

Grace smashes world record for para-rowing

Written by Administrator

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Nottingham Rowing Club's **Grace Clough** with Dan Brown, Pam Relph, James Fox and cox Oliver James knocked the socks off their own world best time to win gold in the World Cup in Varese in Northern Italy.

The World Champion GB para-rowing mixed coxed four got a flying start and were ahead in just a few strokes. By 300m they were a length ahead of second placed Italy.

From there they turned on the power and pace to win, over the 1,000m course, in 3.13.76 lowering the world's best time that they set in a heat of 3.15.47. The legs/trunk/arms mixed coxed four final had Italy in second place followed by France, Brazil, Ukraine and Israel.

"I've started my birthday celebrations a day early" said Clough. "This time last year I was so new to racing at this level and I didn't know what was happening. Today I have been able to enjoy it."

"At 500m we were on record pace but down at 750m but an aggressive last 250m with great commitment from the guys delivered a world record", added cox Oliver James.

Grace Clough is currently Rushcliffe Borough Council's Disabled Sportsperson of the year and Nottingham City's Sportsperson of the year.

Also see:

<http://www.britishrowing.org/news/2015/june/20/gb-rowing-team-para-rowing-coxed-four-smash-world-best-time-take-gold>