


ONE WOMAN. ONE YEAR.
SEVEN EPIC CHANNELS.



AN INCREDIBLE FEATURE DOCUMENTARY

oceans7

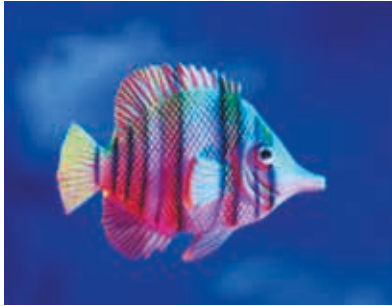
A STEFAN STUCKERT FILM

An aerial photograph of a swimmer in the middle of a long-distance swim in the ocean. The swimmer is a small figure in the center-left of the frame, leaving a white wake behind them. The water is a deep, dark blue with visible ripples and small waves. The perspective is from directly above, looking down at the swimmer.

"I will swim through the night, pitch black below me, pitch black ahead, blurry lights dazzling me as I breathe to the side facing the pilot boat. I will do well over 40,000 strokes.

It will hurt, it will be unbearable at times. There will be no discernible reason to carry on. And yet I will."

(Beth French)



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The Challenge



'Oceans Seven' consists of seven long-distance open-water swims across the most dangerous sea channels in the world. For extreme swimmers it's the ultimate test — the equivalent of climbing the seven summits in mountaineering. Only five people have ever completed the challenge.

Now, one woman is setting out to become the first person to conquer all seven crossings within a one-year period.



The Synopsis



Oceans 7 are seven individual long-distance open-water swims across some of the world's most dangerous sea channels. For extreme swimmers it is the ultimate test the equivalent of climbing the seven summits in mountaineering. Only six people have ever completed the challenge.

Now, Beth French, a British marathon open-sea swimmer, is setting out to become the first person ever to conquer Oceans Seven within a 12-month period. Oceans 7, the film, follows Beth's journey and draws the portrait of an extraordinary woman.

Ever since she can remember, swimming has been a refuge for Beth; even as a child she had an urge to get into the water and swim to the horizon, and beyond. Seas and oceans with their boundless reach and vast depth hold a mysterious attraction for her.

As a teenager, Beth suffered from a mysterious debilitating condition that affected her nervous and immune system. For long periods of time she was confined to a wheelchair. The illness was eventually diagnosed as ME (Myalgic encephalomyelitis), also known as Chronic Fatigue Syndrome.

Much of Beth's adult life has been spent searching for a way of coping



with ME. She discovered an ancient massage technique in Hawaii and she learned about deep meditation during her training as a Buddhist nun in a Thai monastery. But the key for managing ME has been long-distance swimming.

Although at present Beth considers herself 'symptom free', she lives in constant fear of ME reoccurring. Completing Oceans Seven will be the ultimate proof for her that she has truly triumphed over her illness.

A single mother, Beth will be accompanied by her eight-year-old son, Dylan, who takes fierce pride in his mother's achievements. He's a bright child but, aged three, he was diagnosed with a sensory processing disorder which means that conventional schooling is impossible for him. Beth now home-educates him and the Film also observes the intimate process of learning between mother and son.

Beth hopes that by undertaking Oceans Seven, she'll provide an example to Dylan to help him overcome his own limitations and show him that adversities need to be met head on with confidence and resolve.

But not everybody approves of Beth's ambitions: her mother fears Beth's life will be at risk and Dylan may end up an orphan.



Oceans Seven involves an epic journey of uncertainty and extreme dangers: hypothermia (swimmers are not allowed to wear any special protective clothing), fatigue and, of course, hostile marine life including sharks – all real and life-threatening dangers. Only last August an experienced swimmer died trying to cross the English Channel.

Long-distance endurance swimming requires a considerable support team. There is the captain of the pilot boat who has intricate knowledge of the local weather and water conditions.

Julie, a fellow nun who was ordained at the same time as Beth, has quit her job in Canada to support Beth and help look after Dylan during the swims. Ex-marine Martin James and sports scientist Ella Howton will be in charge of Beth's health and safety. Beth trusts them with her life and it's their call whether and when to pull her out of the water.

Will Beth succeed? Is she a modern-day hero or a selfish adventurer? Whatever the answers, Beth's drive, her willingness to face her own demons, her unshakeable belief in herself and her devotion as a mother all represent universal themes that will draw people to Beth's story and to Oceans 7.

