



passive Everyman, whose role is to bring qualitative findings directly to you, letting you draw your own conclusions from them."

This is one of the reasons Ian likes to stay well-hidden behind his project - although he is gaining a national reputation through his website and its success.

"The project has a wellbeing focus, as most viewers are urban people who are familiar with the beaches that I feature but are missing the enhancing effect of these places," he says. "Through the website, viewers are reminded and often surprised by the wide range of stimuli on offer, where the air, land and sea meet. It's >

- Rinsey Cove, Cornwall
- 2 Polly Joke, Cornwall
- 3 Holywell Bay, Cornwall
- Cley-Next-The-Sea, Norfolk
- Kynance Cove, Cornwall
- Crantock, Cornwall
- Porthallow, Cornwall
- 8 Lizard Point, Cornwall
- 9 Porthilly Cove, Cornwall
- 10 Southwold, Suffolk.

