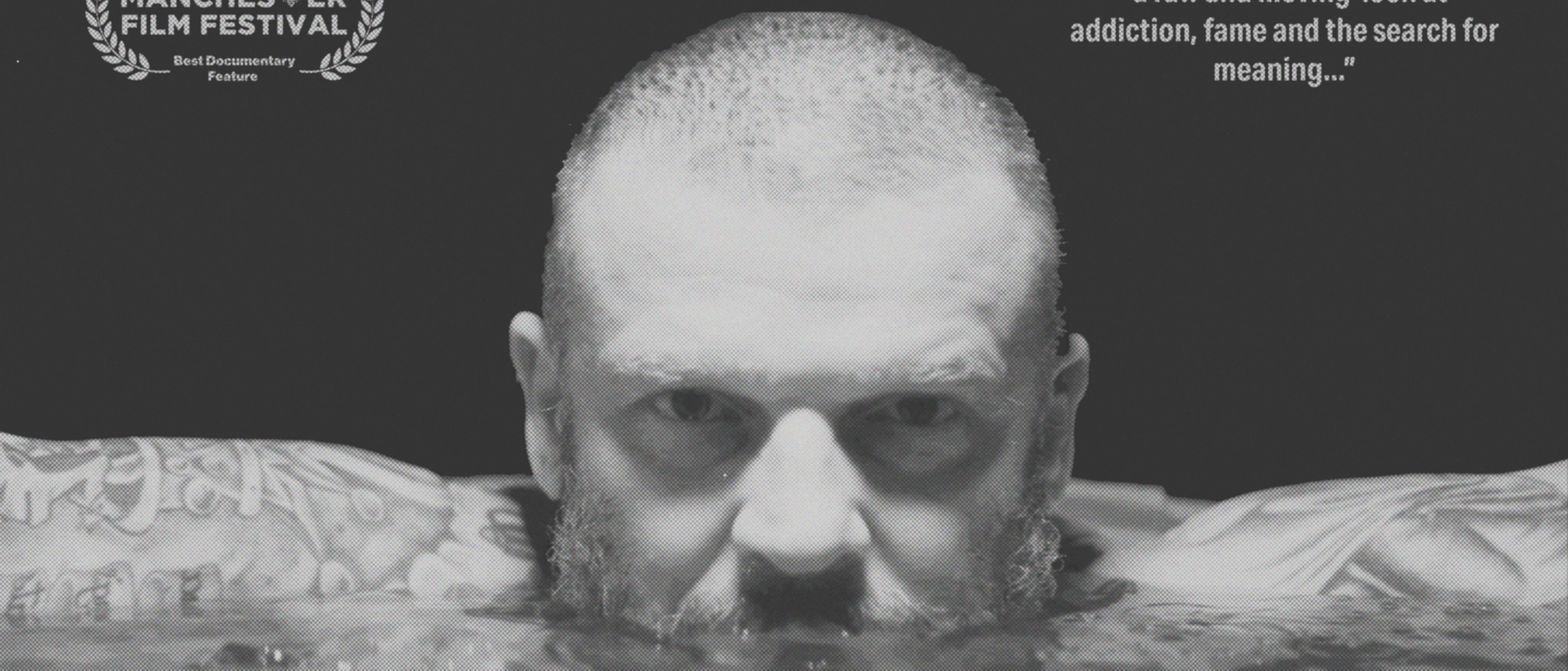


THE ROAD OF EXCESS

the story of Mat Pritchard



"a raw and moving look at addiction, fame and the search for meaning..."



FILM WALES PRESENTS
AN MITOS STUDIO PRODUCTION IN ASSOCIATION WITH MISFITS ENTERTAINMENT A JAMIE JONES FILM FEATURING MATHEW PRITCHARD
PRODUCED BY ED ARTHUR BEN FALK EXECUTIVE PRODUCERS BIZZY DAY IAN BONHÔTE DEE RYDER EMILY JONES PRUDENCE BEECROFT PETER LEE SCOTT
DIRECTOR OF PHOTOGRAPHY JOHN FISHER MUSIC DUNCAN FORBES WILLIAM REES JONATHAN HILL EDITORS CHRIS BLAIN JOSIAH NEWBOLT
PRODUCED WITH THE SUPPORT OF THE NATIONAL LOTTERY THROUGH THE ARTS COUNCIL OF WALES

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TRAILER



PLAY

THE TEAM

CAST

**Mathew Pritchard, Billy Taylor, Johnny Ward, Martin Heseltine
Lee Dainton, Micheal "Pancho" Locke, Dan Joyce,
Gaynor Pritchard, Adrian Rooke, Lemmy "the dog" Pritchard**

CREW

Director: Jamie Jones

Producers: Ben Falk, Edward Arthur

DOP: John Fisher

Editor: Chris Blaine, Josiah Newbolt

Exec Prod: Ian Bonhote, Dee Ryder

Music: Duncan Forbes, Will Rees, Duncan Hill

PRODUCTION

Mitos Studio Presents

In association with Misfits Entertainment

with the support of Film Cymru, The National Lottery,

The Welsh Arts Council

Post Production: Molinaire



SYNOPSIS

After a life of chaos and extremes, former Dirty Sanchez star Mathew Pritchard rows the Atlantic in a relentless quest for redemption.

An exploration of addiction and its aftermath, this film examines toxic masculinity, mental health, and the enduring bonds of friendship, using humour to interrogate the extreme lengths people go to in pursuit of fame.

The film follows former MTV star Matt Pritchard as he attempts the formidable challenge of rowing solo across the Atlantic. Through this journey, we explore Matt's turbulent path from rags to riches to ruin, and how he has found purpose and solace by pushing his body to its limits. Reuniting with his former Dirty Sanchez co-stars, the film reflects on their shared past and the different paths they have taken since their days of excess and notoriety.

