



Sub7 Newsletter – January 2014

It's not what you do once in a while, it's what you do day in and day out that makes the difference

Greetings Sub7'ers,

"If you want to win something, row 2,000 metres. If you want to experience something, row a marathon." I chose to open my term as Sub7 Newsletter Editor by paraphrasing the legendary Czech marathon runner, Emil Zatopek, because 2014 appears to be shaping up to be The Year Of The Marathon for quite a few of us. Zatopek's aphorism neatly emphasises the huge difference between the end game for a normal indoor rower (if indeed anything about us can be described as "normal") and that of an indoor rowing marathoner. The 2K is all about the end result, but doing a marathon on the C2 is much more about surviving the journey than it is about your finishing time. The fact that you've completed it is reward enough. That said, I **will** break the 2:50 barrier in my attempt in May, and I'm sure everyone else has set their own target times which I'm sure they'll smash. So I wish all my fellow 2014 marathoners every success with your gruelling training programmes and on the day.

But it's not just us marathoners who've set ourselves a challenge for 2014. I'm sure every single member of this awesome club has identified his or her own goals for the new year, whether it be a new PB, BR, WR, weight loss, or just a declared intention to remain injury free or to achieve a general improvement in all-round fitness, strength and/or endurance. It's what we do, isn't it. So I wish you all every success in your endeavours too. Here's to a happy, prosperous and successful 2014 for us all.

As far as the Newsletter is concerned, I'll be continuing the good work that Rod began by keeping generally to the same format and content. However, I do want to start something new, namely a Letters To The Editor section, although its moniker will be much pithier [and no, I don't speak with a lisp] to acknowledge the fact that, if I do receive any correspondence from you lot, it's guaranteed to be in anything but letter form. Obviously, I can't include it in this issue because no-one's written to me yet because I haven't asked you yet. (Duh!) So please, get writing. Send me anything, by email (george.bingham@btconnect.com), text (07736 647392), PM on the forum, Facebook message, Twitter (@GeorgeEffBee), by hand (53°49'35.9"N, 2°0'16.8"W), by telepathy if you can manage. Any way you like. On any subject you like (as long as it isn't too rude). Send it through and see your name in lights in the next issue.

Finally, I must mark this auspicious occasion with a huge thank you to Rod for initiating the club newsletter and keeping it going for so long. I'm sure it wasn't an easy task (and I'm about to find out how difficult it is), but you did a tremendous job in sticking at it, Rod. Many of you already know that Rod appears to have marked his retirement, and is now filling the extra time that he now has available at the beginning of the month, with some middle-of-the-night, semi-naked bog-snorkelling in a frantic attempt to persuade a few million litres of water that "you really don't want to flow

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copiously over my and Carol's beautiful [and no doubt hideously expensive] wooden floor, but instead to channel your energies down this wonderful, warm, cosy ditch what I has just dug out for you, pretty please". Much easier than writing the club newsletter, I've no doubt. Enjoy your "retirement", Rod, and thank you again for doing such a great job.

In closing my first editorial, I'll reassure you that the next one won't be anywhere near as long, and I'll shamelessly steal the saying of another famous person (though this one isn't real) and murder it for my own purposes:

Erg long and prosper



Cheers for now,
George (EeBeeGeeBee, or EBGB for short)

Records, British and Otherwise

Top marks in December have to go to **Marjorie Roome (Amazing Amazon)** for hitting the dizzy heights of a new **World Record** in the **Womens HWT 60-69** category for the 60' of **14306m**. And that was only a few days after setting a new **British Record** over the 5k of **20:07.4**. An amazing month for an amazing Amazon! (However, I note that a certain Ann Wopat has since posted an even better distance – looks like you're going to have to go again, Marjorie ☺). She then "rested" for a week or so, and then promptly scored a new **British Record** for the HM with **90:29.5**. Definitely the Sub7 Rower Of The Month in my book.

Kudos, too, to **Carol Woodward** for smashing her own **British Record** over 2k at BIRC, with **7:44.1**.

