



The city of Figueira da Foz, home of Ginásio Clube Figueirense, is located on the west coast of Portugal, about halfway between the capital, Lisbon, (180 km south) and Porto (120 km north). Just 40 km away is the city of Coimbra, known for its University - one of the oldest in Europe.

Ginásio Clube Figueirense, founded in 1895, is among the largest and most prestigious clubs in the Centre Region and is also the sixth oldest sports club in Portugal.

The first major national and international achievements of the Club were in Cycling, represented by José Bento Pessoa who in 1897 set the world speed record in Madrid and Geneva. That same year, José Bento Pessoa also became champion of Spain. (At that time Portugal had no Cycling Federation and therefore all athletes were enrolled in the Spanish Cycling Federation).

Throughout its existence 42 different sports have been practiced in the Club, which has brought hundreds of victories in national championships and gave the joy to see many athletes chosen to represent the national teams in international competitions.

Currently, Ginásio has about 1000 athletes who practice 12 different sports, with special emphasis on basketball, rowing, swimming and shooting.

Club facilities include an indoor swimming pool (built in 1972 and renovated in 2018), a sports hall (1992), and a nautical centre by the Mondego river (2000).

## Ginásio in UK



Ginásio Rowing Masters at Henley Veteran Regatta - 2010



Swansea, UK - 2014