The Director's View



Oceans 7 has all the elements of a classic 'hero' story. It's a film about the importance of believing in yourself and in your dreams, of questioning established truths and finding the courage to fight against the odds. It's inspiring and exciting; it involves adventure, life threatening dangers and super-human feats.

Beth's drive to conquer Oceans Seven in one year has its roots in an illness that has shaped her life ever since she was a teenager: ME (Myalgic Encephalopathy) also known as Chronic Fatigue Syndrome (CFS). It's a little understood disease and, because there is no obvious physiological or neurological disorder, diagnosis is notoriously difficult. Symptoms vary greatly from patient to patient: they can be mild (feelings of lethargy and exhaustion) to a complete physical breakdown, as was the case with Beth.

For long periods of her youth she

was wheelchair bound, helpless and dependent on others: "It was as if my legs had gone from underneath me. I couldn't feel them. I couldn't brush my hair because the pain of lifting my arm left me weeping with tears. I withdrew from the world to such a degree that for about 22 hours a day I was semi-conscious.

I felt that my body had completely failed me and I might as well be dead."

Although she has recovered, the curse of ME has completely altered Beth's life. It's "in her blood" and she is aware that you never really get over it.

Her life-long love of water has been critical in her recovery, in particular long-distance swimming where her body "came back" to her.

The race to conquer Oceans Seven in one year is the complete reversal of Beth's 'near-death' experience as a teenager. The seven swims

are about openness, awareness and complete control, both of her body and her mind. The logistics behind the swims are complex, with detailed scheduling around the weather and tidal windows, finding local skippers and creating a good support team, and, of course, the financing of it all.

The stakes are high. What if Beth fails? What if the money runs out? Has she got the stamina and the perseverance it takes? Can she keep her team together throughout the journey? And will her eight year old son get bored travelling round the world watching his mother swim?

Oceans 7 is a portrait of a complex person and a superior athlete who is determined to succeed, whatever it takes.

Creative Approach



The story of Oceans 7 is structured along two parallel strands of a) the race and b) Beth's struggle with ME - both past and present. These two narratives follow different visual and sound designs that continuously intertwine to create a vibrant and powerful interplay of stylistically contrasting sequences.

Set in some of the world's most exciting locations, the crossings are filmed with a variety of different formats - using drones, steady-cams and underwater cameras - to capture the drama and physical demands of each of the swims: the sharks, the poisonous jelly-fish, the waves, the cold, the exhaustion and physical effects of swimming in salt water for hours at a time.

We follow Beth's regular life in-between the swims - her work, her speaking commitments, her fund-raising efforts, and of course, her life with her eight-year-old son Dylan.

An extensive section of the film - partly filmed in 16mm - will

show Beth revisiting important locations of her past and meeting key characters of her former life in Hawaii, Ireland, Thailand and, of course, Somerset.

There will be specially designed impressionistic sequences to visually capture Beth's life with ME and also explore the freedom of movement she feels in water. For Beth, each crossing is a rite of passage. When she steps into the water a metamorphosis happens. Sliding into the waters, she leaves the land behind and enters a new world. Visually capturing Beth's experience of this world will be a critical part of the film.

Sound design and music will play a crucial role in the film and we are looking to engage a known composer with a strong identity, someone like Mica Levi who wrote the music for Jonathan Glazer's 'Under The Skin' (starring Scarlett Johansson) and the Oscar nominated 'Jackie' (starring Natalie Portman).

The Overview



Beth French

Beth grew up on a farm in Somerset. She was active: loved playing in the wood, climbing trees or making mud pies. When she was about ten years old, she began to get ill. She's not sure what caused it, but her illness was retrospectively diagnosed as being glandular fever.

With puberty kicking in and no support at home or at school, Beth never fully recovered. Her early teenage life became a cycle of intense activity - she loved sports and captained several teams - followed by emotional crashes and extreme fatigue.

She started to withdraw from the world around her, feeling isolated and alienated, even from her own body. It imploded when she was 17 and her parents split up. She hit rock bottom and ended up bed-ridden and confined to a wheelchair, unable to move her legs or arms. A neurological test showed that there was nerve function, but Beth says that she simply could not access any strength in her limbs.

Eventually, her mother took her to see a therapist who said that being in a wheelchair was her own fault and that it was up to herself to get out of it. He also told Beth to write wish lists, things that she wanted to do when she got out of the wheelchair, no matter how ridiculous they were.

