

"I WAS COLD AND ALONE BUT I REFUSED TO CRY"



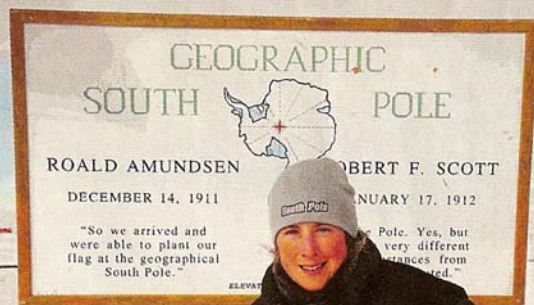
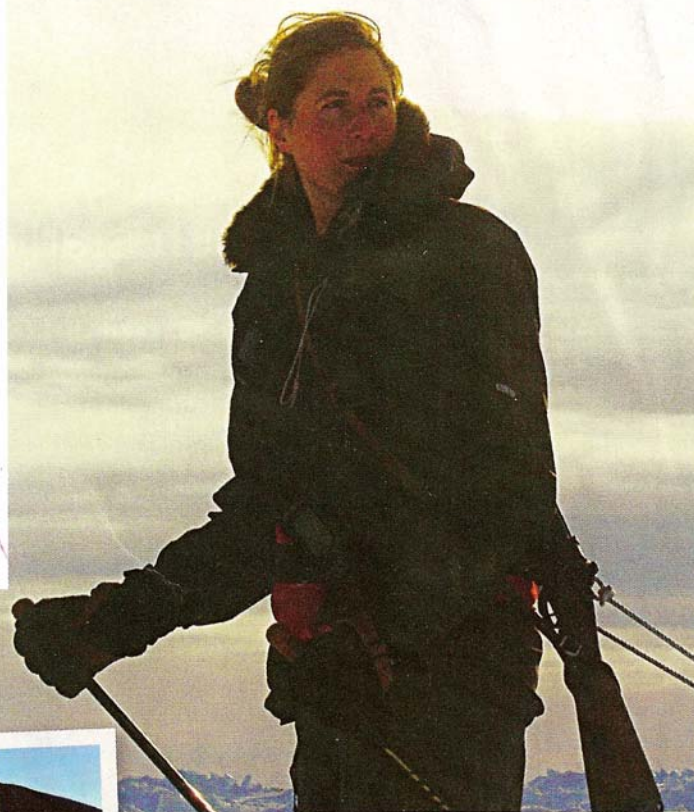
As well as your favourite celebs, *Cosmo* wants to recognise ordinary people who have done extraordinary things, like Hannah Mckeand, 33, from Newbury, who skied solo to the South Pole

When Hannah turned her fun, fearless ambition to reality, she knew how proud her friend Jill would have been. "We'd worked together for eight years," says Hannah. "One day, I strolled into her office and said I wanted to trek to the South Pole on my own. Jill rolled her eyes and said, 'Of course you do,' but I knew she believed me."

Jill had been fighting breast cancer for two and a half years, and when she lost the battle a few months later, Hannah decided she'd raise money for breast cancer and dedicate her trip to Jill.

"I caught the travelling bug when I was 26 and newly single, after going to the desert in Egypt. I knew the next place I'd go was a 'cold' desert. I've never been interested in sitting by a pool or staying in a fancy hotel; the more challenging the place, the better."

Hannah had her first taste of the 'cold desert' in December 2004 on an expedition to the South Pole with friends, but the



After thirty-nine days of arduous uphill skiing, Hannah was elated to reach her destination



COSMO AND OLAY'S SKIN CLINIC

Deprived of any pampering during her solo trek, we thought Hannah deserved a skin treat from FFF sponsors Olay and *Cosmo's* beauty expert Laura Tew (right).

"Hannah is one of those lucky ladies who doesn't suffer from any major skin issues and has an enviably clear



complexion," says Laura. "But as her very fair skin burns easily, daily UV protection should be an

essential part of her skincare regime. As her skin is a bit more sensitive than normal – especially after being battered in Antarctica – I'd recommend Hannah start the day with Olay Soothing Daily Facials, £4.49, which contain aloe vera and chamomile, to gently

wash away impurities and remove dead skin cells. Then she should slather on Olay Complete Care Multi-Radiance Daily Illuminating UV Fluid, £7.49 – a light, vitamin-packed lotion with reflective particles and SPF15, to give Hannah's already glowing complexion a boost!"



