



PROMISING ATHLETES PROGRAMME

Sam Ekstrom-Gubb

Sam played Rugby for 20 years and has always been involved in all kinds of sports.

In his last year of University he injured himself quite badly but managed to start playing Rugby again until Covid hit.

During this time Sam starting running and fell in love with this and completed his first Marathon and then went on to challenge himself further with Triathlons.

Sam has qualified to represent Britain for his age group in the European Championships and has completed an Ironman Wales only 2 years he started running.

