

DEEPER

1 / 01.00.31.00

COMMENTATOR Imagine being in some dark, far-off place, cold, all alone with your thoughts. / (00.43) Pascal Bernabé is one of those explorers of the extreme, whose fearless passion pushes them right to the edge of their possibilities.

Dr Gardette : (00.52) There are those who will climb to the top of Everest and others who will just set camp at the base.

COMMENTATOR (00.58) In the race down into the deep blue « some have left their names, others have surrendered their lives ».

Pascal Bernabé : (01.03) « On the day itself, I was petrified »,

2 / 01.01.09.00

COMMENTATOR (01.09) Pascal is the one who kept going, deeper into the abyss.

François Brun : (01.16) We all were questioning ourselves, and I was the first to ask « are we about to make a horrible mistake »

Dr Gardette (01.30) We were going beyond scientific reason with Pascal's record attempt.

COMMENTATOR (01.43) The story of his exploits begin somewhere in the Toulouse region. / Initially, nothing predisposed him for underwater diving.

3 / 01.01.58.00

Mme Bernabé (01.58) No, I had never seen him in the pool with a tuba, his brother yes, later, he had a feeling about it...not Pascal.

4+5+6 / 01.02.07.00 triple take

Pascal Bernabé (02.07) Earlier, I tried my hand at free-diving, things like that you see, like everyone, and my ears quickly hurt just like them. So I told myself that maybe it wasn't too big for me, so I dived once to try it out, and then I said « it was okay ». (02.19) So right then,

after one dive my mind was made up, I strongly believed that I had found my thing.

Pascal Bernarbé : (02.29) First dive on October 29 '90, in Egypt, Nweba, 16 metres, 40 minutes, 2nd dive 20 metres, 48 minutes 3rd dive, then everyday after that, 21 metres, 25 ,19, 25, 20, 20, 40.

Pascal Bernarbé : (02.49) And then, from that point, it became like a virus, all the time, whenever I was free, all the money I had, it took everything for a year, a year and half, going to the Sinai whenever possible to dive, dive, dive, dive... (03.06) it was all about diving, spending the maximum time under water.

7 / 01.03.12.00

COMMENTATOR (03.12) Back in France, far away from the warm Egyptian seas, Pascal put his new-found hobby to one side. / A book, given to him by his friends, would turn his life upside down.

8+9+10+11 / 01.03.24.00

Pascal Bernarbé : (03.24) I don't know if I still have it, I would be very surprised to find it here. // (03.30) My, it would be a miracle. // (03.35) Oh my word, here it is. // (03.42) The first photo of cave diving I ever set eyes on, the very first photo, and here the instructor told me how he knew some guys who dived in caves. (03.53) And I went to look for them, that is how I got to take part in my first dive. And this is how I got started, I was lucky to get to know the right people at the right time. It saved my life.

Pascal Bernarbé : (04.16) With underwater diving, part of it is about exploration, like explorers on the verge of exploring new places, new seas, about to discover new images that no-one has ever set eyes. (04.29) So this is enormously satisfying and obviously when underwater, this satisfaction in the end becomes an exploration of oneself, more personal, a kind of soul searching, and more, trying to find out what I am worth, to see what I have inside my guts, to see what I can really do.

Pascal Bernarbé : (04.48) I wanted to explore at any cost, anywhere.

Pascal Bernarbé : (04.56) Oh yes, I forgot to tell you, here you need to cross a river

12+13+14 / 01.05.00.00 triple take

COMMENTATOR What was only a hobby became an all-consuming passion. Pascal discovers a subterranean world, all new to explore. Down in this deep labyrinth, he discovers a myriad of scenery in this hidden world, mud pools, currents, siphons.

COMMENTATOR (05.19) He goes on a succession of diving explorations ever more daring, ever deeper. / Baylou, Gourp de Feneyrols, Madeleine, Thaïs, Touvre d'Angoulême, Foux du Mas... (05.35) Ropes, bells, scooters, every means possible, to try and get to where others do not dare.

