

Sarah Outen MBE FRGS (Biological Sciences, 2004)



Portrait by Anita Corbin for the series 'First Women'

Alumna and Honorary Fellow Sarah Outen is a British athlete, adventurer, author and speaker. She is the first woman, and the youngest person, to row solo across the Indian Ocean as well as the Pacific Ocean from Japan to Alaska.

Sarah Outen came up to St Hugh's in 2004 to read Biological Sciences and was a dedicated member of the St Hugh's Boat Club throughout her time at Oxford.

In 2009 she undertook her first major expedition, rowing solo across the Indian Ocean from Australia to Mauritius – a journey covering 3100 nautical miles. During the expedition she earned a number of Guinness World Records, raised over £30,000 for charity, and began to formulate a plan for her next big challenge.

In 2011, she embarked on 'London2London: Via the World', an expedition which took 4.5 years to complete and involved rowing, cycling and kayaking 25,000 miles across the Northern Hemisphere. [Click here](#) to watch 'Home', the feature film about her incredible journey.

Sarah has written two books about her experiences, *A Dip in the Ocean: Rowing Solo Across the Indian* (2011) and *Dare to Do - Taking on the Planet by Bike and Boat* (2016). She is an ambassador for numerous charities and organisations including CoppaFeel!, Inspire + and the Youth Adventure Trust.

Sarah is currently training as a psychotherapist and hopes to work therapeutically with young people in an outdoor setting. She lives in Oxfordshire with her wife and three donkeys.

A portrait of Sarah included in an exhibition by the Royal College of Art celebrating pioneering 21st century women 'First Women UK' hangs in the Main Building at St Hugh's College.

Read more about Sarah's time at St Hugh's and her achievements since graduating in the 2019 edition of the *Chronicle*, [here](#).