



April Newsletter

Foreword

Welcome to the Sub7 April 2014 newsletter, from Susan Young aka “The Two Pudding Kid”.

For those that don't know I used to regularly scoff two puddings when I dined out, (rarely ordered at the same time). On more than one occasion the waiter thought the bill was wrong, but I really did have seconds! Not such a commonplace activity now – reserved for visits to **Charles's** house and on a cruise if I get a chance, plus Sub7 socials of course! It makes good economic sense, as well as personal pressure still on to be LWT, (next weighin 12 July but currently 2kg over the limit).

Easter brings temptation, (especially afterwards for those who can wait until the bargains turn up). Definitely imposing a ban on entering one shop at present, (and that includes online visits too).

Girl on tour

It was the Guernsey Half Marathon on Easter Monday. I enjoyed this 7 years ago on a flatish, nearly sealevel course in great running weather, for a 4th lifetime best, and achieved probably my highest ever genuine heartrate of 196 racing along the promenade to the finish. Result this time 7 years on was 2:15.11 or 10:19 a mile, which is about my normal at present, (had hoped for 2:14.06 for a 2014 best), but as you may have seen from my blog this holiday was anything but straightforward. Good news on age-grading, the result 2:07:07 from 2007 is worth 54.22% and the current result is 54.49%.

I have been very busy with the organisation of May's big events – 2 half marathons and a 25k all involving travel, accommodation and in the case of two a foreign language as well. This frenzied activity will slightly delay the publication of the May edition of the Sub7 newsletter, (tearing round the streets of Luxembourg City on foot on the evening of 31st May followed by a post-race party sounds like a reasonable excuse to me). If you didn't know already, all this is why I am not taking a physically active part in the Shrewsbury ergomarathon get-together.

Funnies (after the event)

Ran into a slow-moving dog at parkrun. It had been running alongside for a while and I didn't see it step in front of me until too late. Fortunately I didn't trip up and the mutt didn't look distressed, (think my shin hit fat not bone).

How difficult is it to claim a free chocolate bar on special offer? Is a 60p gift going to really dent Waitrose's profits? One of those things that is easy to purchase but frustratingly hard to claim if you get a winning packet.

Sense of relief when I realised that I was looking at the German Half Marathon Championships results for a race I intend to enter next year, (there are at least 2000 so-called "fun-runners" too so plodders like me can take part).

A robin was sitting on the lawn after I had done the first cut of the season, so I raked carefully near it, (at which time it hid behind a bush), and then tried to put the garden tools away very quietly. I was hoping that having gone to the trouble it would come back and pick some juicy treats up, but it hung around a while and then flew off.

You know who managed to look an idiot when I went into a gym that I don't often visit and asked to pay for a gym session and a locker when I actually have a direct debit to pay for use of all Birmingham Council gyms, (looks like my brain cannot cope with after work sessions).

New and Returning Members

Returnees

Welcome back to **Sarah Quilliam-Mayne** and **Steve Berridge**.

New Members

None.

Birthdays

April 9th – **Dougie Lawson** (51). He has recently taken voluntary redundancy from IBM after almost 20 years of service. Planning a feast of cycling and walking challenges before looking into where his career path is heading.

April 21st – **Marjorie Roome** (63). If it hadn't been a Bank Holiday she would have been probably setting another PB, but as it was she did the more traditional steak and vino celebration instead, and saved the sub 2:00 pace PB on the 16 minute 19 second challenge for the next day.

World and British Records / PB's

I am only covering the standard recognised single distances here, but well done to all those who did a PB during their interval training.

Additions from March

Although I mentioned a British Record 60-69 HWT and Gold for **Richard Steventon** in the English IRC in last month's edition, has since informed me that it was a PB and took 3 seconds off a previous 14 year old record for what is believed to be only the 3rd 60+ to go under 6:30, (result was 6:28.4). He would like to convey thanks to on-the-day coach Roy Rocket and e-coach Steve Roedde, for their contribution to the 9 British Records Richard has set this season.

Kimberley Naylor-Perrott was unfortunately missed from the provisional Manchester Results, (landed a silver in 1:44.2 for the 500m Womens 40+ HWT event), just 1.7 seconds behind the winner.