COMMENTATOR Bit by bit, Pascal starts making a name for himself in the cave- (06.00) diving world. In 1996, only five years after his first dive, he is asked to dive at « Fontaine de Vaucluse » to retrieve two robots that got jammed at a depth of 175 metres.

15 / 01.06.17.00

Pascal Bernarbé : (06.17) They first consulted the deep divers of the time, older than me, more aware, with maybe more experience, but as they were not available or they hesitated, they asked me, and once again it came about simply by chance.

COMMENTATOR (06.42) The logistic support is almost similar as for the big explorations, even if the depth here pushes the boundaries. What starts off as an obscure operation ends up by attracting the crowds and media. (06.58) Everyone wonders who this young man is, the only one to have agreed to take on the challenge.

16 / 01.07.08.00

Homme 1 (07.08) Here is fine

Journaliste (07.11) In what state of mind are you at the off?

Pascal Bernarbé (07.14) Very nervous, a bit anxious, by everything and anything, all the work surrounding the task, not wanting to deceive and, at the same time, trying to focus on what awaits me down below.

17 / 01.07.39.00

COMMENTATOR (07.39) With the dive approaching, Pascal seems less sure than he was the day before.

Pascal Bernarbé (07.44) Gee, these are seriously short. But of course...

COMMENTATOR (07.46) The tension rises.

Pascal Bernarbé (07.49) Are they open here?

18 / 01.07.51.00

COMMENTATOR (07.51) The team goes about their tasks. The immersion will last for around 9 hours. Nothing is to be left to chance, so not to compromise Pascal's safety, / A few minutes before the dive, doubts linger.

19 / 01.08.04.00

Pascal Bernarbé (08.04) I am sure I have missed something.

Homme 1 : (08.07) You seem to have everything.

Homme 2 : (08.08) I think it is all there.

Pascal Bernarbé : (08.11) I go down along what ?

Homme 1 : (08.12) The best is to drop along the umbilical, you go 10 metres and you follow the umbilical.

20 / 01.09.24.00

COMMENTATOR (09.24) Pascal works for some ten minutes, then he releases the two robots which rise to the surface. During the time spent below, the gaseous mixture that Pascal breathed in has saturated his body, barring him from returning to the surface too soon. It took him eight hours to re-surface from this dive of 176 mètres.

Pascal Bernarbé : (09.45) It went quite well, it is a dive that took eight hours, the first time that I have been that deep at 176 mètres, and it went well, it gave me the desire to go even deeper. I really wanted to go deep, I wanted to go deeper than 176.

21+22+23 / 01.10.00.00 triple take

COMMENTATOR Coming out of the water, Pascal has changed. A confident feeling wells up from within, he is ready to follow in the footsteps of his idols, Jim Bowden and Shek Exley. / (10.12) Exley and Bowden are two American divers for whom exploration is synonymous with conquering extreme depths. Between them, they have amassed several records: 201, 220, 230 metres for Exley, 250 metres for Bowden, and Exley again: 263m.

COMMENTATOR (10.34) Then they decided to attack the black abyss of Zacaton in Mexico, going for a new limit, 300 metres. (10.44) On April 6 1994, Bowden and Exley descend side by side into the bowels of the earth. / Jim Bowden sets a new record in diving history : beyond 282 metres. (10.58) Shek Exley, never came back up.

COMMENTATOR (11.07) The loss of Shek Exley, his idol, affects Pascal but does not discourage him. In 1997, he sets a new goal in his quest down into the deep blue.

24+25+26+27 / 01.11.19.00

Pascal Bernarbé : (11.19) In 97, I was diving in zone of 180, 200. It was the same team, the same technology, always similar, and then I was on top form and, yes, I let myself get tempted by the 200s and afterwards things overwhelmed me and I dived to 240, 250. (11.38) I started to get affected for the first time by the nervous syndrome. It began by minor shaking, very light, then it became more of a sensation rather than me actually seeing it. I refused to look, tremor in my extremities, moving to all over my body. (11.54) Problems with my eyes, visual problems. Like concentric circles, the wall that approaches and recedes, problems focusing, tremors, at that point I hit the wall and I came back up.

