

An aerial photograph of a small, narrow boat with a white hull and a dark interior, floating on dark, choppy water. The boat is positioned in the lower right quadrant of the frame. The water's surface is textured with small waves and ripples, creating a complex pattern of light and dark tones. The overall scene is captured from a high angle, looking down at the boat.

Laura Penhaul  
Team Lead of Coxless Crew  
Director of Adaptive Performance





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‘A diamond is a chunk of coal that did well under pressure.’

Henry Kissinger



‘A team is made, when you realise that someone else can provide the air that you need and you can provide it for them.’





**SPIRIT**

2017  
END  
100  
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SATO  
BY CAROLINE













‘Control the Controllables’

**‘You Can Never Cross An Ocean Unless You Have  
the Courage to Lose Sight of The Shore’**

Christopher Columbus







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[www.adaptive-performance.com](http://www.adaptive-performance.com)

@adapt\_perform

@LauraPenhaul

**'Losing Sight of Shore'** – Documentary on Netflix, Amazon and iTunes