

Grace Clough sets new world record

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Nottingham Rowing Club's para-rowing World Champion **Grace Clough** set a Legs/Arms/Trunk Overall world record of 3.28.6 for 1,000m at the British Rowing Indoor Championships held on Concept 2 Indoor Rowing Machines at the Olympic Velodrome at Stratford ,London.

"I didn't realise I'd done it at first but apparently it's a World Record. I'm delighted!"said Clough afterwards.

She added: "It's the first time I've been to an Indoor Rowing event and it is very exciting. There is strong competition from others I train with in the GB squad so I had to put in a good performance. It's good to be the one that won."

Grace Clough is currently Nottingham City's Sportsperson of 2014 and Rushcliffe's Disabled Sportsperson 2014. She was recently edged out of a County Sports Award by Swimmer Ollie Hynd.