Pascal Bernarbé : (12.14) For one, it was a successful dive, being the deepest I have been, it opened up possibilities in my career as a diver, and then suddenly things changed for me, realisation struck that I could perhaps reach 280, 300 metres, it gave me the belief. (12.37) But

at the same time, on that day, my very best buddy, who was in my team, there as a supporting diver, he died on that dive.

28

COMMENTATOR (12.48) On that day, early in the morning, Pascal gets out of the water, exhausted from the ten hours and a half spent down below, overwhelmed by an immense sense of regret. He knows that his friend, Denis Sirven, who went fetching his empty cylinders at every 120 metres, will never be coming back.

Pascal Bernarbé : (13.06) "I feel this sense of injustice, yes, if I say « I am so lucky, I do this, whereas him, he only went 120, he was careful, but then he goes away».

29 / 01.13.28.00

COMMENTATOR Despite the tragic loss, Pascal keeps dreaming of the inaccessible peaks. His Everest is under the sea, where no-one has been before. (13.41) The idea brews slowly. To become the 1st man to go beyond 300 metres.

30+31 / 01.13.48.00

Pascal Bernarbé : (13.48) It began after the dive at Fontaine du Vaucluse, it started with just an idea, and then it grew, fomenting in my head, I realised that it was not another idea to be taken lightly. (14.02) Little by little, even the cave explorations took a back-seat, I began reducing all the other activities I was doing. My mind was geared to this, so obviously it consumed everything I did.

32+33 / 01.14.25.00 double take

COMMENTATOR (14.25) Pascal cannot attempt this feat alone. Just like with the major cave explorations, he needed a team in whom he could be confident. (14.34) Thereon, he went in search of those who believed in him and his idea. // (14.44) His encounter with François

Brun, dentist, shipwreck explorer and underwater photographer, was a clincher.

34+35 / 01.14.52.00 double take

François Brun : (14.52) The first time, I met with Pascal at Banyuls. And then, he was not so much a sea diver, rather a cave diver, he really was a caving specialist, having done the Fontaine du Vaucluse only a short while earlier. (15.05) He came to see us at Banyuls, after which we started doing some normal shipwreck dives. The record dive in the sea was something that took form gradually.

36 / 01.15.17.00

Pascal Bernarbé : (15.17) When I told François about my intention, he said yes, and I was very surprised because he was a calm person, very sensible, and from that moment it became possible.

COMMENTATOR (15.29) In all extreme activities, to be able to master your stress levels is key. / Pascal knows that this time round, the stress will be commensurate with the feat he is about to attempt. // (15.50) He will meet with Doctor Bourbon, his mental trainer, who works equally with the top athletes and extreme explorers.

37+38 / 01.15.59.00 double take

Mr Bourbon : (15.59) Stress is a package of reactions that are not simply psychological, there is a biological aspect to it with resulting hormonal modifications, especially the stress hormones. (16.12) If we can better control them, they will affect a lot less our physiological performances. / (16.22) And we will burn off a lot less energy, helping us to better adapt to the situation. / If I suddenly scare you, you will get a discharge of adrenaline which will attack your sugar levels, triggering hypoglycemia, (16.37) or at the very least a reduction that is a lot quicker than if you were in control of the situation...

COMMENTATOR Pascal still lacks the vital ingredient he needs to get back to the surface. At the depth he intends to go, he will be on his own. Nothing or no-one will be able to come to his help. A badly planned ascension will be fatal. (17.07) Doctor Bernard Gardette has studied the phenomena within an industrial context. He is the Scientific Director and Head of COMEX Physiology Laboratory, a pioneering company in industrial ultra deep-sea diving.

41+42+43 / 01.17.21.00 **triple take**

Dr Gardette : (17.21) There are two major phenomena that occur with deep sea diving affecting the nervous system, there is the high-pressure nervous syndrome. (17.28) This is essentially a motor affectation, in other words tremors, the diver begins to shake, getting muscular spasms, when the muscles become difficult to release. (17.42) You get sleep disorders, and also some loss of appetite. All of these can be grouped under the high-pressure nervous syndrome.

