



The roots of true achievement lie in the will to become the best that you can become

Sub 7 January Newsletter

Greetings Sub 7'ers,

January was a busy month with the **English Championships** at the Manchester Velodrome taking centre stage.

We had an excellent turnout of members competing and proudly collected a large bag of medals which was great to see.

Marjorie has continued to rewrite the record books, **James** has got his name up in lights with a **BR** of his own, many have set PB's and we've welcomed quite a few new members so all is well In the **Sub 7** garden by the look of it.

The next club get together is the '**Fun in the Forest**' training day on the **23rd** of **February** so hope as many of you as possible can make it as well as the **Basingstoke** 2.5k races that **Dougie** is running again this year, date to be confirmed but probably early April.

There is also the chance of a bit of a club meeting if enough of us want to do a coaching session with **Colin Williamson** (**A7** on the Forum and and International OTW rower) in **London** fairly soon or feel free to contact him individually if you want to organise going to see him yourself.

Read on for more info on all these goodies and well done everyone for the ongoing efforts you put in on the infernal contraption.

Cheers all,

Rod.

Welcomes

Gaynor Johnson.....Gloria

Chris Levy.....Schuey

David Marshall.....boatdeck

Iain Thayne.....MPhab

Andrew Bodley.....adbodly

Kerry Harris.....KHarris

Dave Ashworth.....41Hound

And Welcome back.. **David Brown**

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) Tracy Watkins (2) Marjorie (3) Sarah Quilliam-Mayne

Mens Hwt....1) David Scott (2) Simon Barnett (3) Warren Matthews

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

The Cross Team Challenge (CTC)

<http://c2ctc.com/>

Our top boat finished **FIRST** so well done and thank you to Sally, Michael, Warren, Richard and Rob.

We floated a fantastic **14 boats** so big thanks to all who took part and 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.

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)

Andy T..... 30r20 7849m, 1:54.8 a PB by 249m and 10k...
1:50.636:52.6

Michael Jonas.....10k 35.04,3 (1:45,3)

Damian Taylor.....8106m 1:51.0 New pb by 251m and 5k....17:53.9 @
28, 1:47.3 average....plus 60 mins.....15808m @ 1:53.8, New pb by 762m

Ken Fairley (Mr Jolly).....10k.....Total time was.38:36.0....1:55.8...New
PB by 18 seconds!.....plus 2k in 7:01.8....and 30 mins.....7904m ... 1:53.9 @
31

Graham Lofthouse...Lofty63.....5K. smashed his PB by some
35seconds. 19:28.8. and....PB for the 30 minute row. SMASHED THE PB
again by some 501 metres to get 7641m.

Toby Lunn.....Bojam.....10k, 37:49.8, new PB and...a 30 min PB, 8002m

Dave Ashworth.....41Hound.....10k....39.08.2...a PB by 22 seconds!

Special mention for **Lofty** who did 6 PB's in one day!

PB

Previous Result

Recent Result

500M	1:43.9	1:42.1
1000M	3:45.9	3:37.8
4 Mins	1067	1092
2000M	7:36.7	7:29.5 (7.2 Seconds)
6000M	Can't remember	23:25.5
30Mins	7641M	7658M

British Records

James Howard.....10k.....35.36.3 (1.46.8) New BR 50 - 59 lwt.

Marjorie Roome.....10k...Total time 41:48.1, pace 2:05.4 and a new BR by 22 seconds 60-69 Hwt and an improvement to her 2k record with 7:45.8

Birthdays

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

Richard Collins.....Unfitandfat.....51

Glynn Powellthebiggfella (44)

Yasmin Marks.....Yazer....21

Peter Head.....Lone Penguin (49)

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!

EIRC

Here are the Sub 7 2k Medal winners;

Warren Matthews. Silver

Mike Wrenn Gold

Charles Morley Silver

Carol Woodward Gold

Tracy Watkins Silver

Marjorie Roome Gold.

Diana Kornbrot. Gold

James Howard Gold.

Rod Chinn. Bronze

Dimos Georgiades. Bronze

Andy Townsend. Bronze

These are the 500 metre Sub 7 medal winners.

Alan McGloughan Bronze.

James Howard Gold

Dimos Georgiades Gold

Ken Fairley Bronze

Diana Kornbrot Gold

Marjorie Roome Gold

Fun in the Forest

Don't forget the club "training day" on **Saturday the 23rd of February**. There will be a post row meal and the Hotel is 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 February