

## BIRC 22<sup>nd</sup> November 2009

Boston rower Stuart Harley has gained a silver medal at the recent British Indoor Rowing Championships held at the Birmingham National Indoor Arena.

Stuart from Butterwick who is a member of Boston Rowing Club (BRC) and 'Creations Gym' at the Geoff Moulder Leisure Centre rowed amongst nearly 2000 other competitors of all various ages and abilities with only the world number one beating him in his class. Stuart is an adaptive rower, spending much of his time in a wheelchair and uses only his arms during rowing both on indoor rowing machines (Ergo's) and on open water in specially adapted boats and seats. In the 'Adaptive-arms only' open category, Stuart achieved his silver medal in a time of 4 minutes 49 seconds which was 17 seconds off his personal best, and although disappointed with the time, Stuart was nevertheless pleased with the result as he had been suffering with a cold in the week leading up to the race.

Stuart is working hard to aim for under 4 minutes 15 seconds for 1km on the Ergo which would see him eligible for Team GB selection, and is also keen to pass on his thanks to Creations and BRC for their continued support and assistance during his training.

