

Girls Who Grew Up to Change the World



Rosie Swale-Pope

(Born 1946)



On her fifty seventh birthday, Rosie left her cottage in Wales, and set out on a 20,00 mile run around the world.



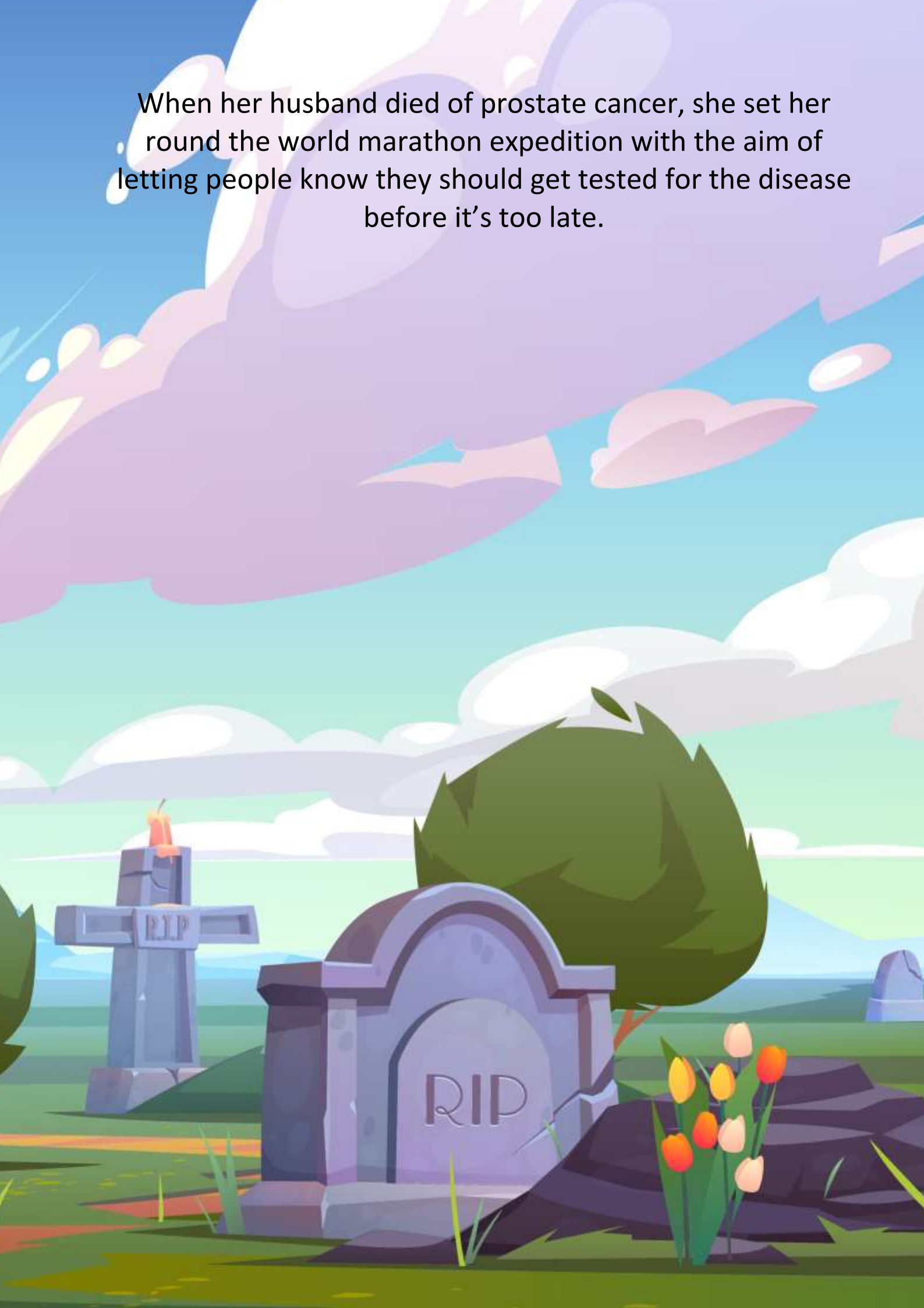
Rosie wasn't always so confident. When she was fourteen, she was sent to boarding school with lice in her hair, woolly tights, and huge knickers. She once got zero out of a hundred in a test. Being outdoors always interested her more.



As she grew up, Rosie spent her time sailing across oceans, running marathons through deserts and Arctic tundra, and riding horses through entire countries.



When her husband died of prostate cancer, she set her round the world marathon expedition with the aim of letting people know they should get tested for the disease before it's too late.



Beginning in the small seaside town of Tenby, she made her way across Europe, Russia, Alaska, Canada and finally Iceland, before returning home five years later.



