



'If you give less than your best you only leave yourself open to regret and self doubt, give it all you have and live in the satisfaction of knowing you couldn't have done any better'.....[Matthew Rockett](#) (well he put it on his facebook page)

Sub 7 Monthly Update for April

In the month after **BIRC** you would think things would be fairly quiet in **Sub 7** land.....but no....still plenty going on;

We've had a **world Endurance Record** (yes, **Mad Matt's** been at it again!) some **British Records**, a **World Sprint Record** and quite a bit of action in the **CTC** as well as **PB's** galore, a great competition organised by **Dougie** in **Basingstoke** and the usual forum banter.....we are indeed an **active** lot.... so without further ado here's what happened in **April**.

The Intra team Challenge (ITC)

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

Under.....'_Select a Club Challenge'.....click on the arrow and select 2500.

Well done **Warren** who just held off **Eddie** and **Richard** with new member **Ollie** just behind and ahead of **David** and **Michael**.

Top Lightweight was **James** from **Bezza** and **Dimos** and top Lady was **Carol** from a returning **Tracy** and fast improving **Dawn**.

The Cross Team Challenge (CTC)

Unofficial CTC Team Table 2011-2012

Team	May	June	July	August	September	October	November	December	January	February	March	April	Points
Sub7	65	58	48	47	49	63	69	48	53	51	45	108	704
Oarsome	63	57	49	45	48	64	66	51	52	52	46	105	698
F Spirits	64	55	46	46	47	61	67	46	51	50	44	104	681
RowPro R	66	54	42	43	44	62	68	50	54	53	42	100	678
Forum F	67	53	45	41	43	65	71	47	48	46	39	109	674
PaddyP	60	52	39	38	41	58	53	44	47	40	35	106	613
C2Tweet	59	43	25	35	31	53	57	38	43	42	36	102	564
Rote 87	54	31	29	15	33	54	61	31	31	30	22	86	477
Indies	40	49	17	39	36	33	45	25	33	33	32	87	469
DLC GP			36	36	37	56	60	37	42	43	19	101	467
Taff AR	52	46	31	27	19	41	44	19	19			78	376
Empty TT	46	39	33	23	30	39	34	14	26			67	351
MAD							70	49		48		111	327
SYC	20	27	30	30		32	31		15	16	27	91	319
Age WL	36	33	24	8	20	42	25	9	10	15	12	68	302
DLC B	33	28	15	3		25	33	17	20	21	18	80	293
Banana B	35	20	7	4	11	30	43	3	9	8	4	85	259
SoudeS E										37	40	94	171
ERG	51	42		29				24	7				153
Gee Crew												83	83
Riverway												54	54
AIRC	30						18						48
Flywheel		12	8										20
Pampus							6						6

As the table shows, our top boat has **won** the Championship for the season so well done all the fast folk, your efforts have been well rewarded and are much appreciated by all of us.

As well as being **champions** we have broken all records with an amazing **32** boats floated!

Well done and a big thank you to all that took part, especially all those that helped us to make such a big impact on the first day of the month with our '**paint the sea blue**' bit of fun.

Special thanks also go to everyone who got friends and family members to contribute to the cause; it was great to see the little 'uns taking part as well as **Dawn** and **Warren's** Mums!

This month's is a bit longer than a minute but remember we do want to get out as many boats as possible....every month so **all** contributions much appreciated...no matter how fast or slow!

Cumulative ITC Table

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

Under '**Select a period**' click on the arrow and bring up '**January to April**' then click on '**go**' then under '**Select a month**' click on the arrow to bring up '**Total Points**' then click on '**GO**'

Congratulations to **Warren** who has won the first four month cumulative league of the year just ahead of **Eddie** and **David**.

Top LWT was **Steve Berridge (Bezza)** followed by **James** and **Dimos**.

Top lady was **Carol** with **Marjorie** second and **Dawn** third.