The row becomes a powerful metaphor for Matt's life: extreme, punishing, and relentlessly driven. Filmed in real time, we witness the immense mental preparation required for such a dangerous undertaking, alongside an honest examination of the challenges and transformative effects of physical endurance on mental health. As both the crew at sea and the former cast members on land confront obstacles, the film reveals how this extraordinary test reshapes their understanding of themselves and each other. But as the ocean closes in and the limits of endurance are tested, one question remains: will Matt make it to the end?





LEAD CAST

Mathew Pritchard is a Welsh skateboarder, stunt performer, chef, and endurance athlete whose life has been defined by extremes. He first gained fame as the co-creator and star of MTV's *Dirty Sanchez*, a cult phenomenon known for its anarchic stunts and boundary-pushing humour. After years of living at a relentless pace — filled with injury, excess, and public notoriety — Pritchard radically transformed his lifestyle, becoming vegan, hosting the BBC's first vegan cookery show, and taking on gruelling long-distance triathlon challenges.

In *The Road of Excess*, Pritchard looks back on this extraordinary journey with disarming honesty. The film explores the psychological cost of a life lived without limits, as well as the resilience and self-reflection that fuel his reinvention. Through candid storytelling and raw vulnerability, Pritchard offers a rare, human portrait of a man learning to rebuild himself beyond the persona that made him famous.



DIRECTOR

Jamie Jones' is a working-class director with 20+ years behind the camera. I cut my teeth in TV documentaries (including for the BBC), where I learned pace, structure, and how to find the human heartbeat in any story — often in films tackling addiction, mental health, toxic masculinity and class.

That documentary eye now runs through everything I make, from cinematic brand work for Adidas, Google, Jack Wolfskin, Barclays, The Guardian and Virgin, to films for platforms including BBC, ITV, Channel 4, Sky, Nowness, VICE and WaterBear. My feature debut OBEY premiered at Tribeca 2018, where it won Best Cinematography (International Narrative Competition), and I received the 2019 BAFTA Cymru Breakthrough Director award.

My short THE NEST (starring Vicky McClure) screened at Clermont-Ferrand and Tampere. My feature documentary THE ROAD OF EXCESS premiered at Telluride (2023), and my next feature, DIVERGENCE, draws on lived neurodiversity to explore mental health with honesty and nuance.



PRODUCERS

Ben Falk is an award-winning director and producer with extensive experience across high-end commercials, branded storytelling, and documentary filmmaking. He has created films for leading global brands including Nike, Adidas, Burberry, and McDonald's, and has directed documentary content for organisations such as the World Wide Fund for Nature and Google. Ben is also a Series Director on BBC Arts in Motion. *The Road of Excess* is his first feature-length documentary.

Ed Arthur is a producer and founder of Mito Studio. He has built a career producing award-winning commercial work for major international brands, as well as documentary projects for numerous international organisations. *The Road of Excess* marks his debut feature-length documentary as producer.



EXECUTIVE PRODUCERS: Misfits Entertainment

Dee Ryder is a producer and co-founder of Misfits Entertainment. Her credits include the double BAFTA-nominated documentary *McQueen* (2018), the double Emmy Award-winning *Rising Phoenix*, and the four-part documentary series *Kingdom of Dreams* (2022). She produced *The Contestant*, which premiered at TIFF and was acquired by Hulu, and most recently executive produced the Sundance breakout *Super/Man: The Christopher Reeve Story* (2024), winner of a BAFTA and more than twenty major awards worldwide.

Ian Bonhote is a BAFTA-winning director and producer best known for *SUPER/MAN: The Christopher Reeve Story* (2024), which premiered at Sundance, sold to Warner Bros for \$15M, earned six Critics Choice nominations, and won the 2025 BAFTA for Best Documentary. His debut feature documentary *McQUEEN* (2018), about fashion designer Alexander McQueen, was BAFTA-nominated and widely acclaimed. Ian also co-wrote and co-directed *Rising Phoenix* (2020), the Emmy-winning documentary on the history and impact of the Paralympics.

DIRECTOR'S STATEMENT

THE ROAD OF EXCESS unfolds through a predominantly linear narrative, following the crew in real time as they prepare for, undertake, and ultimately complete their Atlantic row. This forward momentum is punctuated by carefully placed flashbacks that reveal each man's life back home and the personal motivations driving them toward such an extreme undertaking. At the film's emotional core is Mathew Pritchard, whose journey from notoriety and excess to reflection and recovery provides the narrative spine.

Visually, the film operates across three distinct modes. The present-day journey is captured cinematically using anamorphic lenses, with scenes unfolding in an observational style, as though the camera were unseen. These sequences borrow from the language of fiction, prioritising atmosphere, behaviour, and interaction over direct address. In contrast, footage shot by the rowers themselves during the crossing is raw and immediate, marked by direct-to-camera confession in moments of exhaustion, fear, and vulnerability. Matt's past is further shaped through archive material, anchored by a restrained and honest talking-head narration.

Symbolism underpins the film's visual and thematic language. The act of crossing the ocean becomes a metaphor for internal struggle, particularly in relation to mental health. The vastness of the sea mirrors the psychological terrain each man must navigate, most acutely for Pritchard, whose battle remains unresolved. Throughout the film, negative space is used deliberately within the frame, evoking an existential void and a search for meaning and purpose, one the row itself attempts, and perhaps fails, to fill.

TECHNICAL DETAILS

THE ROAD OF EXCESS is available in 4K, dolby 5.1 mix.

Original Language

English

Duration

99mins

Country Of Production

Wales

Spain

Antigua

Year

2024

ASSETS

THE ROAD OF EXCESS BTS, award ceremonies and screen grabs [LINK](#)