



A team of British women has become the first female crew to row across the Pacific Ocean after a 257-day journey from the United States to Australia.

The Coxless Crew set off on their 8,446 mile voyage in a 29-foot boat last April from under the Golden Gate Bridge in San Francisco and arrived in Cairns in north-east Australia on Monday 25th January 2016.

Encountering heavy storms and humpback whales during the record-breaking journey, they made landfall twice - in Hawaii and Samoa, for up to a week - to restock supplies.

The crew rowed as pairs in two-hour shifts, sleeping for about 90minutes at a time.

The boat, named Doris, had one cabin filled with supplies and a smaller one that was used for shelter.

The team raised money for money for the charities Walking With The Wounded and Breast Cancer Care.





The Pacific Ocean is the world's largest ocean, bounded by Australia in the west and the Americas in the east. At sixty-four million square miles, it covers one-third of Earth's total surface area.

The journey was split into three legs with resupply stops in Hawaii and Samoa.

It was completed in its entirety by three of the crew: Laura Penhaul, Natalia Cohen and Emma Mitchell.

Isabel Burnham completed the crew for the first leg as far as Hawaii.

Lizanne van Vuuren took over for the second leg from Hawaii to Samoa.

Meg Dyos manned the oars for the final leg to Cairns in Australia.



Lizanne Van Vuuren is a former student of Kendrick School



Job in the real world: Osteopath

Past adventures/sporting success: When it comes to sport I like to do everything, it's a big part of my life. At age 10 I was the Under 14 High Jump Record Holder. I've since done numerous Half Marathons, Argus Cycle Tours and Triathlons; including the Half Ironman.

Why am I doing the row? I'm fascinated with endurance, and specifically the influence our minds have on performance. Rowing the Pacific will be a psychological trial more than physical, and this really appeals to me. I've been raised to believe that I can do anything, so I often find myself outside my comfort zone.

What excites me about the row? Doing something that is so far from anything I've done before, and learning things about myself that I never would otherwise.

What food will I miss the most? Watermelon and a nice cool Vanilla Milkshake

What am I looking forward to the most? Three things: Seeing incredible starry skies, those sunrises and being in the middle of the Ocean, with no one even close, diving into an endless pool of water.

ONE BOAT.
ONE OCEAN.
FO₄R WOMEN.



The Coxless Crew row the Pacific Ocean