Don't forget folks this is where the monthly **ITC** is put together over the **4 month period** so if you miss one you'll go tumbling down the table and could get beaten by those that may be slower but stick at it and do all the challenges.....don't be a **Hare** that falls victim to a **Tortoise**!

PB's/Records

'Mad' Matt Rockett has added to his list of world records by breaking his own one for 20-29 Heavyweight longest continual row with an incredible 45 hours, 15 minutes 7.3 seconds (to be precise!)

This added over 9 hours to his existing record but fell short of his **PB** (as a lwt) by nearly 19 hours so he tells me he'll be trying again soon!

It's getting to the stage where the crazy loon is spending more time on the erg than **off it**!

Alan McGlaughlin set a new PB for 60 minutes with 15225 (1:58.2)

Gwyn Roberts (GTRSnr) knocked nearly 8 seconds off his 2k PB with 7:10.7 and followed that up with 25 seconds off his **5K** with 19:24.4

Bryan Tapsell improved his 5k time by a whopping 30 seconds with 22:22

Harry Patel came back into erging well with a half Marathon in 1:30.20 (2:08.4)

Warren Matthews did a Full Marathon in 2:38.29.6 (1:52.6) which is just over a minute faster than before.

Nick Scott (Revnick)....set a new 500 PB...but didn't say what time he did!

Steve Plank (Planky).....has shown that his new metre munching training schedule is paying off with a new 10k PB of 38:07.5 (1:54.3) improving by 21 seconds.

Marjorie Roome has been busy re-writing the record books in the ladies 60-69hwt category and has set the following British Records;

60 minutes13969 (2:08.8 pace)

1k in 3:47.9

30 minutes.....7161 (2:05.6 pace).....I think **3 in a month** has got to be a **record** too!

Welcomes

This month we welcome new members;

Diana Kornbrot.

Simon Lake

And welcome back;

Harry Patel

Tracy Watkins.

Tom Jarvis

Congratulations

Nigel Hird (Birkyboy) who celebrated his **36th** Wedding Anniversary.

Penny (Winstons mum) and **Mark** (Winstonsdad) who discovered they will be having a little brother or Sister for Harry (Winstonsnightmare).....to be named Winstons.....?

Birthdays

Belated April Happy birthday's to;

Chris Gregory (Bakukdina 1) 41,

Dougie Lawson (Citroen) 49 (nearly the big five-oh...ho,ho!...but looks older!)

Tracy Watkins 38

Ant Stansbie 49

Competitions

Basingstoke 2012 - Record Breakers

Eddie Ventress 50+ Hwt...BR..... 08:06.0.....old record was 08:06.8....although he did 7.59.4 for 2.5k a couple of months ago for the challenge series.

Marjorie Roome 300m 60+ Hwt...BR.....1:00.1 (was 1:00.3)

Mike Wrenn 300m 70+ HwtBR & WR....0:55.0 (was 0:55.1)

Charles Morley 300m 80+ Hwt 1:14.7.....BR.... (was 1:15.4)

Club Kit

Here's what's on offer;

<http://www.godfrey.co.uk/clubproductbrowse.php?selcat=132>

And here's how to order it;

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

Posting

<http://concept2.co.uk/forum/viewtopic.php?f=12&t=6380&start=0>

This is my regular monthly bit of encouragement to come onto the chat thread and say hello to everyone.

It's where as an online club we meet, just a few words about that days training plus a short positive comment on someone else's is all it takes, we all need to contribute to keep things vibrant so please post something whenever you can.

And Finally.....

Here's a catchy little number and it's by the bloke that gave us '*Smoke on the Water*' would you believe!

<http://www.youtube.com/watch?v=gKxTpThD5JE&feature=g-vrec&context=G23833bcRVAAAAAAAw>

That's it for April have a happy erging May folks

And don't forget..Pull that handle hard and often.....then tell us all about it on the chat thread!