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Western Joint Branch

A Joint Branch of the RINA and the IMarEST

Technical Lecture

Pacific Ocean Row

Laura Penhaul, Founder – Adaptive Performance



Date: Monday 20/11/2017
Time: Refreshments at 19:00, start at 19:25
Venue: Lecture Theatre 2.3, Building 5 West, University of Bath, BA2 7AY
Organiser: Tom Hamey
Contact: secretary.wjb@imarest.org

Summary:

In January 2016, the Coxless Crew set 2 World Records as they rowed 9,000nm unsupported across the Pacific, taking 9 months to complete and 4 years to prepare for.

Laura will be describing how the Coxless Crew and their boat Doris came together and how getting to the start line was possibly the hardest part of the journey to overcome.

With a total of 257 days spent at sea, living in a 29ft ocean rowing boat, Laura will give us an insight into the storms they faced, crossing the equator, the friends they made at sea and how they very nearly didn't make landfall in Australia.



Image: Independent copyright



Speaker: Laura Penhaul

Laura Penhaul was the Team Leader of the Coxless Crew and was previously Lead Physiotherapist for the Paralympic Programme of British Athletics seeing them through to Rio Paralympics 2016. Laura is now the Founder of Adaptive Performance and recently provided Performance Management support for Mark Beaumont whilst he set the record of circumnavigating the World by bicycle in 78 days



Continuing Professional Development: Certificate of attendance

Attendee	Committee endorsement
Signed: _____	Signed: _____
Name: _____	Position: _____

Next event: Finals Night for Design Challenge

Date: Mon 04/12/2017, **Time:** Refreshments at 19:00, start at 19:25

Venue: Lecture Theatre 1N05, Building N, University of the West of England, BS16 1QY

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