



*Pain is nothing compared to what it feels like to quit.*

## **Sub 7 December Newsletter**

**Greetings Sub 7'ers,**

**Happy New Year** to you all, it was a busy and successful 12 months on the erging front and I'm sure the next 12 will be just the same if not more so!

The year finished on a high with a **World Record** from **Marjorie** along with some British ones and a storming **British Record** from **Richard**.

Plenty to look forward to in 2013 with **EIRC** on the 27<sup>th</sup> of January and the '**Fun in the Forest**' on the 23<sup>rd</sup> of February being the first of the years club 'get togethers'.

If you've made "Train Harder" a New Years resolution you won't go far wrong so here's what happened last month and plenty to look forward to next;

Cheers all,

Rod.

## **Welcomes**

**Glynn Powell**....."The Big Fella" joined us last month so a *big* welcome to a *big* fella. **Glynn** has entered his first competition this month with the 1k in the Scottish Championships, he's ordered his club kit from **Jef** so good luck Glynn, I'm sure you'll do the shirt proud!

## The Intra team Challenge (ITC)

[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)

Well done to our winners;

**Ladies**.....1) Tracy 2) Marjorie 3) Carol

**Mens Hwt**....1) Richard 2) Michael 3) Giles

**Mens LWT**.....1) James 2) Bezza 3)Planky

## The Cross Team Challenge (CTC)

<http://c2ctc.com/>

Well done and thank you to all who contributed, we put out 12 boats (our nearest rivals only got 8!) and boat 1 finished in Silver medal position so well done to Richard, Eddie, Casey, Rod and Sally for putting in such a big effort!

## 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 '**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 **Warren** who scored the most Points over the last 12 months and to **Carol** who was our top lady. Top Lightweight was **James**.

# Congratulations on PB's

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

(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)

**Susan Young.....Two Pudding Kid.....** 13578m for a new 1 hour PB by 33m,

**Toby Lunn.....Bojam....**5k in 18:53.

**Bob Cook.....**6k...21:45 (1:48.7) and 30 mins 8214 (1:49.5

**Paul Wilkinson.....**30 mins...7720

**Damian Taylor.....** 5k ..... 18:16.5 a PB by 16.8 seconds

**AndyT.....**5k 18.05 (1:48.5)

**Toby Lunn.....** 5k....18:38.7 and 15336m in 60mins.

**Jonasm.....** 60mins 16465m

## World Record

**Marjorie.....**did 5k....in 20:11.8, inside the **World Record** (set back in 2005 by Ingrid Peterson) by 6.4 seconds!

## British Records

**Marjorie.....**HM.....Final time 1:31:15.6 (pace 2:09.7) and a new BR by 22 seconds.

**Marjorie.....**60 mins new BR...14051...(2:08.1)

**Richard.....LGF.....** HM regained the 50-59 Mhwt British Record. Broke it by 23 sec, a new pb by 53 sec .

21097 - 1:48.1

# Birthdays

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

Warren Matthews

Andy Townsend

Dawn Spears

Warren Beardall

Kimberley Naylor Perrot

Sarah Quilliam Mayne

# 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>

# Some Stats

Here's the up to date Active Members list;

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=85](http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=85)

We currently have **61** members on the list with another **7** one month away from re-qualifying.

Last month **45** different members posted on the chat thread. **34** did the ITC and **51** did the CTC.

Remember.....2 consecutive months with no CTC or ITC entries and you come off, 2 consecutive months of doing a minimum of of them per month and you go back on.

## EIRC

With no **BIRC** in March and possibly no **BIRC** at all the English Indoors at the **Manchester Velodrome** is now assuming more importance so we're expecting another good turnout on January 27th from club members.

For those that want to stay we usually use the Holiday Inn Express in Hyde Road and have a meal next door in the 'Bandstand' Pub so get your bookings in now to join the merry throng.

Some of us are staying over on the Sunday too so will be getting together for another meal.....but this time with some "drinkies"!

<http://www.hiexpress.com/hotels/gb/en/manchester/mchea/hoteldetail>

## Fun in the Forest

Don't forget the club "training day" on Saturday the 23<sup>rd</sup> of February. There will be a post row meal and the Hotel are giving discounts on rooms.

Here's where it is;

<http://www.hotels.com/ho397650/brambletye-hotel-forest-row-united-kingdom/>

*That's it for October have a happy erging January and all  
of 2013!*