

**FINAL**

**14 December 2016**

**HEALTH CLUBS ROWING TEAM WIN GOLD AT INDOOR ROWING CHAMPIONSHIPS**

Isenhurst Health Clubs women’s rowing team won gold on Saturday at the British Indoor Rowing Championships 2016, held at the Lee Valley VeloPark.

Zoe Barnes, Sian Howell, Michelle Spates and Sarah Huntley from Heathfield, beat teams, including those from rowing clubs across the UK, to win first place in the 4000m relay.

The ladies, along with three other men teams from the health club, trained for two months in the lead up to the championships hailed as the festival of indoor rowing for all ages and abilities.

Success didn’t finish there with men’s team Nutrifix, taking bronze in the epic men’s 4,000m relay, only to be narrowly beaten, by two Team GB rowing teams that took the gold and silver places. It looked as if Team Nutrifix, would row away with an historic win, leading both GB crews by 50m through the halfway mark, but the elite GB squads held their nerve until the end and were only separated by a second.

Personal Trainer Alex Purcell, who headed up the teams’ training and was one of the rowers in the Nutrifix team commented, “It was such an exciting event to be part of. The atmosphere in the Velodrome was unreal. Everyone trained really hard and the girls win was epic. It’s a real test of teamwork. We are hoping to get involved again in next year’s event.”

Isenhurst’s two other men’s teams were placed 8th and 10th out of nineteen teams in total.

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For more information, high res photos and interview requests, please contact Sarah Jones at Wilderness PR on Sarah@wildernesspr.co.uk/ 07775 582 497. www.wildernesspr.co.uk.