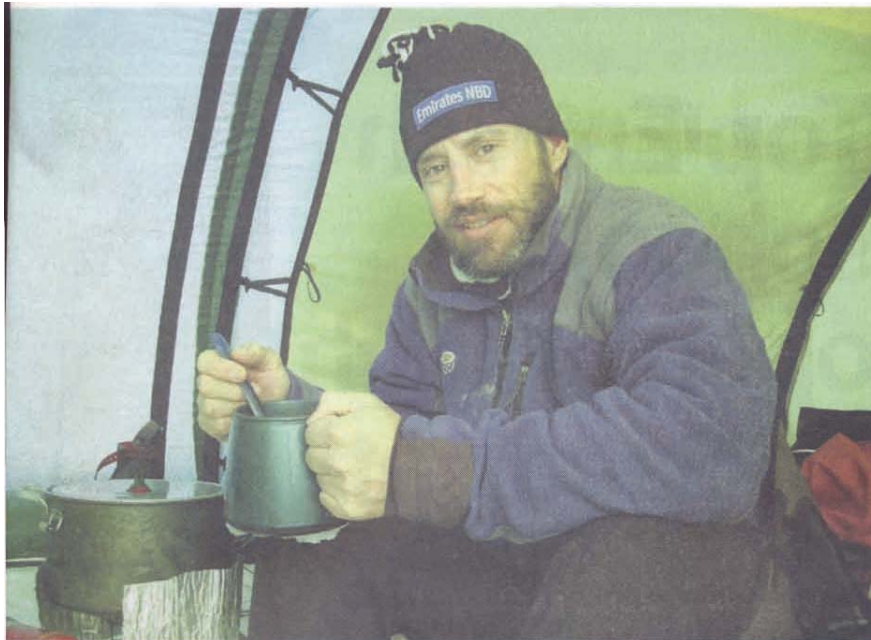


THE NATIONAL – 17/7/2009



Adrian Hayes says he and his teammates still have plenty of fuel – even more of a necessity than food. Courtesy Adrian Hayes

all the doctor or get them to come here, so you just have to put up with whatever challenge comes your way whether it's falling in a crevasse, racking a rib, head winds against you, deep snow or freak temperatures."

McDiarmid's hip bones are numb from the pressure of the sled and he skis, and Crowe is suffering from leg strains and tendinitis.

Mr de Keyser predicts an improvement in wind direction from tomorrow onwards, and at that point, Hayes said, they will "go for broke".

"When we get the wind we will just go, whether it takes 24 or 26 hours, we just won't stop," he said. "We're getting a few kilometres out today, but we just need a big break."

* lootway@thenational.ae

@ the greenland quest

Day 58

Distance travelled 3,623km

Distance to go 525km

Follow the progress of the team with The National, the expedition's official media partner, which will carry exclusive weekly reports and interviews with Adrian Hayes and his teammates. Our online coverage includes an interactive map, a daily blog, audio interviews, video footage and photographs.

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