Dr Gardette : (17.53) It results from the change in pressure. Then there are the gas effects. The gas mixture, depending on their physical and physiological properties, can be more or less narcotic. (18.04) The most common and the most narcotic, not the most narcotic as such but the better known, is nitrogen. (18.12) Air contains 80% nitrogen and 20% oxygen. So nitrogen is the main constituent of air and when under pressure this nitrogen induces narcosis that Cousteau once termed, some fifty years back, rapture of the deep.

LABORATORY GUY (18.27) // (19.17) ENGLISH

44-49 / 01.18.31.00

COMMENTATOR (18.31) In the 60s, the Swedish Military filmed the effects of narcosis at a depth equivalent to 120 metres. The subjects are enclosed in this chamber and they tried to show how the effects of gas are not the same for everyone. (18.46) In fact, down at 120

metres, what is certain, is that the subjects will lose the better part of their intellectual skills, just like with this engineering officer who had to re-learn how to use his nuts and bolts. // (19.05) For others, the effects are more spectacular. // (19.17) Effects that go away as the depth diminishes. / And with other subjects, when asked to identify sounds, their reactions are different : / (19.28) Total incomprehension... // Agressivity... // (19.41) Impossible, therefore, to dive to great depths with a mixture containing too much nitrogen.

COMMENTATOR (19.53) In the 80s, ultra-deep diving turns into an industrial battleground. Urged on by the petroleum industry in full expansion, divers are sent underwater, at ever greater depths. (20.04) The race is on, initially on an experimental basis, becoming industrial. But to what depth can we really go ?

COMMENTATOR (20.21) In 1982, Peter Benett and his team from Duke University, suggested an answer to this problem, replacing nitrogen with helium, a more neutral gas, less narcotic... (20.34) The 3 divers are sealed in for a journey that will take them to the edge of the unknown.

REPORTER (20.39) ENGLISH ORIGINAL

COMMENTATOR (21.11) The adventure does not stop there, the route to the surface is still far off. /

REPORTER (21.22) > ENGLISH ORIGINAL

COMMENTATOR (21.38) Until the day when...

50 / 01.21.44.00

Journalist 1 fem: (21.44) Ladies and gentlemen, welcome, we are offering this edition with a new record, the one set by the 3 Comex divers during the Hydra X experiment.

Journalist 2 fem: (21.53) Near 702 metres, a world record that once was American now belongs to Marseille. And here is the wonderful smile from the first man to have gone down to such a depth under a pressure over 70 bars.

51 / 01.22.14.00

COMMENTATOR (22.14) Theo Mavrostomos is still the test diver having dived the deepest in the world. Nowadays, he works at the National Institute of Professional Diving in Marseille where he helps train young divers for underwater tasks.

52 / 01.22.30.00

Theo Mavrostomos (22.30) It somewhat hindered me afterwards from carrying on

Pascal Bernarbé (22.33) I know

Théo Mavrostomos (22.34) Because, you see, having this title and to sometimes go on operations, it is...

Pascal Bernarbé : (22.38) It is not easy

Theo Mavrostomos (22.39) No, it affects people, you see

53 / 01.22.40.00

Pascal Bernarbé (22.40) I know

Theo Mavrostomos (22.42) When all I wanted was to work normally but they started talking

Pascal Bernarbé : (22.46) And you want to tell them « forget what I did »

Theo Mavrostomos (22.48) Right, exactly.

54 / 01.22.53.00

COMMENTATOR (22.53) With Hydra X, the 3 volunteers would take part in an extreme experiment. As opposed to Atlantis, it was not Helium but an experimental mixture with gaseous hydrogen that the divers were to use.

55 / 01.23.07.00

HOMME 3 (23.07) Ready to start recording ?

HOMME 4 (23.09) Yes, I am ready

HOMME 3 (23.12) The trace is okay here

COMMENTATOR (23.15) But breathing in compressed hydrogen is not without dangers.

