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Martin with his first Girl Friday, Helen Freeman...



...and number two, Rachel Stevens.



Martin looks over his old island home.

Young Martin Popplewell dreamed of being marooned miles from civilisation. At 18, his wish came true on a tiny palm-fringed, Western Pacific island. He trekked barefoot through the jungle, ate crabs, and survived the sharks and deadly stonefish on remote Dorenlang – the name translates as "edge of the horizon". Too small to see from the air, the island was the ultimate test of endurance. Rats and mosquitoes tormented Martin, from Cambridge,

# Return of the teenage castaway

Forge Survivor – Channel 5's Martin Popplewell did it all as a schoolboy Robinson Crusoe

and his companion Rachel, as the sexual tension between them grew. They argued bitterly, she fell dangerously ill and they lasted just two months as castaways.

Sound rather like ITV's Survivor? Well, Martin did it all in 1989. He has since taken a degree in zoology at London University, worked for two MPs and become a Channel 5 newsreader.

Now 30, Martin has been back to the island to relive his adventure – this time with a TV crew.

"Dorenlang was never going to let me go," he says, watching the sunset from an idyllic beach.

"For 18 months, I haven't been able to get the island out of my thoughts. I was ready to go back."

What sent Martin back to the Pacific was the spate of reality TV programmes, first Shipwrecked and

now Survivor, where young people are sent to live on remote outposts in the name of entertainment.

Martin says: "It's not like that at all. Reality TV may be entertaining but it's just silly. When you're living hand to mouth, you don't have time to play games. There's no camera crew to call a helicopter to rush you to hospital if you get hurt."

The movie blockbuster, The Blue Lagoon, starring Brooke Shields, inspired Martin's dream of adventure.

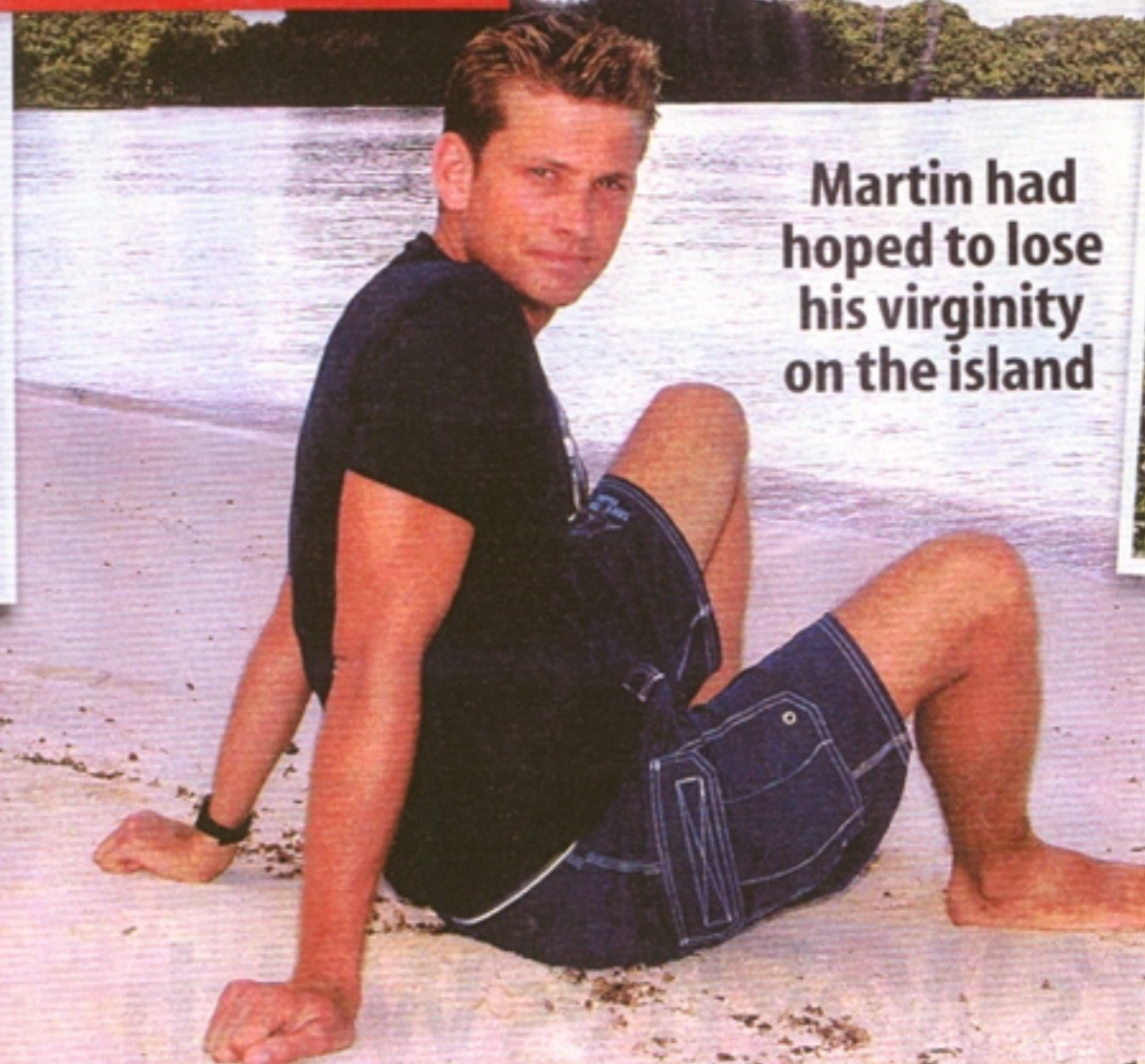
At 15 years old, he wanted nothing more than to recreate the film – with himself as the romantic male lead.