**COSMOPOLITAN
FUN FEARLESS
FEMALE
AWARDS BY OLAY
2007**

voyage in Jill's memory would be different –

Hannah would be skiing there on her own, unsupported, for weeks on end. Ten months after her friend passed away, she was ready. "As the trip loomed, I had a crisis of confidence, but told myself I'd go out and do my best." She could hardly bear to leave her friends at base camp that November morning last year. "But I knew the sooner I started, the sooner I'd be back."

Hannah skied, mostly uphill, for 11 hours a day in temperatures as low as -50°C. "I had to eat things like fudge, chocolate and pork scratchings to keep my calorie intake up; it was the best diet ever! I'd lost three and a half stone by the time I reached the Pole.

"Sometimes I went stir-crazy. After the first week, I made a video diary; it was like pouring my heart out to a person. Then I switched off the camera, pulled myself together and got on with it. In that situation, you can cry but it won't do you any good.

"For the first three weeks, I listened to talking books, like *Harry Potter*, on my iPod. Then it broke and I thought I'd go mad, but after a while, I went into my own world. You'd think I'd have pined for my family, friends and boyfriend of two years, Dave, 35, but I was in my own bubble, with one goal in mind.

Hannah did have cravings, though. "I found myself longing for avocado with honey and balsamic dressing. And at night, I looked at my toenails and wished I'd painted them red to remind me I was still just a normal girl.

"I only had one 'broken-leg day' – where you think, 'I wish I had a broken leg so someone would come and rescue me! It was cold, I was continually falling over invisible obstacles in the snow and I had an attack of PMS. I just worked through it and carried on. But I thought of Jill's family – her husband, James, and children, Sam and Charley, in their twenties – and knew Jill would be really proud of me if I reached the Pole. "As base camp came into view, I felt utter elation and had a lump in my throat."

Hannah reached the South Pole in 39 days, nine hours and 33 minutes – beating the record of 42 days. "I'd raised £5,000 for Breakthrough Breast Cancer and, most importantly, dedicated my journey to Jill!"

● Hannah and Dave have set up Blizzard Expeditions (www.blizzardexpeditions.com) to take people on adventures aboard their specially built yacht, which is able to sail to areas like the Arctic and Antarctic.

WHO WINS? YOU DECIDE! CAST YOUR VOTES NOW...

Think you know someone as amazing as Hannah? Fill in the form and send it to *Cosmopolitan* Fun Fearless Females, 72 Broadwick Street, London W1F 9EP or visit www.cosmopolitan.co.uk

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REAL-LIFE CATEGORIES

Cosmo's Fun Fearless Females isn't just about red-carpet starlets. We're also bigging up women, just like you, who defy the odds to do extraordinary things. We're counting on you to bring these unsung heroines into the spotlight by telling us about them. It can be a family member, friend, colleague or somebody you've read about. You can even nominate yourself.

■ **FFF SURVIVOR**
A worthy survivor who's bounced back from a harrowing ordeal with courage and dignity.

■ **FFF HEROINE**
Someone who selflessly channels her energy into helping others.

■ **FFF FAMILY**
A new category for 2007, this recognises women in your family who are true stars and deserve some long overdue recognition.

■ **FFF FRIEND**
You feel indestructible when you're with her – she's a complete inspiration to you.

■ **FFF CAMPAIGNER**
A new 2007 category for women in your life who are devoted to changing the status quo.

■ **FFF BUSINESSWOMAN**
Savvy and shrewd, this category's for a woman who's fearlessly conquered the business world.

■ **THE FUN FEARLESS MAN**
He's so fun and fearless, he's practically an honorary female!

YOUR NOMINATION:
Category:
Her/his name:
Her/his age:
Her/his phone number:
Her/his email:
Your relationship to her/him:
Your name, DOB, postcode, phone* and email*:

Tell us, in no more than 100 words, why she/he deserves an FFF Award:

If you'd like to nominate more than one person, please write their details on a separate piece of paper
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YOUR VOTE COUNTS
This is your chance to make history. Vote for the women (or men) who wow you and you could win exclusive tickets for you and a friend to attend *Cosmo's* FFF 2007 Awards. You won't just be rubbing shoulders with the stars, you'll feel like one yourself – your VIP treatment includes travel to London, a night in one of the capital's top hotels and an Olay goody bag filled with £50 of beauty products. Nine runners-up will also win an Olay £50 beauty bag. For details on how to enter and win money-can't-buy tickets to this exclusive event, go to www.cosmopolitan.co.uk. You can enter online, or by posting your entry to the above address. Closing date is 20 July. ©



BY LIZ FROST AND LAURA TEW. PHOTOGRAPHS: WWW.ADVENTUREHAWAII.COM