Glynn Powell joined the Paddy Power team for a third place in the English IRC mens 3000m relay.

April

Marjorie Roome wasted no time in landing a 30min 20spm PB of 7008m (2:08.4 pace) on April 1st – 74m better than August 2013 and breaking the 7000m milestone too. Mid-month, on the third attempt, she nailed the 2500m with splits: 1:58.1 (28), 1:58.5 (27), 1:58.7 (28), 1:58.4 (30), 1:55.8 (31), overall time 9:49.5, average pace 1:57.9 and a PB by 4 seconds.

Rod Chinn sweated his way to a magnificent 8024m (1:52.1 pace, DF 125, 34spm) to add 2m to last November's 30 minutes LWT PB. Later in the month he added a further 17m to attain 8041m (1:51.9 pace). Hours before the end of the ranking season **Rod** also set a LWT 5k PB of 18:27.5 (1:50.7 pace, DF 120, 35spm) which achieved second place in this years Concept2 rankings, (if counting just 55-59 British lightweights), by taking 4.7 seconds off his previous LWT PB for this distance set earlier in the month.

Lucy o'Brian gave a brilliant effort for a first full marathon ergo, on zero planning. This gives her 2nd place in this seasons womens 40-49 LWT Concept2 world rankings with a PB of 3:14.56.3 (2.18.5 pace) at 24spm.

Ken Fairley scored a PB on the 30mins r20 by 53m. The result was 7698m (1:56.9 pace) after a quick start and positive splits.

Mark Powell found the energy to pull off a 2500m PB in 8:27.9 (1:41.5 pace) before turning out to play rugby in the afternoon. He is confident that he can improve on that result too.

James Howard achieved a staggering new PB at the 30mins 20spm of 8118m.

Monthly Challenges

The Rowing Company Challenge

<http://therowingcompany.com/challengeseries/results>

After 8 rounds in "The Rowing Company Challenge" and a maximum of 800 points awarded, Sub7 have top 3 places (comparing completed rounds only as some have already entered a 500m result):

Richard Steventon	Mens 60-69	1st/101	800
Marjorie Roome	Womens 60-69	1st/18	800
Diana Kornbrot	Womens 70+	2nd/8	691

Warren Matthews is currently 5th in the Mens 40-49 category with 760 points, Richard Cheeseman is in 4th place in the Mens 50-59 category with 772 points closely followed by James Howard in 5th in the same age-group with 770 points.

The Intra team Challenge (ITC)

Thanks to **Anthony Gothard** for his summary of the March ITC reproduced from 5 April.

"Another month gone and 48 people stepped up to the 10k ITC. As always some astonishing times. **Andy Mudge** going sub 1:45 pace for 10k and eight others under 1:50 pace!

Then there's the improvements on last year and there's two special mentions required:

1. **Mark Powell** 1 minute, 31.6 second improvement!
2. **Marjorie Roome** 54.6 second improvement

Just astonishing!

But this takes nothing away from the following seven who also bettered their time from last year:

Charles Morley: 20.4 second improvement

Richard Cheeseman: 19.6 second improvement

Toby Lunn: 14 second improvement

Graham Lofthouse: 12.5 second improvement

Andrew Jones: 8.1 second improvement

George Bingham: 4.7 second improvement

Iain Thayne: 2.8 second improvement

The results for the month are as follows:

