

# Rowers aim for new world record with Pacific crossing

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A CORNISH physiotherapist is hoping to set a new world record by rowing across the Pacific Ocean with three other women.

Laura Penhale and her Cozless Rowers' team hope to complete the 7,500-mile journey in six months.

The former Redruth School and Truro College student is currently putting together a squad with her co-rower Annabel Hancock, from which the other two rowers will be selected.

Miss Penhale, 28, who grew up at Camborne, near

Portsmouth, is an elite sports physiotherapist and worked with the GB Paralympic team.

She said: "I work in disability sport and they are challenged on a daily basis.

"They wake up with a challenge every day, they don't have a choice, they don't bat an eyelid, they just get on with it.

"I want to be pushed physically and mentally and to me putting up with a challenge for six months is nothing compared to someone who has to for a lifetime.

"There will be times when you might want to give up, but other people, who are perhaps fighting cancer, can't give up, they have no choice."

She and the team hope their trip will raise funds for Breast Cancer UK, as they all have friends or family who have been affected by the disease.

She said: "A patient of mine, a woman of 32, found out she had breast cancer while she was pregnant.

"They had to deliver the baby four months early, and she (the mum) had to undergo some pretty extreme surgery.

"Towards the end of her radiotherapy, she came to me for some physiotherapy, but unfortunately the stiff back was a



■ This is what it will be like in the middle of the Pacific Ocean for the team on their 7,500-mile quest.



Laura Penhale, left, and co-rower Annabel Hancock.

sign of secondaries in her spine.

"She was a bubbly person, with a positive outlook on life and just wanted to get back to exercise and enjoy life with her family. Unfortunately she died just two months ago, before her son had reached his first birthday.

"Her husband is very much in support of what we are doing

and aiding in the fundraising."

Miss Penhale and the team will make the crossing in a 20ft boat with two small cabins.

They will row in pairs, two hours on and two hours off. The plan is to leave Long Beach, California, in June, and to stop at Hawaii and Samoa to help people keep track of their progress to the finishing

line in Cairns, Australia. The back-up team includes elite coaches and sports psychologists.

The team is looking for funding/sponsorship to ensure the trip goes ahead.

If you think you can help, ring 07812 04880, e-mail at info@cozlessrowers.com and follow them on Facebook and Twitter Cozless Rowers.

## IN BRIEF

LANNER

### Rape charge

A 29-YEAR-OLD man from Lanner appeared before Truro magistrates charged with rape and with sexual activity with an adult, allegedly taking place at Camborne on June 27.

He was Kai Owen, of Valley View Estate, Lanner, who entered no pleas to the two charges.

A preliminary hearing has been arranged for May 10, and Owen was given bail on condition he does not contact the alleged victim or another named person, or visit an address at Tuckingmill, Camborne.

REDRUTH

### Black bike taken

A BLACK Cannondale man's bike and a Titan 230v electric breaker were stolen from a property in Redruth.

The burglary took place overnight last Friday in the Sandy Lane area of the town.

Anyone with any information is asked to phone the police on 101 quoting AC/13/354.

CAMBORNE

### Drink-driving

ROBERTAS MAZIKAS, 47, of North Parade, Camborne, entered a guilty plea at Truro Magistrates' Court to drink driving at Heston on December 20, he was fined £225 and banned from driving for 40 months.

ILLOGAN HIGHWAY

### No insurance

DARIUSZ FILAS, 36, of Druids Road, Illogan Highway, entered a guilty plea at Truro Magistrates' Court to using a car without insurance at Pool on September 22 and was fined £225.

**Pacific danger list**

California (Long Beach) 2482 miles

shipping routes

The world's biggest container ships are about 1,300 ft long, some with 21 stores between their bridge and their engine room.

Hawaii 2585 miles

rogue waves

Scientists are now finding that these parts of the sea are far more common and destructive than once imagined.

Samoa 2917 miles

Portuguese man o' war

For humans, a man o' war sting is excruciatingly painful, but rarely deadly.

Australia (Cairns) 7884 miles total

great whites

There were 14 shark attacks reported in Australian waters during 2012, of which two were fatal.

...or they could be hit on the head by a coconut while stopping on a Pacific island.