Beth was outraged and felt so much anger that she flat lined for several weeks. But she did begin making those wish lists in her head and started to dream of a life beyond the wheelchair.

Slowly, her health improved and she decided to move abroad - away from her family. She travelled to Ireland, then to Hawaii where

she discovered her love for long-distance swimming. Spending several hours every day in the water, she regained her confidence in her body. She also had the privilege of studying Lomi Lomi, the ancient Hawaiian health system, under one of the last surviving practitioners.

It's what she still practices today and what gives her financial independence. It inspired her to learn about meditation and she spent nearly a year as an ordained Buddhist nun in a Thai monastery following intensive meditation practices. These studies gave her extraordinary levels of discipline and determination.

It also helped her with being a mother and bringing up her son on her own. She feels passionate about showing him that dreams are there to be realised and that fulfilling your potential is a vital part of life.

Beth completed her first solo channel crossing - the English

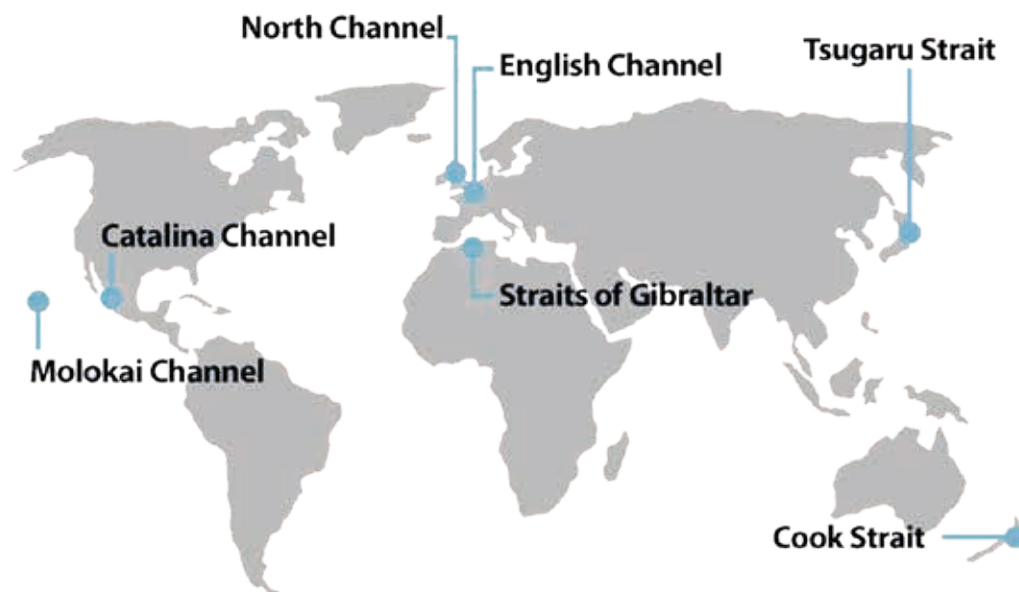


Channel - in July 2012. Just as her dream of swimming kept her going through the long years of ME, so have her new skills and her time in the wheelchair given her the strength of mind to sustain her in the water.

Completing the swim and stepping out onto French soil, she realised she had become her own hero; it was the last item on the wish list from when she was ill. And she was now ready for a new challenge.



