



BERNIE SHROSBREE

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KEY FACTS

Bernie Shrosbree is a world class athlete and a highly respected international coach and team building expert. He has an engaging personality and infectious drive and determination, along with overwhelming passion and mental focus to overcome the toughest of challenges, which mean that he is able to work with anyone from elite athletes to blue chip organisations on succeeding and finding their edge.

A former member of the Royal Marine's elite Special Boat Service (SBS) and a world class athlete in adventure sports, today Bernie specialises in providing tailored professional training programmes for teams, corporate organisations, athletes and individuals. Bernie has over 30 years experience of top level competition and coaching in various disciplines including adventure sports, nordic skiing, triathlon and winter biathlon. He has won TV's UK Survival of the Fittest three times and has been runner up in the World Survival of the Fittest and Conquer the Arctic.

Most recently, Bernie is credited with shaping up 'Team Qinetiq', made up of ex Olympian and adventurer James Cracknell, TV presenter Ben Fogle and Dr Ed Coats, for their entry to the South Pole Race 2008/9 in which they came second only to a team of Norwegian polar experts.

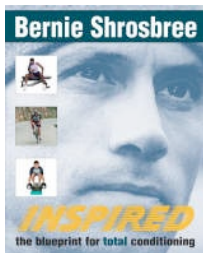
Bernie has worked with international adventure racers and various Olympic athletes including the GB rowing squad, cyclists and world champion triathletes. In addition, he created the UK's first Formula 1 Human Performance Training Centre and worked with drivers including Jenson Button, Mark Webber, Fernando Alonso and Giancarlo Fisichella. He held the post of Performance Advisor for the Subaru world rally team working with drivers such as Carlos Sainz and the late Colin McRae. He continues to work within the motorsport industry with high profile drivers and teams to the present day.

In the corporate world, Bernie has orchestrated and managed team building courses for companies such as Chse Manhattan Bank, Arbuthnot Latham and the NHS Trust.

On a personal level, Bernie is particularly passionate about canoeing and kayaking - a passion which led him to take part in the longest canoe race in the world in 2009 - the Devizes to Westminster Race, in a team of two with James Cracknell.

"It's Like Having Your Own Personal Trainer, only he's the Best in the World" Pete Goss, international yachtsman

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ACHIEVEMENTS

1975-1990	Royal Marines
1977-1982	British Cross Country Skiing and Biathlon team member
1980	British Cross Country Ski Champion - competing at World Championships & World Cup
1982/83/85	Winner - UK TV Survival of the Fittest
1983-1990	Member of Royal Marine's elite Special Boat Service (SBS)
1984	Completed London to Paris Triathlon - run London to Dover 120 miles, swim Dover to Calais 22 miles and cycle Calais to Paris 140 miles
1984-1990	International Triathlete (English team Captain 1990)
1986	4th in World Survival of the Fittest in Australia
1987	2nd World Survival of the Fittest in St Moritz Team Bronze medal European Triathlon Championships
1988	UK Long Course Triathlon Champion
1989	Runner up - Conquer the Arctic
1993-1994	GB Triathlon team manager / fitness adviser
1995-1997	Performance Advisor to Subaru World Rally Team
1997-2001	Set Up first UK Human Performance training centre at Benetton Formula 1
2000-2002	Renault Formula 1 Director of Performance training
2002	World Record team row Jersey to Poole - 100 nautical miles
2003	Director of Performance training, Essentially Sports Ltd (management team to Jenson Button) Ran winter training camp for Olympic Men Coxless Four rowing team Ran conditioning training for Bath and England rugby players, Bolton Wanderers Football team, Scott Olympic Mountain Bike team and Jenson Button, Giancarlo Fisichella and Mark Webber
2004	Published 'Inspired'
2005-2008	Winter cross country ski coach for the men's GB Olympic rowing team
2006	Human Performance consultant to Swiss Spirit Le Mans team Human Performance consultant to Mark Webber Pure Tasmania Challenge
2008	Coached Team Qinetiq (James Cracknell, Ben Fogle and Dr Ed Coats) for South Pole Race
2009	Completed Devizes to Westminster with James Cracknell

CORPORATE ADVENTURES

Bernie is recognised as a world class expert in team building and motivation. He has worked with an array of corporate partners to motivate their employees and improve teamwork, with excellent results. Over the past 30 years Bernie has worked with companies such as Chase Manhattan Bank, NHS Trust, Arbuthnot Latham and JP Morgan.

"In the last 20 years I have used Bernie's inspiration and approach to improve the performance of many corporate leaders and their teams. I am confident that teams who do work with him will be better equipped for these very tough times." Simon Scott, The Oxford Group

"Using outdoor pursuits as a forum in which to learn has some advantages. It is a great leveller, where people cannot rely on years of previous experience. Everyone is in the same boat. The instructors are of the highest calibre. Every situation was completely controlled." Participant from Chase Manhattan Bank