



The voice in your head that says "you can't do this" is a liar!!

## Sub 7 August Newsletter

**Greetings Sub 7'ers,**

The older you get the quicker the time seems to pass and given that I'm another year older this month August seemed to pass in the blink of an eye but for those that missed anything here it all is.

Hopefully I'll be meeting up with as many of you as can make it to Giles mile event in Shrewsbury on the 8<sup>th</sup> and the Bristol 2k in October as we all start to gear up for the big one in December.....BIRC!

I've put the ITC results into a new format so everyone gets a mention...whether you did it or not! So hope you like it and feel it's a bit more motivating to get you onto the "Iron Lady" and have a good go at it.

Cheers all,

**Rod.**

## British Record

Well done to **James Howard** who set a50-59 lwt 1k world record of 3:09.4 (1:34.7, 36 spm)

## Welcome New Members

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

Russell Parrington.....C2 Forum Name.....Russell1982

# The Intra team Challenge (ITC)

30 mins @ 20spm

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=86](http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=86)

Here's a roundup from Anthony Gothard;

50 brave souls were man (or woman) enough to give the ITC a go in August.

This low rate stuff calls for some real strength and muscle endurance. It's not going to suit everybody but I'm amazed that over half of us were able to hold 2:00 minutes or less for half an hour at 20spm! Actually I should say half of "you" rather than "us", because us suggests that I'm included in this group, but I'm not.

Congratulations to the following people who bettered themselves from this time last year:

**Rod**.....306m improvement.

**Susan**.....229m improvement.

**Giles**.....124m improvement

**Harry Wilkes**.....68m improvement

**Mark Powell**.....63m improvement

**Tracey**.....43m improvement

**Ant S**..... 26m improvement

**Marjorie**.....17m improvement

**James Howard**.....9m improvement

Thanks for all who took part. This month brings us the 6 x 500m 2'r, which is a staple training piece for most of us, so we should get a good turn out and have some stiff competition throughout.

Have fun all!

Anthony

## Results by Category

(With thanks to **Susan** for sorting them out and **Carol** for formatting it)

	<b>Men's HWT</b>	<b>Men's LWT</b>	<b>Women</b>
	<b>33 out of 49 (67%) took part</b>	<b>9 out of 13 (69%) part</b>	<b>8 out of 15 (53%) took part</b>
1	Giles Clarke	James Howard	Tracy Watkins
2	Warren Matthews	Rob Wilson	Carol Woodward
3	Harry Wilkes	Steve Berridge	Clare Busst
4	Martin Still	Toby Lunn	Marjorie Roome
5	Johnny Kolster	David Marshall	Sarah Quilliam-Mayne
6	Richard Cheeseman	Ken Fairley	Susan Young
7	Glynn Powell	Dimos Georgiades	Dawn Spears
8	Mark Powell	George Bingham	Gaynor Johnson
9	Casey Clarke	Jef Hutchby	
10	Richard Steventon		<b>No Entries From:</b>
11	Michael Jonas	<b>No Entries From:</b>	Diana Kornbrot
12	Matt Wilmington	Matt Rockett	Elaine Graham
13	Gary Steadman	Petr Arnold	Kerry Harris
14	Simon Oldfield	Richard Hall	Penny Bates
15	Lars Kofod-Jensen	Steve Plank	Ruth Boatzel
16	Martin Stefan	Matt Rockett	Sally Fisher
17	Ant Stansbie		
18	Aaron Lancaster		
19	Mitchell Crawford		
20	Dominic Grierson		
21	Paul Duncan		
22	Mike Pearce		
23	Iain Thayne		
24	Graham Lofthouse		
25	Rod Chinn		
26	Simon Lake		
27	Iain Laird		
28	Anthony Gothard		
29	Jeff Hunt		
30	Caleb Evans		
31	Steven Davies		
32	Chris Levy		
33	Charles Morley		
	<b>No Entries From:</b>		
	Andy Townsend		
	Bob Cook		
	Chris Gregory		
	Damian Taylor		
	Gwyn Roberts		
	Mike Wrenn		
	Paul Wilkinson		
	Richard Puttock		
	Robert Shields		
	Rob Smith		
	Rowland Hills		
	Simon Barnett		
	Steve Sempert		
	Dougie Lawson		

# Here's how not to do it!

<http://www.youtube.com/watch?v=ID8uzn52Ctl&feature=share>

## The Cross Team Challenge

### (CTC)

<http://c2ctc.com/>

Top boat finished in 3<sup>rd</sup> place so well done to the fast folk!

We floated 9 boats in total which is slightly down on the usual number but were only a couple of lwt's short of making it 11 so should be back up to 10 or more this month .

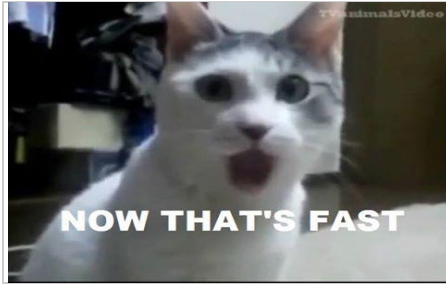
## Cumulative ITC Table

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=96](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 '**July to September**'

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

# 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)**

**Matt Wilmington....wilmo1979.....2k in 6:51.4 and 8006 in 30 mins.  
Plus 5k in 18:12.6**

**Aaron Lancaster.....2k in 7:05.6**

**Mark Powell..Winstonsdad....4 x 1k.5'r....av.1:40.4, a PB by 0.4**

**Aaron Lancaster.....2k in 6:58.4....first ever Sub 7!**

**Clare Busst.....10k in 39.04.0...1:57.2...34 spm.**

**Dawn Spears.....hit a new heartrate max with 179 during the CTC having never been over 175 before!**

**Graham Lofthouse.....2k in 7:10.8..a PB by 4.8 seconds!**

**Dominic Grierson.....First Sub 7 2k with 6:55.2!**

**Russell Parrington.....First sub 7 with 6:53.5!**

## Birthdays

**I get the dates from the Board Index page of the C2 forum so if you haven't put it in your profile it won't be on there and I won't know about it so please make sure it's in your profile. **The following all celebrated Birthdays in August so many happy returns to;****

**Clare Busst.....33**

**Gwyn Roberts.....GTRsnr.....33**

**Ian Laird.....Lairdy.....47 (so another year closer to the big Five Oh!)**

## Congratulations to;

**Jef** and **Sarah** who celebrated 21 years of Marriage in August.

**Rod** and **Carol** who celebrated 24 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 5 years.

**Graham Lofthouse** and his good lady have been married for 15 years this month.

## 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>

# Upcoming Competitions

Plenty of other competitions towards the end of the year where we can look forward to some Sub 7 gatherings (and some rowing!) here's a list;

**Sunday 8<sup>th</sup> September**.....The Shrewsbury **Mile** races organised by our own **Giles Clarke** and **Ian Hoy**....with me and **Jef**. doing the microphone commentary.

<http://therowingcompany.com/forum/viewtopic.php?f=2&t=25728>

Sat 12<sup>th</sup> October.....Grimsby Mile,100m & 300m.

Sat 19<sup>th</sup> October.....Bristol 2k

Sat 7<sup>th</sup> December.....Cardiff BIRC...I'd suggest that those staying over use the Holiday Inn in Cardiff Bay, it's always far more 'social' if we all use the same hotel.

## This is the best sob story I've heard in ages;



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