Martin says most of his mates thought he was a twit. But he refused to give up. He buried his nose in maps and, for three years, saved every penny to fund his trip.



Brooke Shields and Christopher Atkins in The Blue Lagoon.

## Isle be back



Martin had hoped to lose his virginity on the island



"If this was Shipwrecked, they'd have airlifted a flyme in for me."



Martin was a real-life Survivor.

He wrote letters to island governments – cunningly composed to give the impression he was a scientist who wanted to study animal life on an uninhabited island.

Finally, the Micronesians offered him the island of Patongros in the Western Pacific. Martin then completed his A-levels and shortly afterwards persuaded another classmate to spend 10 days with him in the Hebrides in a dress rehearsal for his desert island.

Martin also advertised for a companion to join him on a tropical adventure. Helen Freeman, now a 30-year-old occupational therapist from Nottingham, heard Martin on a radio interview and contacted him.

An experienced traveller, she loved the idea and by February 1989 they'd arrived on Patongros. They lasted just one month.

Romance had played a large part in Martin's fantasy. He hoped to lose his virginity on the island – but Helen kept her Greenpeace T-shirt on at all times.

Finally she hailed a passing boat and headed back home to her boyfriend. But Martin soon found a replacement. Nineteen-year-old Rachel Stevens, a friend from college in Cambridge, had always been his first choice.

Having refused him the first time, she accepted. They took up residence on Dorenlang, an island Martin had discovered on a fishing expedition.

Martin was now alone with the girl of his dreams. But Rachel resisted his amorous intentions. As a vegetarian, she was appalled to see him tossing live crabs into boiling water when he'd told her he was a vegetarian too.

Rachel lived on rice and flour that she'd brought with her, supplemented

by coconuts and breadfruit. But she became so ill there were times when she could not even stand up.

The pair even swam a mile to a nearby uninhabited island to look for breadfruit and bananas. Exhausted, Rachel had to rely on Martin to give her a piggyback through the water.

After two months, their friendship hit breaking point. Rachel and Martin left Dorenlang in September 1989.

But things have certainly changed for the TV star. In The Real Castaway, to be shown on Channel 5 in August, Martin will live in a hut and have to find food every day.

Martin, who is single and lives alone in London, speaks very

fondly of his former companions and adds: "My dream lives on. Even though I lived it out when I was 18, I've come back to it at 30. I love this place. I really feel I belong to it."

"I'm hoping the documentary will give people a feel of what it is really like to try existing in a place that's so small that it's not even a dot in the atlas."

"I hope I can show it's nothing like what everyone's been watching so far."

### Cast Away giveaway

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Now's your chance to be marooned with Tom Hanks in our fantastic Cast Away video giveaway. We've got 25 videos worth £50 each. For your chance to win one, call 09015 613194 and answer a simple question, leaving your name, address and daytime phone number. Winners picked at random when phone lines close at midnight on Saturday, July 14. Calls cost 60p per minute.