56+57 / 01.23.18.00

Dr Gardette (23.18) Hydrogen narcosis is similar to nitrogen narcosis, with additional psychedelic effects. Yes, we could describe it metaphorically, in other words the comparisons that we have done scientifically have shown that hydrogen narcosis matches the effects from LSD, from mescaline; (23.43) hallucinatory substances. Whereas nitrogen narcosis is closer to being drunk.

58 / 01.23.52.00

COMMENTATOR (23.52) Among the three divers Theo is the only one able to tolerate the mixture, the pressure and stress.

59+60+61 / 01.23.59.00

Theo Mavrostomos (23.59) The first who began to complain was one of the other two, who was saying, or rather he was reading a book at that time, I was watching him and he stayed for several days on the same page. (24.16) And afterwards yes things got bad, it began as we progressed down, the deeper we went, or when we came up, after every 500 metres, the worst it got for those two. (24.27) The second one, well he got distracted a little bit because of the other one who was suffering and then both of them abandoned, they wanted to stop. (24.36) I sort of got angry, wanting to carry on since I was feeling well mentally and physically so I wanted to carry on at all costs.

62+63

Dr Gardette : (24.43) We had gone through a lot of tests, psychological, psychotechnical, but we could never be sure who among us was likely to, I mean, at some given point, a given depth, how each of

us would behave exactly, this was unpredictable and it remains unpredictable. (25.02) So there is this unknown factor and then you have people who, like you might put it, climb the top of Everest, and others who will set camp at the bottom.

64

COMMENTATOR (25.19) Hydra X was the last experiment of ultra-deep diving in a sealed chamber. The industrial race for records has been interrupted because, bit by bit, for the ultra deepwater operations, the robot is replacing man. (25.34) On the other hand, for autonomous diving everything is possible.

65+66

Pascal Bernarbé (25.47) In fact, strangely, no-one was fixated on records in our team. / On the face of it, everyone thought it to be stupid. / (25.56) Everyone was saying, « Don't tell me you are going to do this », including close buddies of mine, but you still take it positively, because there will always be people who will feel some envy, those who will say, « but it won't work » because they themselves would be incapable to take on such a challenge... (26.09) And people who, with good intention, will tell you « Do not do this, you will die, it is totally foolish ».

67 / 01.26.16.00

Dr Gardette : (26.16) All the signs were negative.
Pascal Bernarbé : (26.19) I have never told myself, I am going to do this because it is dangerous, it is not the danger that appeals to me, it is rather the challenge although I know that everyone is saying it is impossible. (26.36) It is weird because François who is completely different to me, went through the same thing.

68+69 / 01.26.40.00

François Brun : (26.40) A certain number of people told me “You are crazy, what are you getting yourself into, you should stay away from this”, people trying to dissuade me. (26.48) But not me, I found his record ambition really catching. We get stressed out but this is the risk, this is what it takes, it is the way we think from the start. (26.57) Otherwise we can walk away, no-one was forced to take part.

70+71+72 / 01.27.07.00

COMMENTATOR (27.07) The risks are very real indeed. François and the entire team remember what happened to John Bennett, during his record attempt in 2001.

BENNETT (27.19) ENGLISH

COMMENTATOR (27.26) John Bennett is a 30-year old Australian diver. To his name are over 5000 dives and the record below the open sea of 251 metres. (27.35) He wants to be the first to reach the depth of 300 metres. // (27.48) Up on deck, the worry grows because after 27 minutes, contrary to the plan, there is no sign of John. (27.56) 15 minutes beyond the time limit, he finally re-surfaces. The first diver to come up passes on the news :

REPORTER (28.03) > (28.30) ENGLISH

Joe Mc Lary (28.32) > (29.16) ENGLISH

REPORTERS (29.19) > (29.55) ENGLISH

COMMENTATOR (29.56) He is the first solo diver to go under the 300 metre mark.

