



KEEP GOING:
Laura Try works
on the rowing
machine during
record attempt

Laura breaks world rowing record after 24 hours non-stop

Charity achiever's spent her time since on sofa recovering

By Tom Dare

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A WOMAN from Brentwood has broken two world records after rowing non-stop for 24 hours.

Laura Try, 34, from Kelvedon Hatch, set the records for both a 24-hour row for a female aged 30 to 39, and the longest continual row for her age group when she undertook the challenge at the PT barn in Kelvedon Hatch on Saturday (December 17).

And she says she's been spending all her time since recovering at home on the sofa.

"It was tough, yeah. It was more mentally challenging than anything else," she said.

"The monotony of it when you're doing it on your own is perhaps something you don't think about so much beforehand, but that was one of the hardest parts.

Aching

"I also had parts of my body aching that have never ached before, and it's hard to not focus on that. But I knew I couldn't, because if I did it would be too hard."

Laura's mammoth task was made even harder by the fact that the longest continuous row she'd undertaken before her record-breaking feat was four-and-a-half hours.

And she says that, after finally completing the challenge, she didn't really know what to do with herself.



SUPPORT: Owner of PT Barn Scott Phillips, Laura Try and sports therapist Natalie Whipps posing together at PT Barn

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"It was a relief to finish, yeah, but it felt weird too," she said.

"I'd been aiming for the 24-hour row for so long that I wasn't sure what to do after. And I even started thinking to myself 'could I have tried harder? Could I have done more?'"

"The support I got really helped me through it, though. I had a great group of friends and family with me, distracting me from what I was doing,

and the social media support I got was overwhelming.

"All I've been doing since is sitting on my sofa, thanking people and eating. I had a 10,000-calorie deficiency to make up after finishing."

Part of Laura's rowing is to help raise money for Centrepunt, a charity dedicated to helping homeless people aged between 16 and 25, and the RNLI.

And she has her sights set on three goals in 2017.

In April, she plans on rowing a marathon to coincide with the London Marathon, before taking on the Great British Row in June and July. This means she will row 1,800 miles in a team of five around the British coast for the RNLI, starting and ending in Burnham-on-Crouch. You can donate to Laura's cause at www.justgiving.com/fundraising/LTFactor21

Feats

And her year of phenomenal feats will conclude with the Talisker Whisky Atlantic challenge, rowing 3,000 miles across the Atlantic from the Canary Islands to Antigua in aid of Centrepunt

You can help her raise money for the charity at www.justgiving.com/fundraising/LTFactor1.

But Laura says she thinks her days of rowing alone are behind her.

"I wouldn't want to do something like this again on my own I don't think," she said.

"It's just very isolating and can get quite lonely, so I'll be doing the other challenges as part of a team, and I'm already really looking forward to them."

Laura is currently raising funds for her challenges next year, with an estimated cost of £110,000 to complete everything she has planned.

■ To donate, text LTF99 £10 to 70070.

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