



If it wasn't hard, everyone would do it. It's the hard that makes it great.
.....Tom Hanks

Sub 7 August Newsletter

I know there was a little sporting event going on in East London during the early part of the month that seemed to get a lot of attention but we see terrific performances in Sub 7 all the time, don't forget, anyone who gets on the erg and pulls the handle hard enough to raise a sweat is doing very well indeed.

The main events we compete in are with ourselves so **well done** to *everyone* in **Sub 7** that's pushed themselves in training and races, you should all be very proud of yourselves.

Here's what happened in August;

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;

Ladies.....1) Yasmin Marks (LWT) (2) Carol Woodward (LWT) (3) Tracy Watkins

Mens Hwt.....1) Eddie Ventress (2) Matt Vanstone (3) Richard Cheeseman

Mens LWT.....1) James Howard (2) Steve berridge (3) Rob Wilson

The Cross Team Challenge (CTC)

<http://c2ctc.com/>

An excellent showing as always with Boat 1 in Silver medal position so well done to Matt Vanstone, Warren Mathews, David Scott, James Howard and Sallyann Fisher.

Boats 2 & 3 were also in the top 10 and we floated a commendable 12 boats in total out of the 46 in the competition which was 5 more than our nearest rivals so thank you to all who contributed to the team effort.

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 'September to December'

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

Well done to our winners for the 4 month May to August period;

Ladies.....1) Tracy Watkins (2) Carol Woodward (LWT) (3) Marjorie Roome

Mens Hwt.....1) Warren Mathews (2) Michael Jonas (3) Richard Cheesman

Mens LWT.....1) James Howard (2) Steve Berridge (3) Dimos Georgiadies

Congratulations

Jef and **Sarah** who celebrated 20 years of Marriage in August.

Rod and **Carol** who celebrated 23 years of wedded bliss (Carol says she'd had a few when Rod proposed and said yes because she thought he was someone else!)

Harry and **Bex Wilkes** who have now been Married for 4 years.

PB's

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

(This doesn't include the 30@20 as it's on the ITC page.)

FWG.....HM....1:26:01.7 av 2:02.3 pace, a pb improvement of 71.7 seconds

Quills....HM...new PB of 1:38:44.1...and a new 2k PB of 7:58.1 - nearly 14 seconds off previous attempt

Barry Stults.....5K...19:58.3 (fastest for 5 years)

Harry Wilkes.....30 mins...8257.

Welcomes

The following all joined us in August so welcome to;

Damian Taylor.....Djtaylo2

Chris Dearing.....Christophorus

Neil Nelson.....inaes

Harry Wilkes.....CptnHoss

Bouke Dieleman.....dieleman

Birthdays

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

Andy HallTrickyTree..... 44

Eddie ventress.....Eventfull.....51

Gwyn Roberts.....GTRsnr.....32

Ian Laird.....Lairdy.....46

Club Kit

Get your club T-shirts 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.

And Finally.....

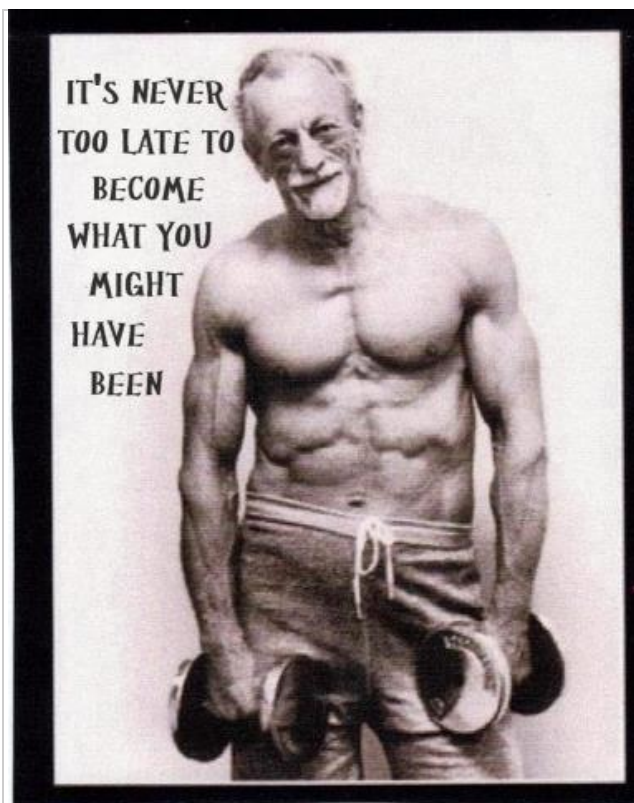
Those of you that use the treadmill when you go to the gym take care or you'll end up like this chap;

<http://www.break.com/index/dont-c-walk-onto-a-treadmill.html>

Arthur Brown and Alice Cooper doing 'Fire' together (one for Bezza and the other Rock lovers!)

<http://www.youtube.com/watch?v=nkueGekd2jA&feature=related>

And one last thought for those of us of a certain age.....



That's it for August have a happy erging September folks