Welcome New Members

The following joined us last month, so a warm Sub7 welcome is extended to:

Richard Campos.....Richardcampos

Gene Shue.....Shueswim

Dan Vickerman.....daniel.vickerman

The Cross Team Challenge (CTC)

(<http://c2ctc.com>)

Only **9** boats floated in the December 2013 competition (3x2000r3), together with one more partially filled boat. A bit down on previous months, but December was a busy time so no surprises there. Thanks to everyone who contributed. This month's CTC is a 5k blast courtesy of The MAD Team. Sounds like fun.

The Intra Team Challenge (ITC)

<http://www.gffl.myzen.co.uk/sub7/challenges-comps/sub7-view-challenge-results>

Results of Sub7 Challenge November 2013 (2,000 metres) by Category

(which didn't make it into Rod's last newsletter last month)

courtesy of Susan Young (TPK)

	Men's HWT	Men's LWT	Women
	34 out of 63 (54%) took part	9 out of 16 (56%) took part	8 out of 19 (42%) took part
1	Glynn Powell	James Howard	Carol Woodward (LWT)
2	Johnny Kolster	Russell Parrington	Marjorie Roome
3	Warren Matthews	David Marshall	Lucy o'Brian (LWT)
4	Mark Powell	Dimos Georgiades	Emma Scherp
5	Richard Steventon	Steve Berridge	Susan Young
6	Simon Barnett	Toby Lunn	Dawn Evans
7	Michael Jonas	Rod Chinn	Nadine Boles
8	Christopher Casley	George Bingham	Gaynor Johnson
9	Dominic Grierson	Jef Hutchby	No entries from:
10	Harry Wilkes	No entries from:	Diana Kornbrot
11	Aaron Lancaster	Matt Rockett	Elaine Graham
12	Robert Shields	Peter Arnold	Penny Bates (LWT)
13	Richard Cheeseman	Richard Hall	Ruth Boetzel
14	Ken Fairley	Rob Wilson	Sally Fisher
15	Jamie Virtue	Warren Beardall	Sarah Quilliam-Mayne
16	Giles Clarke	Matt Wilmington	Tracy Watkins
17	Iain Thayne	Steve Plank	Clare Busst (LWT)
18	Ant Stansbie		Dawn Spears
19	Gary Steadman		Pavla Toracova (LWT)
20	Andy Townsend		Kerry Harris (LWT)
21	Chris Levy		
22	Andy Mudge		
23	Nick Scott		
24	Henrik Lerdorf		
25	Lars Kofod		
26	Casey Clarke		
27	Richard Collins		
28	Simon Lake		
29	Caleb Evans		
30	Michael Alverly-Anderson		
31	Iain Laird		
32	Steven Davies		
33	Chris Gregory		
34	Charles Morley		
	No entries from:		
	Bob Cook		
	Damian Storer		
	Damian Taylor		
	Dougie Lawson		
	Gwyn Roberts		
	Graham Lofthouse		
	Jeffrey Hunt		
	Mike Wrenn		
	Mike Pearce		

	Paul Duncan		
	Paul Wilkinson		
	Richard Puttock		
	Rob Smith		
	Simon Bracken		
	Simon Oldfield		
	Steve Sempert		
	Martin Still		
	Andy Jeal		
	Simon Artes		
	Russell Parrington		
	Mitchell Crawford		
	Martin Stefan		
	Mark Chivers		
	Dan Blakey		
	Anthony Gothard		
	Rowland Hills		
	Steven Davies		
	David Heath		
	Chris Farwell		

Swiftly followed by:

