



"Big shots are only little shots that keep shooting."

"A couch potato would be lucky to get 3 litres of oxygen a minute... Rowers average 6.5 to 7."

Sub 7 February Newsletter

Greetings Sub 7'ers,

I can't really start by saying that February was a "busy" month because *all* the months seem to be "busy" as far as **Sub 7** is concerned!

We've had medals at the World Championships, British Records, a training day (followed by a very 'social night'!), PB's and enough activity to light a large city so here's what happened.

Cheers all,

Rod.

World Championships

Two of our members represented the club with great distinction in Boston, USA;

Marjorie Roome Ladies 60-64 Hwt.....Silver

James Howard Mens 50-54 Lwt.....Bronze

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. (2) Dave Crawford. (3) Michael Jonas

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

Men's Lwt.....1) Gary Curtis. (Rob Wilson. (3) James Howard

The Cross Team Challenge (CTC)

<http://c2ctc.com/>

We floated a terrific 14 boats in February so a big 'thank you' to all who contributed.

Our top boat finished in Second place which leaves us comfortably Top of the League for the Season to date.

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 '**January to March**'

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)

Damian Taylor.....30 mins...8316m 1:48.2....and 60 mins 16076/1:51.9....and 5k in 17:33.1. 1:45.3 a PB by 20.8 seconds. Plus 30'r20 8086.

Iain Thayne....**Mphab**.....30 mins.7924 (1:53.6) a PB by 120m

Ken Fairley...**Mr Jolly**....30 mins PB of 8037 (1:51.9)) and HM...1:23:04.6 1:58.1....and quite a few 2k's ending up with a terrific**ROLL ON THE DRUMS**.....6:58.4....**so Sub 7** at last!!!!

Kerry Harris..... knocked 36 seconds of her 5k to leave her a 21:15 ... (2:07.5)

Chris Levy....**Schuey**.....30 mins in 7799.

Quillers.....30 mins 7010.....and.... 2k - 7:55.7.plus a 5k in 21:06.6 and a 500 in 1:47.3 in the same session!

Wazza.....30 mins 7377...2:02.0

Glynn Powell.....8 x 500.av. 1:36.7, plus a 5k in 17:54.2 (1:47.2)

Toby Lunn....**Bojam**....60 mins...15,610.....a PB by 274m

Andy Townsend.....30 mins 8243..1:49.1

Bob Cook....60 mins.....16062

Chris Dearing.....Christophorus.....30 mins....7261....2:03.9 and 2k in 7:34.5

Kerry Harris....5k in 20:44.3/2:04.4, a PB by 30.8!

British Records

Richard Cheeseman.....LGF.....30 minutes..... 8771m (1:42.6), a New British Record by 46m

Marjorie.....2.5k....in 9:54.6 (1:58.9). a new BR by 4.5 seconds

81 year old Charles Morley broke 3 of his own 80-89 HWT British Records in the space of 2 hours:.....**2500m** New record: 12:05.8 (Old record 12:18.6) - did even quicker on 20 Feb but no witnesses or validation code so cannot count a 12:03.6.....**100m** New record: 22.6 secs (Old record 24.4secs) caned out some 1:46s, never seen him go so fast....**500m** New record: 2:06.9 (Old record 2:15.0).....**Well done Charlie!**

Two Puds Travels

Susan represented **Britain** and **Sub 7** with great distinction in the **Paris 10k** event where she came away with the **Gold** medal in 44:17 as well as Essen, Amsterdam Bexhill and most exotic of all.....**Forest Row!**

Here's Susan's report;

Amsterdam 20 mins - 20 Jan - 4759m - 2:06.1 - 3rd of 3 - great result and bodes well for a sub 21 min 5k on a good day, (last time I did that I hit my ergo HR Max of 193 so will pick my time when I am up for a real 100% TT death by ergo and the feeling of yuk that goes with it). :S Have special competitive sports insurance to cover such eventuality for my foreign exploits .

Euros 2k, Essen - 26 Jan - 8:11.1 - 2:02.8 - 3rd of 4 and best time for two years. Anyone would think it was the Oscars the way we had to wait offstage to wait our call to perform.

Bexhill Mile - 10 Feb - 6:34.3 - 2:02.6 - 1st of 8/9 (all womens 30+ and 40+ LWTs and HWTs rolled into one race and just made the most of everyone elses fly and die to go from last but one to first with about 150m to go - must have looked cool on the big screen which I couldnt see :lol:).

Creil 10k, France - 17 Feb - 44:17.3 for 10k and I suppose title of "French Open de Picardie 10000m female champion for 2013" if I need bragging rights" :-O , (pants performance at steady 2:13 but easy 1st of 4 by 1 min and 42 secs with a croaky sore throat). Massive trophy to get home, (might be able to scan a picture).

Eindhoven was cancelled so tried a **Fun in the Forest** 2500m at Euros 2k pace, (never close after 1k in), and 6818m for 30 mins,

Birthdays

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

Steve Berridge.....Bezza.....44

Penny Bates.....Winstonsmum.....39

Posting Tips

The quickest way to read the Sub 7 chat thread is to receive an email when someone posts something new on there, when you click on it it will take you to where you last read which saves having to look back and remember where you were.

To set up the C2 site to send you email notifications of new posts on the club chat thread and any others you may be watching follow these steps;

Go to the Forum page of the C2 site

<http://concept2.co.uk/forum/>

Click on 'User Control Panel' (on the green band near the top)

Board Preferences

Edit Posting defaults

Set them all to yes

Save

You will now get an email whenever a new post comes on the chat thread and you will be taken to where you last read which saves going to the end and working back.

Also;

When posting, if you open a word document and type your post on there you can then switch back to the forum and note other posts you'd like to make positive comments on then copy and paste onto the chat thread, it saves trying to remember who's said what and enables you to put a few 'well done's' in rather than just talk about yourself.

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 February have a happy erging March