



On 25 February 2004 at approximately 11.59 (GMT), history was made and a new Ocean Rowing Society world-record benchmark set, when four men from the famous naval town of Dartmouth in Devon, England, arrived at Port St. Charles, Barbados in their small 24 ft by 6 ft rowing boat, *Queensgate*. 36 days, 59 minutes and 30 seconds earlier they had set out from the island of La Gomera, in the Canaries, on the 2907-mile journey across the Atlantic to become the world's first four-man crew ever to row an ocean. For just over a month Shaun Barker, Jason Hart, Phil Langman and John 'Yorkie' Lomas endured a gruelling daily routine of survival. Rowing continuously in shifts of up to two hours, with temperatures in excess of 35°C and waves reaching 40 ft at times, they kept the goal in mind - getting to the other side and completing what has been called, "The world's toughest rowing race." Their adopted motto - "Pain is only temporary, failure lasts a lifetime."



The crew of *Queensgate* are proud to support Children's Hospice South West

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The world's first four-man crew ever to row any ocean



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