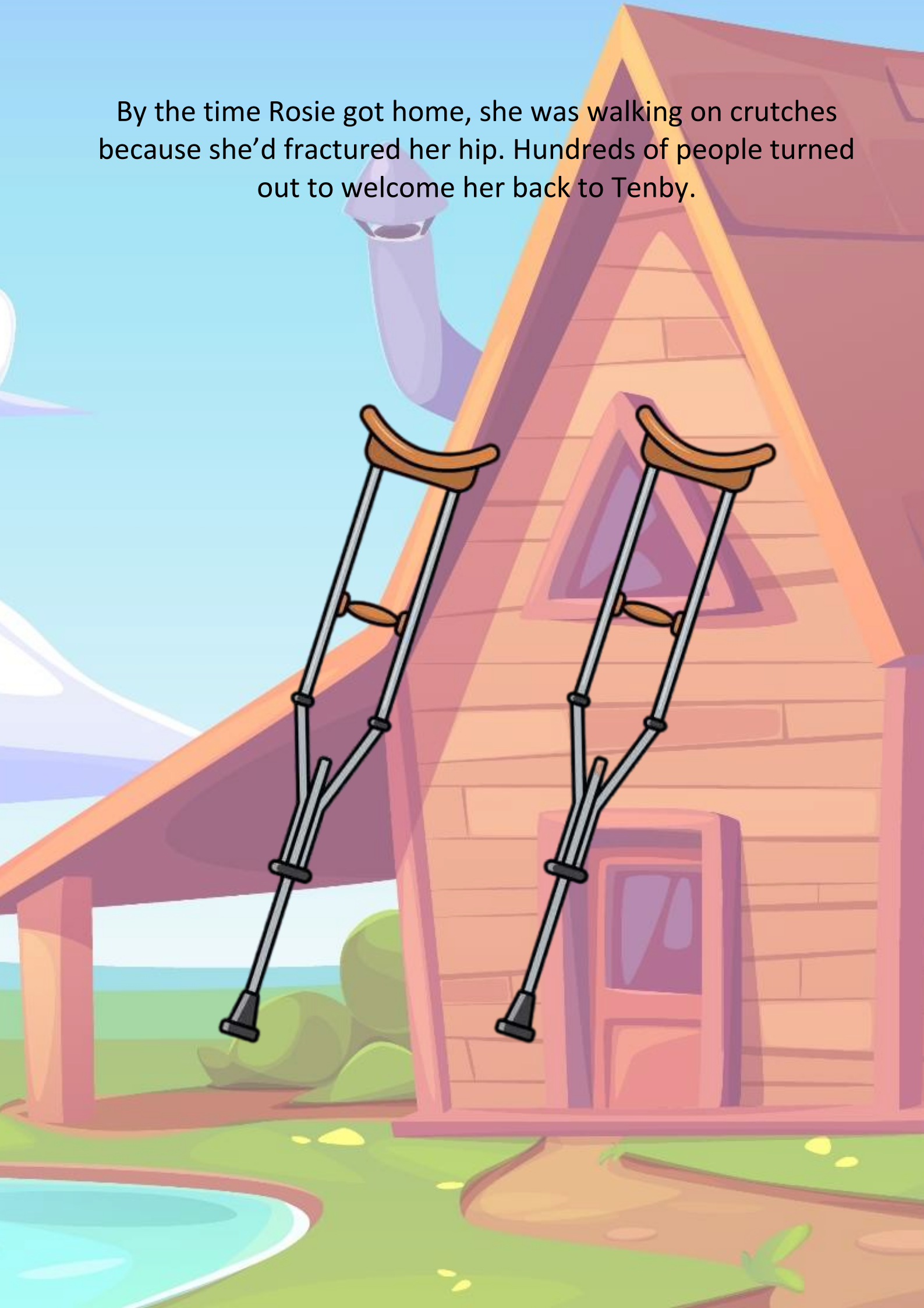
Along the way, she was chased by wolves, roared at by bears, threatened with guns and axes, hit by a bus, ill with pneumonia, and stuck in a blizzard.



She pulled everything she needed along behind her in a trailer and spent nights either camping under the stars or staying with people she'd met.



By the time Rosie got home, she was walking on crutches because she'd fractured her hip. Hundreds of people turned out to welcome her back to Tenby.



Rosie wants to encourage people to do things they wouldn't ordinarily do. It could be anything jump out of a plane, ride a horse, or just make someone else's day special when yours isn't going too well.



'It began as a journey of loneliness and heartbreak,' Rosie said, 'but along the way it became about humanity. My message is, life is precious.'





THINK

DIGITAL ACADEMY