well as climbing on behalf of the Eve Appeal, I have been busy promoting awareness for The Eve Appeal in all interviews, tv appearances and radio talks that i have done since being back in the UK. It has all paid off and between my family and myself we have raised more than one million pounds to the cause. I hope to raise the same again over the course of the next year. Thank you to everyone who has supported me by making a donation to The Eve Appeal. I couldnt have done all this without the love and support of my family who are fully behind me on this next challenge. My mother has carefully monitored my diet and health and through which has enabled me to feel fit enough for this climb despite the lack of exercise i have done.

Im sitting on the plane to Russia and we a crew of people whom are all connected through living in Hong Kong. I have my great friend Sean Diffley with me, hes trying to climb the Seven Summits also. Its great that we are finally doing a mountain together having been talking about it for 2 years since i went and stayed with him when he was living in Rio de Janerio in Brazil. Sissel Smaller is a new friend whom my sister knows from Hong Kong. She is a pretty blonde Norwegian, amazing athelete and is climbing Everest next Spring with Russ Brice, the king of the North side of Everest. We also have the Benetars from South Africa, who used to spend a lot of time in Hong Kong whilst owning a garment business. Tony and his wife Lisa and Gregor. I havent met them before although we all have a ton of mutual friends. Luis Benitez is guiding all of us and we will meet him in Moscow. Seanie has Moscow wired having spent a lot of time there through his work and has arranged dinner for us in a hot new restaurant. I hadnt planned on going out to dinner in Moscow wearing my trainers but i guess that is whats going to happen!

We all met at my house in London this morning at 10.30am. I was nervous that my luggage was going to be overweight (definitely the camera equipment) We had a great guy checking us in and all our luggage was surprisingly enough not overweight - nothing gets my blood boiling more than having to pay excess baggage on boots, crampons etc...

We have a serious prima donna sitting in front of us, she has told Sean to move his legs from pushing her seat and has just told Sissel and i to keep our voices down. She makes me look like an angel! We are now in a death stare war.. We are just starting our descent into Moscow, ive never been before so im very excited about visiting a new country and being exposed to their culture. Im already nervous about our internal flight to Mineral Vody tomorrow. We fly on a dodgy internal flight just over 2 hours to the South to the mountainous borders of where georgia and Armenia meet Russia near the Black Sea (hence the varied weather on Elbrus brought in by its proximity to the coast)

I didnt really anticipate being back in the snow and ice so soon after Everest but here i am on the beginning of another climb and climbing without the Chilean team for the first time in a year. Im always nervous prior to an expedition and i hope i can perform to the best of my ability and do justice to the amazing sponsors that have put their faith in me.

The first drama started when poor Lisa Benetars bag didnt show up in Moscow. The Africans had all collected luggage off their flight from South Africa in order to try and prevent a situation like this. Our dinner plans were almost blown out the window after a 2 hour wait at the airport but finally we tried to get the bag sent directly to Mineral Vody (seeing would be believing) and headed to dinner at midnight. We had a great meal and got back to our hotel around 2.00am. Sissel and i were sharing a room adn it was suffocatingly hot. We had 3 hours of sleep before we were dute to be up and ready for the flight to Mineryl Vody.