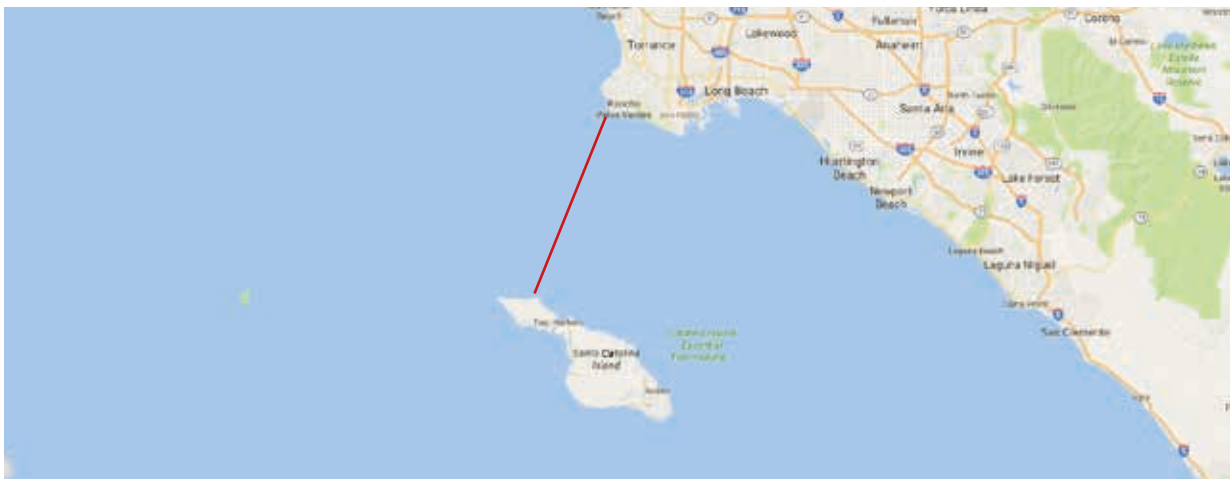
The Crossing



The Crossing

Catalina Channel, USA 21 Miles

1



The Catalina Channel is a deep-water channel comparable to the English Channel in terms of water conditions, difficulty, distance and the physical and mental challenges to the swimmer.

From Emerald Bay on Santa Catalina Island to the San Pedro Peninsula the crossing stretches 21 miles. Water temperatures tend to be a bit warmer (15°C – 20°C) here compared to other channels.

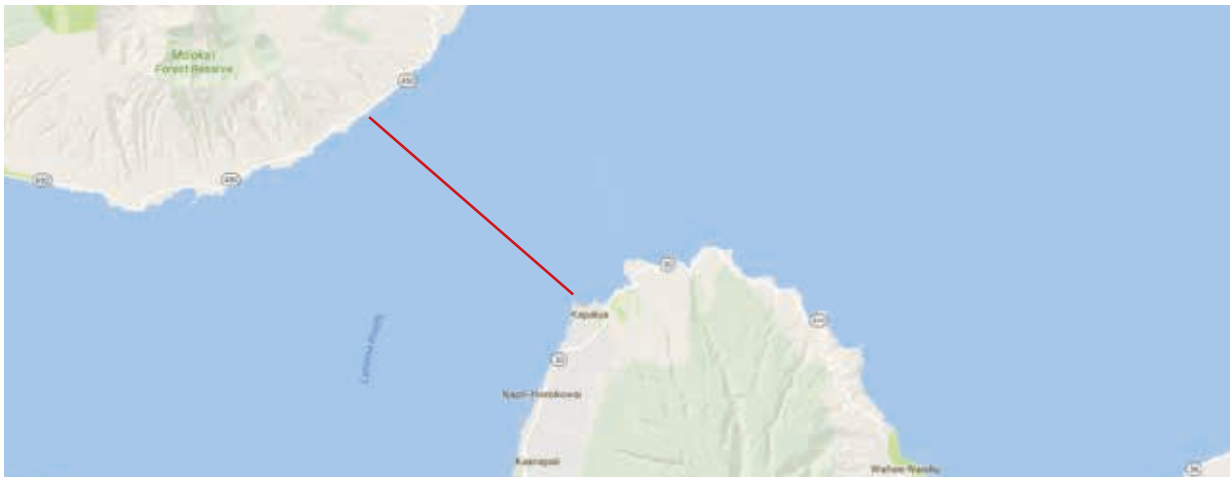
There is a high probability of strong winds and currents, and swimmers usually encounter large marine life including migrating whales and large pods of dolphins. The channel's long distance coupled with its

other challenging factors makes its crossing a formidable undertaking.



The Crossing

2 Molokai Channel, Hawaii 28 Miles



The longest crossing with a staggering 28 miles; it took Beth over 24 hours the first time she swam it!

The water is warm, which is not ideal for Beth, who is hypermobile and prefers colder water.

