

# Trans-Pacific Coxless Crew Rows into Exeter

Submitted by: World Extreme Medicine

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Four women who rowed 8,000 miles from the San Francisco in the United States to Cairns in Australia unsupported will share their remarkable story at a film screening and question and answer session at the University of Exeter on Wednesday May 17 2017.

The Coxless Crew (<http://coxlesscrew.com/>), as they are collectively known, spent nine months – or 281 days – at sea in a 29 foot rowing boat called Doris, facing extreme mental and physical challenges. They raised over £65,000 for Walking With the Wounded and Breast Cancer Care.

Doors will open at 6.30PM, before the film 'Losing Sight of Shore' (<http://losingsightofshore.com/>) is screened at 7.15PM. The audience will then be able to ask questions of the crew, Director Sarah Moshman and other adventurers.

The event is being held jointly by Devon-based firm World Extreme Medicine (<http://www.expeditionmedicine.co.uk/>), the University of Exeter Medical School and the University of Exeter's Masters course in Extreme Medicine ([http://www.exeter.ac.uk/news/staff/title\\_512578\\_en.html](http://www.exeter.ac.uk/news/staff/title_512578_en.html)).

Mark Hannaford, founder of World Extreme Medicine and honorary lecturer on the University of Exeter Extreme Medicine MSc, said, "This is an extraordinary and inspirational story of human spirit in the inhospitable and dangerous Pacific Ocean. There are so many lessons to be learnt from the Coxless Crew, who put their faith in themselves and each other to make history.

"I hope that students and members of the public can find as much inspiration from the Coxless Crew as I have done. They are the first team ever to cross the Pacific in a continuous three-stage row and they've made history."

Laura Penhaul led the expedition, and at the time was working as the Lead Physiotherapist for Paralympic Athletics. It was her work with these athletes that inspired her to take on this mammoth challenge.

"Working with people who have overcome such huge difficulties and become world-class sportspeople made me realise just how strong the human spirit can be. It motivated me to get out and take on a life-changing challenge of my own.

"It's a great feeling to be able to premiere 'Losing Sight of Shore'. It showcases the mental and physical challenges of taking on a long-distance ocean voyage and if it can inspire people to face their fears then that will be incredible!"

Laura Penhaul will be helping to teach medical professionals what it takes to survive on oceanic voyages on an upcoming Oceanic Medicine course, run by World Extreme Medicine and taking place in Plymouth from 23 to 26 May 2017. A video of a recent TEDx talk by Laura Penhaul can be found here: [https://www.youtube.com/watch?v=hCaUi\\_6yKds&feature=youtu.be](https://www.youtube.com/watch?v=hCaUi_6yKds&feature=youtu.be)

Tickets cost £5.90 to £11.21 and are available here:

<https://www.eventbrite.com/e/losing-sight-of-shore-screening-at-exeter-university-tickets-33631494706>

Coxless Crew on Twitter: <https://twitter.com/coxlesscrew>

Coxless Crew: <http://coxlesscrew.com/>

Losing Sight of Shore: <http://losingsightofshore.com/>

The event on Facebook: <https://www.facebook.com/events/405827919779131/>

World Extreme Medicine: <http://www.expeditionmedicine.co.uk/>

University of Exeter: [http://www.exeter.ac.uk/news/staff/title\\_512578\\_en.html](http://www.exeter.ac.uk/news/staff/title_512578_en.html)

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High resolution imagery and interviews are available on request.

Media information provided by Famous Publicity. For more information, please contact George Murdoch at 0333 344 2341 or [george@famouspublicity.com](mailto:george@famouspublicity.com) or Tina Fotherby at 0333 344 2341 or [tina@famouspublicity.com](mailto:tina@famouspublicity.com).

About World Extreme Medicine:

World Extreme Medicine (formerly Expedition & Wilderness Medicine) is the world's leading provider of expedition, wilderness and remote medicine training courses for medical professionals.

Designed to provide medics with the expert knowledge and practical skills they need to become valuable members of an expedition or a remote medical team, World Extreme Medicine's courses achieve 100% approval ratings from participants, with 82% deeming them 'Excellent'.

Courses take place both in the UK and abroad, with locations carefully chosen to enhance learning opportunities in the field and enrich the experience for all those taking part.

The term 'Extreme Medicine' was first coined by Mark Hannaford and Dr Sean Hudson as an umbrella term for these extra-clinical medical practices.