

1. I started doing this about 2 years ago. Before that I did a lot of water sports like windsurfing but I wanted to try something new. I asked my wife to have a go but she's scared of heights. When you're up in the plane, just for a moment you think you can't do it, it's too scary, but then the green light comes on and you jump and then you're like a bird.

2. The first time I did it, I spent most of my time in the water. I'm waiting with the rope in my hands. The boat pulls and wham, I'm pulled off my feet straight into the lake. It takes a long time to get your balance.

3. The first time you get on, it's a bit scary. After all, you're on an animal, not a machine. You give it water and sugar to make it happier. But although it's well trained, once it starts trotting you get even more nervous, so you don't start to gallop for quite a while.

4. On the way, you're concentrating on where to put your feet and your hands, but then the sensation you get at the summit is incredible, you forget you're tired, you forget how difficult the ascent is- it's just amazing to be on top of the world.

5. In this sport, you need to work as a team. You've got 7 or 8 people with you, and they've all got paddles so you need to pay attention when you get to the rapids. One mistake and you're in the water. At least the helmet protects you.