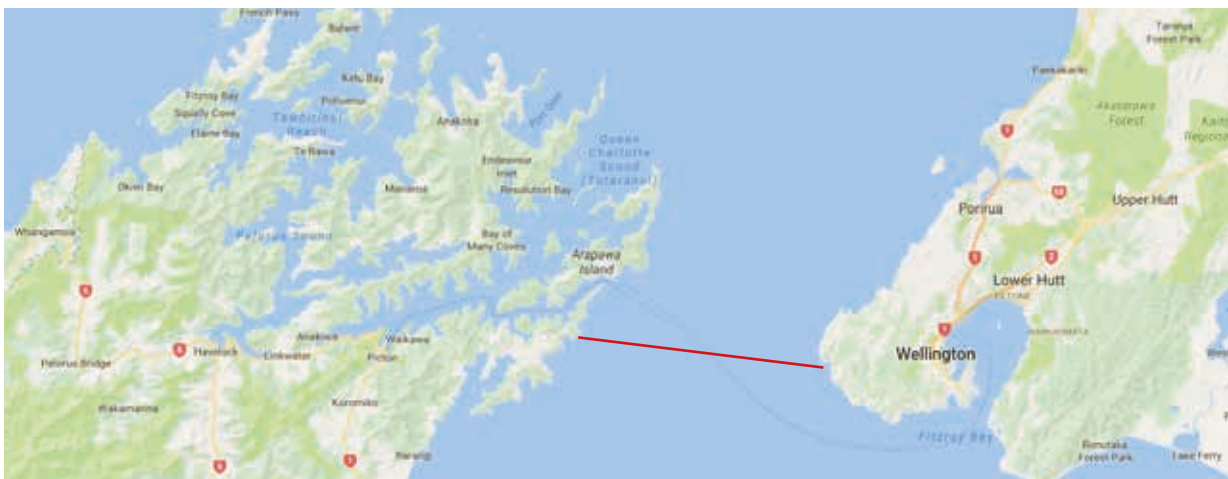
The channel features brisk winds, heavy currents and huge Pacific waves. There are dolphins here, but also more aggressive marine life such as sharks.



The Crossing

Cook Strait,
New Zealand
16 Miles

3



The Cook Strait covers 16 nautical miles (26 kilometres) across immense tidal flows in heavily choppy water conditions.

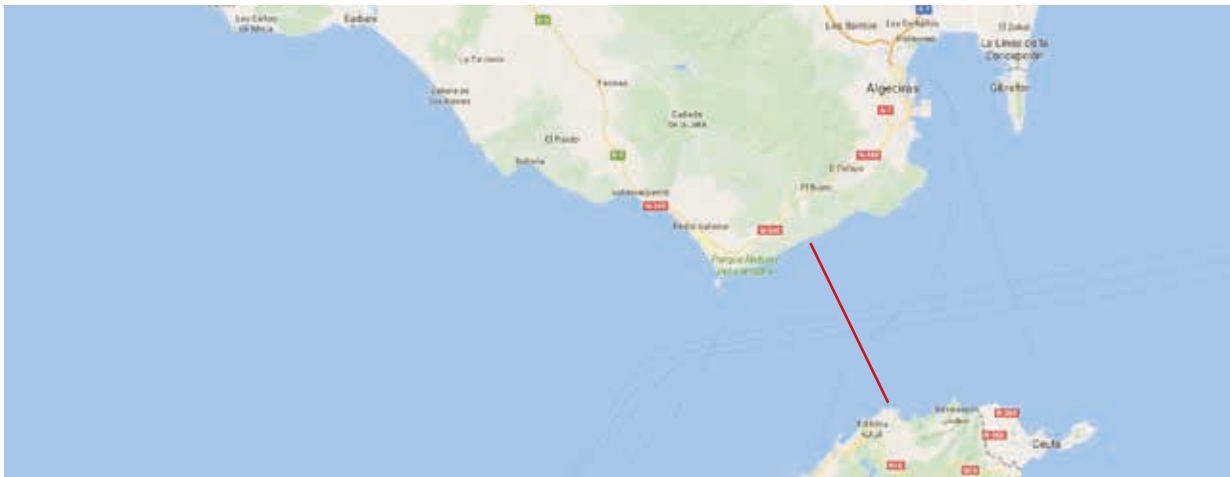
Water temperatures average a cool 14°C-19°C (57°F-66°F). Jellyfish and sharks are commonplace with 1 in 6 swimmers encounter sharks on their crossings. Both sides of the strait have rock cliffs making access and exit a struggle.

To date, only 71 successful crossings have been made by 61 individuals from eight countries. Hypothermia and quick changes in weather conditions during a crossing are the most common reasons attempts fail.



