

Top support: Sir Ranulph praises female rowing team



■ Laura Penhaul, who hopes to row across the Pacific Ocean, has been given the support of explorer Sir Ranulph Fiesse, right.

LEGENDARY explorer Sir Ranulph Fiesse is backing a former Rodruth School pupil in her mission to row across the Pacific Ocean.

Laura Penhaul, 31, from Cambrose, near Rodruth, is part of the four-woman *Coastless Crew* attempting to become the first all-female team to row across the world's largest ocean in April.

Lead physiotherapist for the Paralympics athletics team, Miss Penhaul, will row with Emma Mitchell, Natalia Cohen and Isabel Barathan in their 20ft pink boat nicknamed *Doris* on the six-month journey.

And last week Sir Ranulph, founder

of the Transglobe Expedition Trust, which has donated money towards the expedition, sent the crew a motivational message.

"The *Coastless Crew* team members, Isabel, Emma, Laura and Natalia, epitomise all that is best in human endeavour and perfectly fulfil the aspirations and spirit of the Transglobe Expedition Trust," he said.

"*Coastless* they may be but *stainless* they are not.

"Without doubt they are quite mad and undeniably marvellous. We are proud to support this epic voyage."

The rowers hope to raise £250,000 to be split between Breast Cancer Care

and *Walking With The Wounded*, a charity which helps women who have been injured in war.

They have preparing their bodies by each gaining up to 15kg in muscle and fat reserves, alongside psychological training to cope with a lack of sleep.

Miss Penhaul said: "Sir Ranulph Fiesse is the pinnacle of British and global explorers and we all know of him, so just having his support is a motivation and a real boost.

"He told us the *hardest* part is getting to the start line and to go beyond what we think we can achieve."

For more information visit www.coastlesscrew.com