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Rower Elaine has 300 miles left of epic Atlantic journey

Elaine Hopley is closing in on the end of her Atlantic challenge. The Dunblane rower is aiming to become the fastest woman to solo row across the ocean. The 44-year-old has around 300 miles left of the epic Talisker Whisky Atlantic challenge, and she could land in the Caribbean as early as this weekend if she continues her current pace. However the effects of the near 3,000 mile journey are beginning to hit Elaine's body, and she was looking for support after a rough night on Sunday. She said: "Needing everyone to send their energy to me today (Monday). Last night's weather was epic, feeling knackered and emotional. Got visit from the support vessel early morning, wonderful words of support." Strong winds have meant that Elaine has been covering more than 60 miles per day in recent weeks, but have also resulted in hazardous conditions. Elaine is aiming to complete the mammoth journey in under 70 days. She set off from La Gomera on December 15. The businesswoman, who is raising money for Alzheimer Scotland in memory of her mum Jan, has endured 40-foot waves, battled ferocious gales and relished some spectacular sights along the way-including huge whales and sharks. Her family have now arrived in Antigua for what is sure to be an emotional reunion.