

GB QUAD GOLD FOR SAM

Sam Knight's Great Britain quad scull won a fantastic gold medal at the Coupe de Jeunesse at Hazewinkle, Belgium last week-end. Saturday showed that Hungary, Poland, Netherlands and France as well as GB were all within a length of each other in speed, but in Sunday's final, Sam's crew sculled a brilliant race to win the gold in the very fast time of 6.08.82, just 0.15 secs ahead of Poland in silver.

Attention now turns to the Junior World Championships in the Czech Republic where Walton's Angus Groom goes for GB and his crew have already won their heat to progress to Saturday's semi-finals.

Best of luck from the whole club Angus!