

## Gold, silver and bronze for Nottingham Rowing Club at the British Rowing Indoor Championships 2015

Written by Administrator

Monday, 14 December 2015 13:12 -

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The British Rowing Indoor Championships took place on Saturday 12th December at the Velodrome in the Olympic Park. The competition is held on Concept 2 machines, which are familiar to most gym users. Beginners aim to break 10 minutes for 2000m and lower it to 8 with regular use.

Mo Sbihi of the GB Rowing Team broke Sir Matthew Pinsent's 11 year old record with a time of 5' 41.8". With the Olympic Games only months away a very encouraging performance.

Nottingham Rowing Club returned with gold, silver and bronze medals. Andy Townsend won bronze in the Men's 55-59 class, missing silver by fractions. Megan Pepper, although only 17, entered the Women's Lightweight U23 event and won silver.

Coach Declan Gamble took a group of juniors who contested the Sixth Form Girls race. In a field of 58, Victoria Straw was 43rd, Siena Hayes 30th, Lucy Holgate 28th, Hannah Stocks 18th, and Rachel Heap in a PB of 7'23" was 7th.

Siena, Lucy, Hannah and Rachel then teamed up for the Girls' Relay. The first round was an 8min piece, in which they raced neck and neck with Plymouth School Sports Partnership before losing by 10 metres, with Bedford Modern School third. In the final, a 2000m row, the girls struck gold by taking an early lead over their Plymouth rivals and never letting them back, clocking a time of 6'29.9". Bedford were third again.

Below: the girls celebrate victory in the relay race

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Below: Andy Townsend (r) on the podium.

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