



Fear is what stops you... courage is what keeps you going.

Sub 7 April Newsletter

Greetings Sub 7'ers,

Well that's that then, the end of another erging year and the start of the new one, not much rest in between them is there!

I hope you all achieved your goals in the last 12 months and are looking forward to setting and hitting some new targets in the upcoming season.

As a club it would be a very long list if I mentioned all our members' achievements therefore I'll have to make do with putting the results in the usual places so here they are for April.

Cheers all,

Rod.

The Intra team Challenge (ITC)

http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=86

Well done to our winners;

Men's Hwt.....1) Warren Matthews (2) Giles Clarke (3) Glynn Powell

Women.....1) Clare Busst (2) Tracy Watkins (3) Carol Woodward

Men's Lwt.....1) Dave Marshall (beating all but 1 Hwt!) (2) James Howard (3) Steve Berridge

The Cross Team Challenge

(CTC)

<http://c2ctc.com/>

A fantastic 16 Boats floated so a big thank you to all who contributed.

Our top boat finished in 2nd place which makes us the overall winners for the season so well done all the fast folk who put in so many good efforts over the last 12 months.

Cumulative ITC Table

http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=96

Under 'Select a period' click on the arrow and bring up 'April to June'

under 'Select a month' click on the arrow to bring up 'Total Points' then click on 'GO' to see where you are.

Welcome New Members

The following joined us in April so a warm Sub 7 welcome is extended to;

Clare Busst.....Busst888

Martin Still.....Martin Still

Martin Stefan.....Cycloid

Richard Steventon.....Riders7

Congratulations on PB's

Well done to all the following folk who worked that little bit harder and set PB's in February

(This doesn't include the ITC)

(If I see it on the club chat thread or its PM'd to me then I can publish it here, if you only put it on facebook I might miss it)

Damian Taylor.....30'r20....8129/1:50.7

Dave Marshall...Boatdeck.....30 mins..... 8313

Glynn Powell...The Big Fella....4 x 2k.5'r. 1:46.7 (an improvement of 1 second over the last PB for this set in March) and 4 x 1k.5'r in 1:40.1 which was 0.9 better than last month.

Bob Cook.....30 mins...8437m

Chris Levy....Schuey....10k...37:51.6 (1:53.5).

Bezza.....30 mins @18spm.....7730m

Andrew Bodley has achieved an incredible **5 PB's** in one go!...he set the monitor for **60 minutes**...and....passed **5k** at 19:46.0 (PR#**1**); 7583 at 30 min (PR#**2**); 10k at 39:33.6 (PR#**3**); 15k at around 59:35 (PR#**4**) and 15135 at 60 min (PR#**5**)....amazing!

Anthony Gothard....1k in 3:21.1....a PB by 1.8 seconds.

Ken Fairley.....30'r20....7645....1:57.7

Susans Travels

Susan (Two Puds) went to **Vienna** and ran in the Half marathon where she finished 10558 out of 13112 overall and 415 out of 610 in Women's 45-49 category in 2:22.32 - 10:52 per mile.

Birthdays

The following all celebrated Birthdays in April so many happy returns to;

Dougie Lawson50

Chris Gregory.....45

Tracy Watkins..... 39

Ant Stansbie50

Club Kit

Get your club T-shirts, Vests, Hoodies, Fleece's here;

Go to the website;

<http://www.gffl.myzen.co.uk/sub7/>

.....Hover over the 'About us' tab.....click on 'FAQ's.....click on 'Sub 7 FAQ's.....finally click on 'Ordering a Sub 7 T-Shirt.

Or look here at all the other stuff you can get and order the same way;

<http://www.godfrey.co.uk/clubproductbrowse.php?page=1&selcat=132>

Here's the up to date Active Members list;

http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=85

Make sure you're on it!

*That's it for April have a happy erging May folks.....and
remember..*