Position	Name	Forum Name	2013	2014
1st	Andy Mudge	am620		34:44.6
2nd	Giles Clarke	thebfg	35:15.1	35:17.9
3rd	Matthew Vanstone	MattyV		35:48.4
4th	Warren Matthews	Warren Matthews	35:14.5	35:48.6
5th	Casey Clarke	caseyvavavoom		35:56.1
6th	Richard Cheeseman	Le Grand Fromage	36:25.5	36:05.9
7th	Michael Jonas	jonasm	35:56.0	36:09.5
8th	Johnny Kolster	jokol		36:15.2
9th	Mark Powell	winstonsdad	38:10.0	36:38.4
10th	Harry Wilkes	CptnHoss	36:43.4	36:56.1
11th	Richard Steventon	Riders7		36:58.4
12th	Toby Lunn	bojam	37:40.1	37:26.1
13th	Andy Townsend	Andy T	37:17.0	37:26.1
14th	James Howard	Jaune	36:15.4	37:38.2
15th	Matt Wilmington	wilmo1979		37:39.4
16th	Glynn Powell	thebiggfella	37:04.8	37:45.1
17th	Martin Still	MartinStill		37:47.6
18th	Steve Berridge	Bezza	37:37.2	37:54.0
19th	Rod Chinn	Rod	37:37.3	38:00.1
20th	Nigel Brockton	drbullet		38:08.4
21st	Christopher Casley	cscasley		38:14.3
22nd	Michael Alvey-Anderson	bigyin		38:14.3
23rd	Ken Fairley	mrjolly	37:23.6	38:16.5
24th	Henrik Lerdorf	Henrik Lerdorf		38:20.2
25th	Aaron Lancaster	Lancaster0809		38:24.8
26th	George Bingham	EeBeeGeeBee	38:47.8	38:43.1
27th	Euan Stronach	str0nach		38:46.5
28th	Ant Stansbie	Ant 5	38:22.3	38:48.8
29th	Lars Kofod-Jensen	Kaufuss		38:52.2
30th	Graham Lofthouse	Lofty63	39:36.4	39:23.9
31st	Iain Thayne	Mphab	39:35.2	39:32.4
32nd	Simon Lake	Fair Weather Golfer	39:28.8	39:52.9
33rd	Jef. Jef	Jef.	38:44.4	39:59.5
34th	Dimos Georgiades	Dimos	39:24.6	40:22.5
35th	Paul Wilkinson	pwilkin6		40:34.5
36th	Andrew Jones	Andrew Jones	40:55.7	40:47.6
37th	Martin Stefan	cycloid		40:47.8
38th	Dominic Grierson	dom.g		41:04.7
39th	Marjorie Roome	Amazing Amazon	42:27.5	41:32.9
40th	Nick Scott	revnick		42:13.6
41st	Lucy O'Brian	Laolseach		42:17.4
42nd	Carol Woodward	Carol	42:02.3	42:50.0
43rd	Susan Young	Two Pudding Kid	43:36.1	44:15.2
44th	Gareth Thomas			45:23.0
45th	Harry Patel			46:36.1
46th	Sarah Quilliam-Mayne	Quills 11	44:02.1	47:03.3
47th	Gaynor Johnson	Gloria		49:46.0
48th	Charles Morley	charlesmorley	51:42.2	51:21.8

Thank you to all those who took part. Looking forward to your input in April.”

The Cross Team Challenge (CTC)

<http://www.c2ctc.com>

The above link gives overall positions for the month and previous ones. The leaderboard tab at the top of the front page shows that Sub7 easily floats the most boats but correspondingly the average points per boat is lower than other teams, (only to be expected with mass participation we are famous for).

<http://therowingcompany.com/forum/viewtopic.php?f=2&t=9964&st=0&sk=t&sd=a&start=6300>

(scroll down for Joe's league table of Boat1 points which shows Sub7 with 595 points this season and Row Pro Rowers with 591 points at the end of March 2014.) Adding in the April points gives Sub7 top spot at the end of the 2014 season with 637 points and Row Pro Rowers second with 632 – hooray. MAD Team have been doing very well indeed on being at the top in the last 6 months, hence could be our biggest rivals in this competition in the coming season. A total of 9 boats floated by Sub7 in April - thanks for all contributions to the overall outstanding team effort.

Nonathlon

<http://www.nonathlon.com/>

A yearly personal challenge over the standard ranking distances with a handicapping system worked out from the C2 rankings to take into account age, weight category and sex. Marjorie Roome ran away with the top spot for Sub7 and sixth place overall with 9159 points, even without the 100 bonus points for doing all 10 events. Second for Sub7 is **Andrew Jones** and third **Lucy o'Brian**.

Competitions

Current Month

Not aware of any taking part in April attended by Sub7 members.

