



# Sub 7 Monthly Update for February

Greetings all Sub 7'ers, this last month has been dominated by the English Championships in Manchester and the World's in Boston USA, we've had very good representation in both and a terrific haul of medals.

**Mad Matt** has been at it again, the crazy man has set yet another endurance record!

**Marjorie** has set a couple of British record and there's been the usual glut of gut busting performances and PB's.

**Susan** competed in Germany.

So without further ado here's a roundup of who's done what;

## World Championships, Boston USA.

Also known as the CRASH-B's which stands for 'Charles River All Star Has Beens' as it was originally organised by the veterans of Boston's Charles River Rowing Club.

The winners get a 'Hammer' to go with their Gold medal, the hammer being what the club used to break ice on the river in its early days.

Here's a roundup of how our folk got on.

The whole of the British team was well looked after by our own **Kimberley Naylor Perrot** in the role of Team manager and she put in a terrific stint of coxing for many of our competitors leaving her as drained and exhausted as any of them if not more so.

**Joanna Allsebrook**.....W40-49 LWT.....10<sup>th</sup> .....8:09.8

**Marjorie Roome**.....W60-69 HWT.....SILVER.....7:50.5 (Breaking her own British record)

**Ian Howse**.....M30-39 HWT.....55<sup>th</sup> .....7:41.0

**Jenny Howse**.....W30-39 LWT.....GOLD.....7:22.6

**Mike Wrenn**.....M70-74HWT.....GOLD.....7:11.6

**Jen's win** was all the more spectacular as in her race her monitor packed up with only 400 to go when she was in second and looking strong....disaster!

The officials said she could race again with her time counting against the original race results and she bravely went again after a 2 hour break, she dug in and with some great coxing from **Kimberley** powered to a great win!

## English Championships at the Manchester velodrome

<b>Andy Mudge</b> .....30-39 HWT..... <b>GOLD</b> .....6:14.7
<b>Warren Matthews</b> .....40-49HWT..... <b>SILVER</b> .....6:22.2
<b>Jonny Wignall</b> .....40-49 HWT.....9 <sup>th</sup> .....6:46.1
<b>Mike Wrenn</b> .....70-79 HWT..... <b>GOLD</b> .....7:13.5
<b>Charles Morley</b> .....70-79 HWT.....5 <sup>th</sup> .....9:45.3
<b>James Howard</b> .....40-49 LWT..... <b>GOLD</b> .....6:42.7
<b>George Bingham</b> .....50-59 LWT..... <b>BRONZE</b> .....7:09.5
<b>David Aldridge</b> .....60-69 LWT..... <b>BRONZE</b> .....7:14.4
<b>Marjorie Roome</b> .....60-69 HWT..... <b>GOLD</b> .....7:52.5 ( <b>British Record</b> )
<b>Susan Young</b> .....40-49 LWT.....5 <sup>th</sup> .....8:15.6

### 500's

<b>Alan McGlaughlin</b> .....50+ HWT..... <b>SILVER</b> .....1:28.6
<b>Marjorie</b> .....50+ HWT..... <b>GOLD</b> .....1:45.8

## Starnberg (Germany)

**Susan Young** (Two Puds) travelled over to compete in this 30 minute event with great distinction coming away with 2<sup>nd</sup> place in the 40-49 FLWT's and a distance of **6889** metres a **PB** since achieving LWT status so **well done Susan** for flying the club flag so well in Europe.

## The Intra team Challenge (ITC)

<http://www.gffl.myzen.co.uk/sub7/challenges/view-challenge-results.html>

A **First win** for '**Fast Eddie**' **Ventress** with **Warren** in Silver and a well deserved Bronze for **Michael** so well done you three.

**Fastest LWT** was new member (in fact I think he did it on his very **first** day....the last day of the month!) **Joe Clark** with the ever dependable James **Howard** second and **Steve (Bezza) Berridge** third.

**Top lady** was Joe's University boat club teammate **Yasmin Marks** (Making dad **Mario** very proud!) with my good lady wife **Carol Woodward** second just ahead of **Jo Andrews**.

**Well done to all** who took part particularly those that have just joined us, it's great to see you coming in and boosting the competition.

Next month it's a luvverly 'grind it out' **10k**, bet you can't wait!