73+74 / 01.30.06.00 double take

Pascal Bernabé : (30.06) John Benett is probably the first one to have said, « I am at ease with deep-sea diving, so I am going to beat the record out in the open sea, without any prior exploration, I am simply going to show that a solo diver with cylinders can descend to 300 metres, for me this what I aim for. (30.22) My bad luck was that when John Benett went down to 308, he added some 30 odd metres, and as it were, it changed the goalposts, and it definitely scared me somewhat.

COMMENTATOR (29.19) What Pascal remembers above all else from this dive, is that it is possible to go beyond 300 metres and to come back alive. / (30.52) 4 years elapse whilst Pascal and François dress up their plan, honing the details, and they would go on several explorations of other shipwrecks.

COMMENTATOR (31.36) During this period, the extreme explorations would continue. // (31.47) In 2005, it is with a piece of equipment used for the first time at great depths, that the Australian Dave Shaw sets his new record : beyond 271 metres. He also makes a macabre discovery. (32.01) The corpse of Deon Dreyer, disappeared ten years ago. Shaw had but one thing in mind : return the body to his

Shaw Archive (32.11) ENGLISH

COMMENTATOR (32.31) For two months, they would plan the whole operation, imagine all possible situations, the rescue plans, the emergency plans, for Dave and all his support divers.

SHAW&FRIENDS (32.45) ENGLISH

COMMENTATOR (33.18) He will have but 5 minutes and thirty seconds to free the corpse from the surrounding mud, put the body in the bag, send it up to the surface. // (33.33) With a camera fixed to his helmet, Shaw shakes the hand of his friend Don Shirley, who will be joining him 20 minutes later.

COMMENTATOR (33.49) After 12 minutes underwater, Shaw reaches the body of Dreyer at 271 metres. / He begins his task. / Everything goes well. // (34.10) After a few minutes, a line floats loosely around Shaw and begin to wrap round him. Dave tries to cut it free. // (34.28) After 5 minutes down below, Shaw attempts to find his way back up to the surface. / But after a few seconds going up, he stops, held back by the line and the weight of the dead body below him. // (34.53) It is now several minutes that Shaw should have left the

deep. Carbon dioxide probably invades his lungs. / (35.06) He no longer tries to cut the line. Gradually, he loses consciousness. / (35.18) A few days later the two corpses are spotted side by side, up on the surface.

COMMENTATOR (35.27) The race carries on, nothing seems to deter the extreme protagonists. On June 10 2005, the South African Nuno Gomes reaches 318m. // (35.45) Three weeks later, Pascal is ready for his attempt.

83 / 01.23.52.00

Pascal Bernabé : (23.52) On the day itself I was petrified, to put it on a humouristic note when the idea came to me, when I built up everything, it was all clear to me. Come the day before, I did start harbouring serious doubts, which meant I couldn't sleep at all at night.

84 / 01.36.08.00

François Brun : (36.08) Everyone I think, must have thought, and me too, the first to ask, are we about to make a big mistake? Are we about to make a big mistake, no?

Pascal Bernabé : (36.17) Truth is the day of the record attempt, I had never felt as scared of dying. I cannot really say if it was indeed the fear of dying or whether it was because I could not control my stress levels.

85+86 / 01.36.44.00

COMMENTATOR (36.44) Tuesday 5 July 2005 Propiano/Corsica. 9am. D-Day, Pascal's team is complete. With him are Hubert, François, Tono, Christian, Sophie, Frank and Denis. (37.01) It has taken years for Pascal to get to this moment. / Beneath his flippers, a 400-metre drop and only 330 metres of rope! / (37.13) The seas of Valinco are calm, the conditions ideal.

François Brun : (37.42) When he is in the water, you can see how his concentration is phenomenal, he is right there, he can see the dive, everything is spot on, nothing is left to chance.

Pascal Bernabé : (37.58) Generally, the stress on the major caving outings, it disappears once I am under the water, but here I continue to feel the enormous stress, it was the first time I had felt this way.