Future Competitions

Sat 10 May Shrewsbury Club, Shrewsbury, Shropshire SY1 4RG

The main distance is marathon starting at either 9:30 or 2pm. Other distances are being undertaken. If possible please bring your own ergo, or if not contact Giles to find out availability of already loaned ones/club ergos. Mainly for international competitors but again contact Giles if interested in taking part via RowPro or similar. There is no entry fee or form. Usual leisure centre facilities, and refreshments available in café upstairs.

The latest list of participants is below, (please get on the forum or contact Giles direct if there are changes to this).

AM Start

Jef Hutchby
Toby Lunn
Ian Howse
George Bingham
Matt Wilmington
Keith Hiley
Arthur Augustus

Carol Woodward 1hr
Rod Chinn 1hr

PM Start

Steve Plank
Andy Townsend
Adam Jones
Warren Matthews
Mike Wrenn
Andy Robinson

Charles Morley Half Marathon
Graham Lofthouse (via Row Pro from Australia)
Joe Keating (via Row Pro) PM start

Sat 12 July Moveo-Fitness an der Elbe, Nünchritz /Sachsen, Germany

See March 2014 newsletter for more information. I will probably need to post 20 euros to the organisers before closing date – awaiting confirmation. Just checked and it is “Museumsnacht” on the Saturday night/Sunday morning so can make the most of my stay in Dresden – special inclusive ticket to museums which are open until 1am with bus/tram travel thrown in.

Sat 11 Oct Bristol Indoor Rowing Challenge, Ashton Park Sports Centre, BS3 2JL

Last time this took the format of a 2k individual race or for those who wanted, a “triple challenge” of 2k/1k and 500m all on the same day. Website is <http://indoor.bristolrowing.co.uk>. It looks like entry fees will be £10 adults and £5 juniors but forms or internet link not yet available – promised by 1st June. Plenty of refreshments on sale.

Sat 8 Nov Grimsby Indoor Rowing Competition, Havelock Academy, Holyoake Road, Grimsby DN32 8JH

Mile, 300m and 100m events. Awaiting further details and entry form.

Sat 14 Feb 2015 **Schlossberghalle, Starnberg, Germany**

Sat 20 Feb 2016 **Schlossberghalle, Starnberg, Germany**

See March 2014 Newsletter for further details.

Sat 28 Feb 2015 **Hamburg Ergomarathon, Germany**

More of a “training day” than a race – ie no prizes, but the joy(?) of doing a public ergomarathon in the company of like-minded souls and celebratory munchies to follow, (yeah I know I am crazy). I think this has been a local all-male German affair so far – certainly was for the third running of it in 2014 with 11 contenders and in 2013 with 6 participants, (cannot find results for 2012 to confirm that assumption). I have got myself on the mailing list for further details and I am officially “willkommen”. A word of warning to anyone publishing their race on the internet, (you never know what nosey parker is looking – dropped on this while searching for Eindhoven ergomarathon which seems to have sunk since 2012). Slowest predicted entrant to start first and then each person joins in so that everyone finishes almost simultaneously. My aim is not to record the worst time, (which from the results in the last 2 years is doable), and fit in a spot of sightseeing too.

Socials

Sat 28 June **Chez Jef, Alderbury, Salisbury, Wiltshire**

Rowing social , BBQ, club get together

Sept **Forest 5k, East Grinstead, courtesy of Rod and Carol**

5k ergo planned with refreshments, and Rods legendary entertainment (or not)

The Chat Thread

Keep the usual level of participation, support, banter and useful advice coming please.

<http://therowingcompany.com/forum/viewtopic.php?f=12&t=23936&start=14085>

Future Editions

If you have any contributions, not necessarily rowing related, that you would like to share, please get in touch. Also if there are any corrections , omissions etc to rectify I will cover them in the May edition.

OTW Exploits

Charles's and I second and third visits to the Avon this year have been on a shortened course – 3 laps to a fallen tree and back. Good news that the café was open both times, so hot chocolate and cake by the riverside had to be done. Plenty of interest in watching the birdie..... or at least the little ones learning to stay with mum and dad, the goose on patrol when presumably passing a nest and the heron keeping a beady eye out for fish, (no close season for him/her).

That's it for April, have a happy erging and OTW May folks...