The Crossing

4 Strait of Gibraltar, Spain & Morocco 8 Miles



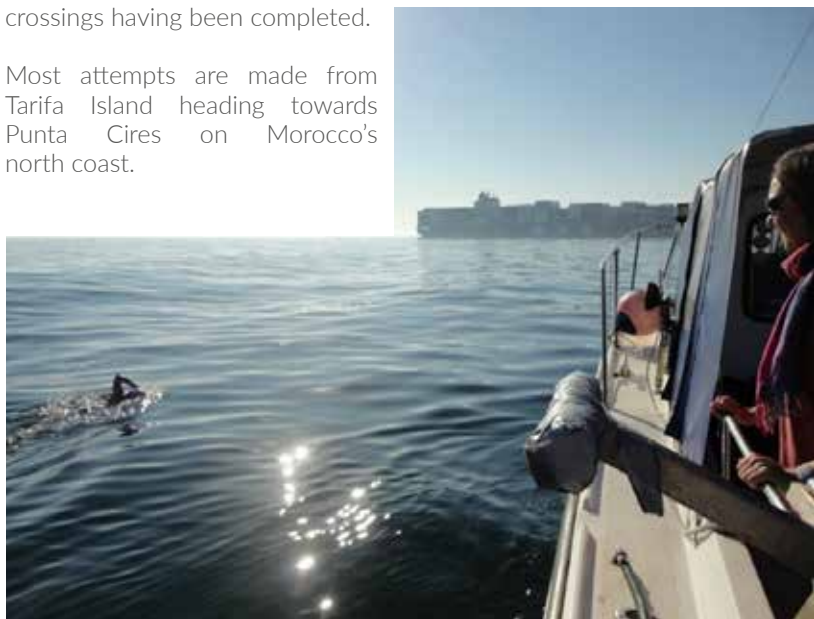
The Strait of Gibraltar between Spain and Morocco connects the Atlantic Ocean to the Mediterranean Sea. The channel's shortest point is between Punta Oliveros in Spain and Punta Cires in Morocco.

This eight mile crossing sees an eastern flow of water from the Atlantic Ocean to the Mediterranean Sea with an average of three knots (5.5 km per hour). Heavy boat traffic, logistical barriers and surface chop confront swimmers who take on this challenge.

Very strong currents combined with the unpredictability of the water conditions and high winds have resulted in only 185 successful one way crossings and seven double

crossings having been completed.

Most attempts are made from Tarifa Island heading towards Punta Cires on Morocco's north coast.



The Crossing

Tsugaru Strait, Japan 12 Miles

5



The Tsugaru Strait is a deep-water channel between Honshu, the main island of Japan where Tokyo is located, and Hokkaido, the northernmost island of Japan.

The channel's closest points are Tappi Misaki in Honshu and Shirakami Misaki in Hokkaido. English and other western languages are not widely spoken in these areas making communication difficult.

This international waterway is only 12 miles at its narrowest point but swimmers must cross a strong current, large swells and abundant marine life in order to complete a successful attempt. Swimmers are swept long distances due to

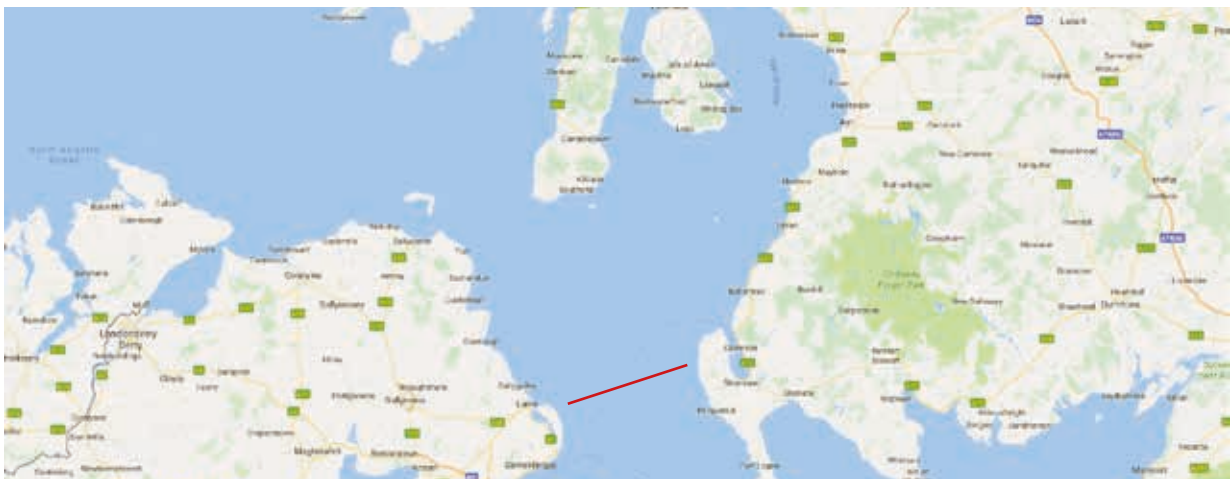


the extraordinarily strong currents flowing from the Sea of Japan to the Pacific Ocean. Encounters with large blooms of squid are also common during the night.