## The Cross Team Challenge (CTC)

[http://c2ctc.com/index.php?c\\_id=79](http://c2ctc.com/index.php?c_id=79)

**A very impressive 13 boats floated** and one partially filled which is almost **double** the number of our nearest rivals (they had 7) so well done and thank you to all who took part and represented the club so well.

This is a very good number for a long piece compared to a short sprinty type of challenge where we can get other family members to help out so it's especially pleasing to see such a good turnout.

**Boat 1** finished in Third place so well done to all the 'fastfolk,' **Casey, 'Fast' Eddie, Michael, James and Jen**, for flying the club flag so high.

**Boat 2** was in 5<sup>th</sup> and boat 3 was 10<sup>th</sup> so 3 in the top 10 shows our strength in depth and the fact that we are very 'active' in our participation, not just a club with a list of names that we never hear from so pats on the back all round!

**Here's the up to date cumulative table**, with only 2 months to go it looks like a straight fight between us and Oarsome.....can we do it?

Unofficial CTC Team Table 2011-2012											Points
Team	May	June	July	August	September	October	November	December	January	February	
Sub7	65	58	48	47	49	63	69	48	53	51	551
Oarsome	63	57	49	45	48	64	66	51	52	52	547
RowPro R	66	54	42	43	44	62	68	50	54	53	536
F Spirits	64	55	46	46	47	61	67	46	51	50	533
Forum F	67	53	45	41	43	65	71	47	48	46	526
PaddyP	60	52	39	38	41	58	53	44	47	40	472
C2Tweet	59	43	25	35	31	53	57	38	43	42	426
Rote 87	54	31	29	15	33	54	61	31	31	30	369
Indies	40	49	17	39	36	33	45	25	33	33	350
DLC GP			36	36	37	56	60	37	42	43	347
Taff AR	52	46	31	27	19	41	44	19	19		298
Empty TT	46	39	33	23	30	39	34	14	26		284
Age WL	36	33	24	8	20	42	25	9	10	15	222
MAD							70	49	49	48	216
SYC	20	27	30	30		32	31		15	16	201
DLC B	33	28	15	3		25	33	17	20	21	195
Banana B	35	20	7	4	11	30	43	3	9	8	170
ERG	51	42		29				24	7		153
AIRC	30						18				48
SoudeS E										37	37
Flywheel		12	8								20
Pampus							6				6

## Cumulative ITC Table

Now we are **2 months** into the 4 monthly cycle of the cumulative Intra Challenge table we can have a look at who's where so far;

Just go to 'Select a Month' select 'Total Points' from the drop down then click on 'Go'.

<http://www.gffl.myzen.co.uk/sub7/challenges/challenge-table.html>

## Notable Performances

### New World Record!

Yes, he's been at it again, Sub 7's resident loony '**Mad' Matt Rockett** has set a new World Record for 20-29 Men's Lightweight non stop erging with an amazing **64 hours!**

**The crazy man started at 08:00** on Friday morning on the 10<sup>th</sup> of Feb. and didn't stop until **Midnight on Sunday the 12<sup>th</sup> of Feb.**

**Matt says** he could have gone on for longer but had to be at work for 08:30 the following morning!

He's planning an even **longer** one soon so watch this space!

Just in case anyone thought he was slacking towards the end of the month he's thrown in a **2k PB** of 7:32.8!

**Don't ask me what drives him on**, he's a law unto himself but we're all really proud of him so **well done Matt** and a big thank you to all who supported him through the ordeal on the Forum and Facebook.

## PB's

Not including the 'Rugby Test' as those PB's are in the ITC section.

**Anthony Gothard**.....1k in 3:22.9, a PB by 3.3 seconds.

**Casey Clarke**.....5k improved twice to 16:40.6

**Michael Jonas**.....2k PB in his first ever race with 6:23.3

**Paul Wilkinson**.....5k PB on his way to a 6k PB too!

**Graham Fisher**.....1 hour PB of 15662 (1:54.9)

**Simon Oldfield** (Homer).....HM PB of 1:28:57.5 (2:06.4)

**Alan Mclaughlin**.....10k in 39:00 (1:57.0)

**Marjorie**.....6 x 500.r2' av. 1:52.4 & a 5k PB of 20:41.9 (only 0.2 away from the British Record) and a 2500 9:59.1 a PB by 6.1 and a new British Record!

