



Katie-Jane Cooper

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Model and Adventurer

Katie-Jane Cooper proves that **ordinary people can do extraordinary things**. As Katie says: 'we just need to be bold enough to begin.'

Katie-Jane worked hard to build a career as a successful commercial model. Working for M&S, Alexander McQueen, TIGI, Oliver Brown and Ludlow of London among many others, Katie also took opportunities to work in TV and the film-world, acting as Cameron Diaz's body-double in 'The Holiday'. Meeting **experienced adventurer** Tarka L'Herpiniere changed everything. They were **complete opposites**. Tarka had been climbing mountains since he was three years old: Katie-Jane had conquered the stroll down the catwalk. And yet when Tarka suggested that they do a major expedition together, Katie surprised everyone and **agreed to the challenge**.

Katie and Tarka decided their goal was to become the **first people to walk 3,000 miles along the Great Wall of China** – a route that had recently been revealed by scientists and **no-one had walked continuously**. It was to be a harsh six-month trek through inhospitable landscapes. To succeed, Katie had to undertake a **colossal transformation**.

Katie committed herself to **endurance training**, putting on extra weight (almost three stone) and preparing herself mentally for the **gruelling expedition**. In swooping salads for double cream and high heels for walking boots, Katie went through a **remarkable transformation** in her determination to walk up to 30 miles a day across difficult terrain carrying a huge back-pack. During the **12 million footsteps** it took to complete the Great Wall of China, Katie faced blizzards, temperatures of -35°C , frost bite, starvation, exhaustion and dehydration. During the trek, Katie went to hospital – twice. She lost an inch in height from the weight of her backpack. Despite the odds, Katie and Tarka completed this greatest of journeys from the West to the East – through the Gobi Desert and the sub-zero

temperatures of the mountains. They completed 4300km (3,000 miles) in 167 days (this is the equivalent of 102 marathons). A world-first.

Katie continues to change and to **take on challenges**. Katie cycled through Ethiopia in October 2008 to raise awareness of a charity 'Re-cycle' a project that sends second-hand bikes to Africa. Her next challenge is working on the Catlin Arctic Survey led by Pen Hadow from February until April 2009. This is an **international collaboration** between polar explorers and some of the foremost scientific bodies to resolve **key environmental issues** in the bleak landscape of the North Pole. Katie and Tarka will be living in a tent in temperatures around -50°C.

Katie and Tarka continue to plan to meet their ultimate goal – an expedition known as **'One World: Powered by Us'**. This epic grueling three-year expedition has been described by Sir Ranulph Fiennes as 'set to be the greatest expedition of the century.' This will be an **unprecedented and historic journey**. Using only their own motive power, in the form of manhauling, cycling and ocean rowing, Katie and Tarka will **go beyond what was believed possible** as they navigate the globe on its polar axis to complete the 30,000km epic voyage from one geographic pole to the other. Watch this space...

Katie's story reveals that **we can leave our comfort zones** and **achieve what seems impossible**. Katie is passionate about awaking potential in others. Audiences relate to her **honesty and humour** as she talks about her inexperience and the changes she has made in leaving the glamorous world of modeling behind.

Katie and Tarka's adventure is now an **inspirational documentary**: The Great Walk of China (2009).

Speaker Topics

- Katie's perspective: The Great Walk of China
- Having the courage to change
- Staying motivated in tough times
- Setting & achieving goals

Rave Reviews

'Tarka and Katie went down a storm – they were fantastic and I am really pleased we chose them as our speakers for the evening. Feedback was all extremely positive. They were both such lovely down-to-earth people, wanting to share their experiences – and the story is amazing. Certainly made the audience think (including me!) about 'what's next' in life.' (Midlands Excellence)

Speaking Style

Natural, vivacious and charming, Katie brings alive her journey through remote, rural China. Katie's story is delivered with good-natured humour and candid honesty. Audiences enjoy hearing about her transformation from glamorous model to endurance adventurer. At present, Katie only offers a dual talk with Tarka L'Herpiniere. Their presentation 'Both Sides of the Story' is illustrated with vivid photographs and inspiring film footage