Swimmers are also challenged by occasional patches of cold water that flow up from the depths caused by the screws of the large oil tankers from the Middle East traveling through to the west coast of the U.S.. There have been only four confirmed solo crossings and one confirmed double-crossing achieved to date.

The Crossing

6 North Channel, Great Britain & Ireland 22 Miles



The North Channel is widely considered to be the most difficult channel swim in the world.

The average water temperature is 12°C and the crossing is notorious for its changeable weather and tidal conditions.

Heavy seas, thunderstorms and strong currents are amongst the other natural elements that must be overcome in the 22 mile channel.

Swimmers also face 'fields' of lion's mane jellyfish, touching one tentacle hurts like a hornet's sting.

Crossing has been attempted at least 73 times since 1924, but only

eight successful solo swims and five relays have been achieved to date. Most of the attempts have been abandoned due to difficult conditions and hypothermia.



The Crossing

English Channel, Great Britain & France 22 Miles



The 'Everest' of swims: 22 miles long and one of the busiest shipping lanes in the world with over 500 cargo ships crossing every day. It also has the biggest tidal shifts in the world and is notorious for its strong currents. The water is cold — around 16°C — and hypothermia is a real danger.



The Filmmakers



STEFAN STUCKERT: DIRECTOR | PRODUCER

Stefan is a BAFTA-nominated and award-winning director working mainly in film and TV. He has series-directed several of Channel 4's hugely successful DERREN BROWN shows as well as the BAFTA-nominated documentary series TECHNOLOGY FOR LIFE. He's also worked on the acclaimed Channel 4 comedy series PEEP SHOW.

Stefan's short film MEDIUM RARE won several awards and was screened at over 70 film festivals worldwide. He's currently in pre-production for his first feature film UNDONE, a thriller set in London.

NICK READ: PRODUCER

Nick Read is a BAFTA-nominated and award-winning filmmaker with an extensive background in documentaries. With a career spanning 25 years, and over 50 films to his credit, he has worked as producer, director and cameraman.

Nick has won two Foreign Press Association awards, the Rory Peck Impact Award, the Creative Diversity Award for best documentary, and is a three-times BAFTA finalist for best director & best cinematography. His most recent work — BOLSHOI BABYLON and THE CONDEMNED — has been distributed theatrically and screened at festivals around the world. It was nominated for two EMMYS in September 2016

NOEL CHANAN: CO-PRODUCER

Noel Chanan is a multi-award-winning documentary editor, director and producer with over 40 years of experience and more than 130 TV credits in the UK and the USA.

DAMIAN DANIEL: CINEMATOGRAPHER

Mentored by Oscar-nominated cinematographer Danny Cohen (THE KINGS SPEECH), Damian was one of BAFTA's 'Brits to Watch' in 2011. He has camera operated on big budget movies including JOHNNY ENGLISH and in 2016 he filmed his first feature documentary BOBBY about the legendary Bobby Moore.

The Executive Producer

Red Rock Entertainment is a film-finance company, based at the world-famous Elstree Studios, home to some of the biggest TV shows on UK television and the studio of choice for many successful British filmmakers.

Working in conjunction with many of the UK's top production companies to raise equity for film, TV content and film distribution, Red Rock Entertainment offers a number of tax-efficient opportunities to investors.

It primarily works on projects that are at an advanced stage and are looking for the final tranche of financing. Its focus is on film and TV projects that have commercial appeal, an identifiable audience, controllable costs and a sound financial structure. As an executive producer, Red Rock Entertainment can



arrange for investors to visit sets during filming, appear as extras and attend private screenings. It also regularly arranges seminars at Elstree Studios, at which high-profile corporate and financial specialists offer advice and insight into the various tax advantages of investing in the UK film industry.