88+89 / 01.38.33.00

François Brun (38.33) A few minutes after his descent, a cylinder breaks the water surface, an aluminium cylinder, that rises to the top. This spikes up the stress on deck to stratospheric levels. (38.45) A loose cylinder was certainly not part of the plan. But we realised that it was a cylinder that he used whilst going down, he made a mistake when hooking it to the rope and it broke to the surface.

90+91+92 / 01.39.16.00

triple take

Pascal Bernabé : (39.16) Up to 250 you can control the stress quite well, but when you get near and beyond 300 things become really dicey. Your thinking is extremely diminished, your reactions to problems, everything can become deliriously difficult. (39.36) Reinhold Messner once called it the death zone, I do not go in search for such a thing but yes it does exist, to put it more mildly you could call it a dangerous zone. (39.48) All said, I was honest with myself, I might have planned everything as best as possible, but I still had a major doubt about the 300 zone. (39.57) Nothing to do with the The Big Blue where they say « I need a good reason to go back up ». When you are deep down, you have only one wish, to get back up as quickly as possible, back to the living.

93 / 01.40.24.00

COMMENTATOR After 12 minutes underwater, Pascal reaches the 330 metre mark, unable to savour the instant. Narcosis and high-pressure

syndrome take hold. And at that very moment, at the most dangerous part of the dive, one of his lights exploded, rupturing his eardrum.

Pascal Bernabé : (40.45) I was in real danger, my life in peril, but my stress levels just dropped dramatically, almost inexistent. Simply because, knowing that I was in great danger, I must do something to get myself out of this spot, the stress just vanished.

94+95

Mr Bourbon : (41.03) Dealing with the unforeseen is dealing with the unknown. This is what taking risk is all about, which we do when we want to realise something that has never been done before. (41.17) We are in the unknown, so dealing with the unforeseen is what it is about, it is the rule when preparing to make such a feat. (41.32) Whatever the unforeseen that confronts you, your survival depends but on your ability to stay lucid and focused.

96+97+98 / 01.42.01.00

triple take

Dr Gardette : (42.01) A diver that remains for a certain time at a certain depth, and then goes up very very quickly, it is like a bottle of champagne that you open suddenly, the bubbles frothing up, the nitrogen or helium or hydrogen, if you go up too quickly, they will make an enormous amount of bubbles in your body. (42.23) The bubbles are not only in your blood, they go in your muscles, in your fatty tissues, they go everywhere and you need to control your speed of ascent to give the time to the bubbles to dissipate naturally, via the bloodstream and veins and the lungs. (42.34) Otherwise you get the champagne bottle effect and your blood, muscles, fatty tissues, begin to sort of boil over. (24.55) This is the explosive type of decompression, a bit extreme.

99+100 / 01.43.09.00

François Brun : (43.09) I went down, the first diver to go and meet him, and I found him at 70 metres, but I am happy, I am really chuffed, I know that it is okay, he is here. (43.21) Even if this is not the end of it, diving will go on, it is a great relief. Because we were indeed thinking, we were all secretly worrying that he is down below and we won't see him anymore. / (43.35) To see him, to see him there as I go down, I am rejoicing, I remember touching him, holding him, it was a great moment.

101

Pascal Bernabé : (43.47) I remember when I got to the zone where François was, I saw him at 65 – 70 metres, I was thinking that the next quarter of a hour was going to be horrible, because my ears were spent, I felt the waves.

François Brun : (44.00) It was difficult, difficult because his ears were making him suffer, I could see him squirming inside his regulator gear.

Pascal Bernabé : (44.08) Yes I was really suffering, I was crying in the water.

François Brun : (44.10) But he is someone who is strong, I was not worried for him, he was not going to crack, he is just not like that. I knew he would resist, he would suffer but he would bear it.

102+103 / 01.44.25.00 double take

Pascal Bernabé : (44.25) I was thinking that for the moment it was okay, and each step I took towards the surface I was getting back to life, that was how I felt. // (44.56) When I broke the surface I couldn't hear a thing from the ear, but I gritted my teeth saying the pain is going to stop. I was relieved, greatly so, released from this burden, happy to be alive, but not necessarily euphoric having set the record.