**Mark Powell** (Winstonsdad).....a stonking 2k PB by 3.5 seconds in 6:40.8 (1:40.2)

**Rob Wilson**.....an amazing 6:34.0 2k

**Tory Charn**.....2k in 7:36.4 a mighty PB of 23 seconds!

**Jonny Wignall** (Boar).....2k in 6:46.1 at EIRC

**Ian Howse**..... Gets straight off the plane from Boston and gets on the erg for a 2k PB by 3.3 seconds of 7:25.7!

**Dawn Spears**.....2k PB by 2 seconds of 7:56.4....despite stopping!

## Welcomes

Some new folk have joined us recently so warm welcomes are extended to;

**Jason Wheeler**.....ChiefPukka

**Dennis Robinson**.....Scouse Robbo

**John Deakin**.....JohnDeakin

**Richard James**.....RichJ

**Gwyn Roberts**.....GTRSnr

**Chris Farwell**.....ChrisifPublic

**Joe Clark**.....Joeclark

**Louis kirchell**.....Loukir

And welcome back ...**Ben Taylor**.....Benjamin

Also.....**Albert Kemp**.....a friend of mine at the running club who is a Lightweight 60+ and doing the **CTC** for us.

## Congratulations

To **Rowland Hills** (and of course **Mrs Hills**) on the birth of his new son Benjamin William Alexander Hills, born at 07:13 on the 29<sup>th</sup> of February, weighing 2.85 kilos.

## Competitions

**URGENT...PLEASE SIGN UP FOR THIS IF YOU CAN OR IT WILL GET CANCELLED THROUGH LACK OF ENTRANTS!**

**Saturday 14<sup>th</sup> April is the Basingstoke 2.5k (+ 100, 300 and Bleep Test).**

This is organised by our own **Dougie Lawson** (Citroen) so let's make sure we give him our full support and enter it. It's a great day and a good chance to meet up with all the folk you natter to on the forum.

All details are here;

<http://concept2.co.uk/forum/viewtopic.php?f=2&t=22924&start=0>

## BIRC

**For all those going to BIRC** that have not yet booked accommodation I can recommend this hotel and it's also where we will be having the club get-together and meal the night before in the Carvery and yes....it's where I'm staying!

**I'LL BE PUTTING A BOOKING LIST UP ON THE CLUB CHAT THREAD SOON**

[http://www.superbreak.com/hotels/nottingham\\_gateway-hotel-6102.htm?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=Hotels-NottinghamGatewayHotel&utm\\_term=nottinghamgatewayhotel&sisr=1](http://www.superbreak.com/hotels/nottingham_gateway-hotel-6102.htm?utm_source=google&utm_medium=cpc&utm_campaign=Hotels-NottinghamGatewayHotel&utm_term=nottinghamgatewayhotel&sisr=1)

## Club Kit

**Let's all look** the part at BIRC so for ordering a club vest, T-Shirt or 'Onesy;

<http://www.gffl.myzen.co.uk/sub7/about-sub7/faqs/1-sub7-faqs/4-ordering-a-sub-7-team-t-shirt.html>

Get your order in soon as it can take time.

## Activity

Our main areas of activity are the CTC, ITC and posting on the club's C2 'chat thread' as they are the areas of club activity that are the most visible and show that you are taking part so do please try to make sure you get all three into your busy erging month as it's always a case of 'the more the merrier'!

## Recruitment

If anyone knows any lightweight men or ladies they are very welcome to do the CTC for us as we have a lot of Heavyweight men that need some company in those boats.

## Posting on the Chat thread

This is my regular monthly appeal for everyone to post something on the chat thread as often as they can as this is where we all get to know each other and engender that 'family' feel to the club.

A short report on a recent erg session and a few positives about others efforts are all you have to put on there to be contributing.

\*\* \*\*\*\*\*

*We've seen some terrific performances* this past month but don't forget ...anyone who gets on the erg and pulls the handle hard enough to get out of breath is worthy of much praise and the main battles we fight are with ourselves so.... *well done* to *everyone* in *Sub 7*, you should all be *very proud* of yourselves.

\*\*\*\*\*

**That's it for the February round up, have a good March y'all and good luck to all who are going to BIRC.**