



MEDIA RELEASE

26 March 2011

Past Royal Perth Yacht Club Captain of Sail, Peter Jenkins, is about to embark on one of the most challenging boating experience of his life to raise funds and awareness for prostate cancer.

Peter, with his brother Phillip, will travel more than 9,500 kilometres over the top of Australia, in what is commonly referred to as a 'rubber duck', beginning in Sydney at the International Boat Show on 1st August and finishing ten weeks later in Perth (RPYC).

The journey is part of the *Honda Over the Top Expedition*, developed by the brothers to raise funds and awareness of the relatively unknown killer of men - prostate cancer.

The Honda Over the Top media team recently caught up with Peter to find out about how the Expedition came about.

When did you become involved in sailing?

I first went sailing with my dad when I was four years old – he was a great sailor and flew the Royal Perth Burgee with great pride throughout his sailing career. I have been sailing ever since and joined RPYC in 1989.

What are some of your greatest sailing achievements?

I've been privileged over the years to be involved with some great people and sailors. One of my proudest achievements would have to be winning the Governor's Cup twice.

Do you have any entertaining stories from your sailing career?

(Peter laughing) Yes I do, it's a bit embarrassing though. It was when I was sailing the World Etchells Championships on Port Phillip Bay. As our team was rounding the top mark, coming fifth in a fleet of about 60, I said "let's go for putting up the spinnaker". Next thing I know it went up with such efficiency that the boat took off and the bow wave swept me overboard. While struggling to stay afloat in the water wearing sea boots, a wetsuit, a jumper and wet weather gear, I watch my boat and most of the rest of the fleet sail away from me. Finally one of the English boats threw me a life jacket, but I was so heavy from all the clothing I had on, I was still sinking. Then a support boat came and threw me a hard life ring – it hit me on the head. At this point, I am not having much luck and am getting exhausted trying to keep my head above water in the big swells. Finally my yacht, after doing a Chinese jibe, came back and rescued me – the other men of the crew, Grantham Kitto and Courtney Milner, refused to talk to me for the rest of the day! It's still a bit of a touchy subject between us as we ending up coming last *(laughs)*.

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Media releases / hi-res images available at www.sandmanpr.com.au/newsroom/honda_over_the_top_expedition.html

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What motivated you to create the Honda Over the Top Expedition?

I think being a prostate cancer survivor myself motivated me because it has changed my outlook on life. I lost my first wife to cancer when I was 34 and it gave me a real jolt, so when I was diagnosed, it really hit home. I want to give back to the community and help other men to avoid becoming a statistic. Having always had an adventurous spirit, the Expedition was a great chance to do something really 'out there' which would get people's attention and raise the issue of prostate cancer nationally.

How have you been preparing physically for the Expedition?

In the past, I have always been able to eat and drink whatever I liked and it never affected my body. When I hit 60, something changed! Now I watch what I eat and exercise regularly. We are particularly working on our core strength and endurance to prepare us to be standing on the boat for long periods of time.

Families are usually close, but you and your brother are taking that to a whole new level, how do you think you will go living out of each other's pockets for 10 weeks?

I think it will work well – we are opposed characters and have different views on a lot of things but we both respect the ocean and the environment. We also each have our own strengths to bring to the Expedition, I have my extensive sailing background and Phillip is great with all the technical side of things so he will be able to update our website with photos and videos as we go – he is also an experienced sailor as well.

If you had one message for men about prostate cancer, what would it be?

If you have a close family member (brother, uncle father etc.) who has had prostate cancer, there is a fairly good chance you are going to get it too if you are over 40 years old. 3,000 + men die of prostate cancer each year in Australia, don't become one of those statistics - get yourself tested, both digitally and through a PSA blood test (double testing) and then the decision of what you do from there is in your hands.

If you had one message for women about prostate cancer, what would it be?

Partners in a man's life are one of the greatest motivators, more so than wealth. I encourage females to get involved in the Expedition for this reason! Prostate cancer affects the whole family, not just the sufferer – so encourage your partner to get checked.

How can people get involved?

Please visit our website, www.overthetop.com.au to donate or leave a message of support. You can also find more information about prostate cancer on the website too. Alternatively, people can contact me directly on 0410 659 663.

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