104 / 01.45.12.00

François Brun : (45.12) No, it is not the explosion of joy, because the sea is rough, because his ear hurts, because many support divers are stretched

out on deck sickly, so we do not feel like opening a bottle of champagne at that point.

105+106

Pascal Bernabé : (45.33) The record, when I got out of the water, it was done, I was happy to be alive this was the first thing, the joy of being alive, knowing I was going to see my close ones, I was going to see my friends, having done it, to have taken it off my back, that was it. (45.46) I never had this feeling before when I was diving in the caves, there was always the next one, whereas then, I got the impression that a weight was off me.

107+108 / 01.46.07.00 double take

COMMENTATOR It took several hours for the team to release the stress completely before each one could savour the record. // (46.28) 6 years later, Pascal's record, just like Theo's, remains unequalled. The two men remain at the summit of the deep, and a strong bond has developed between them. (46.41) Pascal is an old hand at underwater diving, Theo on the other hand has never dived in a cave. A void that they sought to fill

109 / 01.46.42.00

Pascal Bernabé : (46.42) You go back down to 110, 120 and then a final drop that take you to 180.

Theo Mavrostomos (46.53) It looks like a swimming pool

Pascal Bernabé : (46.54) True, when you turn, the water is not too cold though, 12 – 13 – 14

110+111+112 / 01.47.00.00 triple take

Dr Gardette : (47.00) Pascal's dive is a more serious dive, there are more unknowns, his is on the knife's edge, the dive of Theo's is one that is greatly supervised, well programmed, very professional. For

Theo's record there was around 50 to 100 people who worked for him for 3 years, as you can imagine... (47.26) Whereas Pascal's record, even if it warrants a strong preparation, it is 10 people over 2 years, they cannot be more dissimilar. // (47.52) There are though some similarities between the two men. It is perhaps not by chance that they both have set records in their field. (48.04) There is a particular psychological profile, I would say, of people who set records. They have a strong psychological motivation to go to the end of themselves, and so I think that for both Pascal Barnabé and Theo Mavrostomos their profiles are not dissimilar.

113 / 01.48.33.00

Pascal Barnabé (48.33) it was fun, no ?

Théo Mavrostomos (48.34) Great

Pascal Barnabé : (48.36) I was not worried for you, at no point did I think you were going to get anxious or hampered.

Theo Mavrostomos (48.45) I have a good feeling about it

Pascal Barnabé : (48.47) Good. //(48.59) We will enter the water here, we check everything, we swim over there, we go down, then we head slightly towards...

114+115+116 / 01.40.05.00

COMMENTATOR (49.05) Today, thanks to the fame resulting from the record feat, Pascal can devote himself completely to sharing his passion for underwater diving and exploration with others. // (49.20) One of his favourite places is in Egypt in the Sinai desert, at Dahab. Diving in the 100 metre zone was a sporting feat some few years back. (49.32) Nowadays this depth is feasible for divers who are passionate and a bit experienced, those who in turn are seeking this cold joy of the deep. // (49.44) Dahab has become the mecca for deep technical diving. It is also the place where Pascal did his first dive, the place that started him out in his vocation, turning him into the deepest diver in the world.

117 / 01.49.58.00

Pascal Bernarbé : (49.58) A record, Bennett set one, although sadly he died doing it, Eliat also set one when he was much younger. (50.07) Gomes set one, Bowden dived to 280. (50.10) There was only Sheck Exley who tried it again, and it was not 300, it was a dive between 240 and 260, less deep. Records beyond 300, we all did it only once.

FRANCOIS BRUN (50.18) We do not have the desire to launch ourselves over again in something as stressful as this, we can now admit that is was very stressful. We do not have the desire anymore, I don't.

118 / 01.50.34.00

Pascal Bernarbé : (50.34) People often tell me « I don't know how you did it » I tell them « Me neither ». They say « no, no, I will never even think about it » I feel like telling these people « well, I am in no hurry to go back ».

END