Audience & Marketing



As mentioned above, OCEANS 7 has the potential to reach a wide range of audiences across the world from lovers of extreme sports and open-water swimming to the many million people who suffer from ME - or know people who do.

Audiences will have watched adventure stories with fascinating characters like 128 DAYS, TOUCHING THE VOID and MAN ON WIRE. They will be interested in independent films with compelling story lines and a strong visual look like THE POSSIBILITIES ARE ENDLESS or NOTES ON BLINDNESS.

Following the premiere of OCEANS 7, scheduled for early 2018 at either

the Sundance Film Festival (January 2018), Hot Docs Festival (April 2018) or the Sheffield Doc Fest (June 2018), the Film will continue to build an audience on a platform of festival screenings - Beth has already agreed to collaborate in the marketing of the Film.

This will be followed by 'day & date' release on multiple platforms, including theatrical.

For presentation at festival galleries and promotional events, we are intending to create a short 'virtual reality' sample film that offers viewers a unique immersive 360° experience of Beth's swimming.

During the year's filming of the

documentary we will solicit the support of diversity/advocacy groups (including ME help organisations and environmental interest groups) and attract local media coverage (press, radio, TV) in order to help build a grass roots following.

An engaging website will feature 'behind-the-scenes' clips and live coverage of the swims and will generate 'word of mouth'. Regularly updated Facebook and Twitter accounts will further guarantee maximum online and social media presence and help build a large fan base for the Film.

Audience & Marketing



The SEIS



Now the Seed Enterprise Investment Scheme has become one of the most revered government-backed schemes ever created.

Some of the most important points to consider are:

The Seed Enterprise Investment Scheme (SEIS) offers great tax efficient benefits to investors in return for investment in small and early stage start-up businesses in the UK.

SEIS was designed to boost economic growth in the UK by promoting new enterprise and entrepreneurship.

The scheme was introduced in the Chancellor George Osborne's 2011 Autumn Statement which heralded a big shake up of tax incentives for investors, with the Enterprise Investment Schemes and Venture Capital Trusts also being revamped.

- SEIS investors can place a maximum of £100,000 in a single tax year, which can be spread over a number of companies.
- A company can raise no more than £150,000 in total via investment.
- Investors cannot control the company receiving their capital, and must not hold more than a 30% stake in the company in which they invest.
- The company seeking investment must be based in the UK, and have a permanent establishment in the British Isles.
- The company must have fewer than 25 employees. If the company is the parent company of a group, that figure applies to the whole group.
- The company must be no more than two years old, and have assets of less than £200,000.
- 50% Tax Relief for current or previous Tax Year (from date of Share Certificate).
- 50% Capital Gains write off from current Tax Year No Inheritance Tax after 2 years.
- No Income Tax or Capital Gains on any Profits.
- Loss Relief on any monies lost at your current tax rate.
- Monies must remain in the company for 3 years to benefit from the above.

The EIS



The EIS scheme was introduced by the government in 1994 with a main objective to help small UK companies raise capital from private investors.

Whilst investing in EIS is not without risks, the incentives for investors looking at tax planning opportunities are attractive, these benefits include:

Income Tax Relief

You can claim a tax rebate (30% of the amount in which you have invested) on the income you have paid in the last year or on tax which you still owe in the current tax year.

Relief can be claimed up to a maximum of £1,000,000 invested in such shares, giving a maximum tax reduction in any one year of £300,000 providing you have sufficient Income Tax liability to cover it.

Capital Gains Tax

If the investment is a success and you make a profit on the sale of your shares you will be exempt from Capital Gains Tax on the amount of profit you have made.

If you have any Capital Gains Tax or Inheritance Tax liability to pay in the current or next tax year or if you have paid either of these in the last 2/3 years you can claw back or defer tax equivalent to 28% of the capital you have invested in the EIS fund.

Loss Relief

If a loss is made on the disposal of EIS shares then the loss, less the 30% initial relief may be set against income or capital gains for tax purposes.

Capital Gains Tax Deferral

The payment of tax on a capital gain can be deferred where the gain is invested in shares of an EIS qualifying company.

The gain can arise from the disposal of any kind of asset, but the investment must be made within the period one year before or three years after the gain arose.

There are no minimum or maximum amounts for deferral.

There is no minimum period for which the shares must be held; the deferred capital gain is brought back into charge whenever the shares are disposed of, or are deemed to have been disposed of under the EIS legislation.

oceans7



RED ROCK
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■ Executive Producers ■

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