Results of Sub7 Challenge December 2013 (Half Marathon) by Category

	Men's HWT	Men's LWT	Women
	26 out of 66 (39%) took part	5 out of 15 (33%) took part	4 out of 19 (21%) took part
1	Giles Clarke	Toby Lunn	Marjorie Roome
2	Warren Matthews	Matt Wilmington	Lucy o'Brian (LWT)
3	Harry Wilkes	Steve Berridge	Susan Young
4	Michael Jonas	Jef Hutchby	Sarah Quilliam-Mayne
5	Johnny Kolster	Ian Hoy	
6	Richard Cheeseman		
7	Mark Powell		No entries from:
8	Andy Townsend	No entries from:	Diana Kornbrot
9	Christopher Casley	Matt Rockett	Elaine Graham
10	Glynn Powell	Peter Arnold	Gaynor Johnson
11	Martin Still	Richard Hall	Penny Bates (LWT)
12	Andy Jeal	Rob Wilson	Ruth Boetzel
13	Dominic Grierson	Warren Beardall	Sally Fisher
14	Ken Fairley	Steve Plank	Tracy Watkins
15	Graham Lofthouse	James Howard	Clare Busst (LWT)
16	Henrik Lerdorf	Russell Parrington	Dawn Spears
17	Dan Blakey	Dimos Georgiades	Pavla Toracova (LWT)
18	George Bingham	Rod Chinn	Carol Woodward (LWT)
19	Ant Stansbie		Emma Scherp
20	Paul Wilkinson		Dawn Evans
21	Lars Kofod		Nadine Boles
22	Nick Scott		Kerry Harris (LWT)
23	Richard Campos		
24	Mark Chivers		
25	Simon Lake		
26	Charles Morley		
	No entries from:		

	Bob Cook		
	Damian Storer		
	Damian Taylor		
	Dougie Lawson		
	Gwyn Roberts		
	Jeffrey Hunt		
	Mike Wrenn		
	Mike Pearce		
	Paul Duncan		
	Richard Puttock		
	Rob Smith		
	Simon Bracken		
	Simon Oldfield		
	Steve Sempert		
	Simon Artes		
	Russell Parrington		
	Mitchell Crawford		
	Martin Stefan		
	Anthony Gothard		
	Rowland Hills		
	Steven Davies		
	David Heath		
	Chris Farwell		
	David Marshall		
	Richard Steventon		
	Simon Barnett		
	Aaron Lancaster		
	Robert Shields		
	Jamie Virtue		
	Iain Thayne		
	Gary Steadman		
	Chris Levy		
	Andy Mudge		
	Casey Clarke		
	Richard Collins		
	Caleb Evans		
	Michael Alverly-Anderson		
	Iain Laird		
	Steven Davies		
	Chris Gregory		

Cumulative ITC Table

(<http://www.gffl.myzen.co.uk/sub7/challenges-comps/sub7-challenge-table>)

Under **Select a period**, click on the arrow and choose **January to April**.

Under **Select a month**, click on the arrow, choose **Total Points**, then click on **GO** to see where you are.

BIRC 2013

Jef.'s pre-match team talk to end all team talks – so good I just had to copy it here:

"I joined Sub 7 in October of 2005 and the first competition I attended was BIRC '05 A great experience and a real catalyst for me and my growing love of the erg, the sport and the camaradery that surrounds the races.

The fact that you can be struggling but be cheered along by members of MAD or Paddies ... regardless of what ever your team affiliation.

Since then I've been at every BIRC ... 8 of them. and they've all renewed my love of the community and event. .. and I'm really quite sad and jealous right now at missing my first one.

If truth be told I feel at my most divorced from the club I took over in January 2007 . I'm hoping that you'll all post things here and Facebook and I'll look on and feel a part of it, a vacarious attendance so to speak.

A few tips though.

DONT go off too fast !! (most of you will 😊😁) What you take out of the pot extra at the beginning you'll lose double at the end.

DONT listen to your body at half way !! It will be lying to you! It will tell you to stop. Its just looking for an easy life... if you're at a pace your training says you can sustain... then you can sustain it! stick with it, it's worth it at the end.

DONT go out looking for a pace you've never had your training predict you can do. This isn't magic, it's science! Where the hell do you think you'll find that extra 10 seconds from if it's not been there in the fast intervals? 😞 Be a little conservative. Throw everything at it in the last 500 when you can crash over the line as a burning wreck... it's not as if you have anything else to run for after the race 😊

ENJOY IT ! If things don't go according to plan, it's not the end of the world. Learn from it and come back stronger .. you're human, it's what we do best.

All the best Sub 7 I hope you achieve all you set out and trained for ... remember

One Team... but part of **One Community** ... and the **One Goal** is be as good as you can be while supporting others to do the same. Regardless of affiliation."

And now the results:

M Open HWT Matt Vanstone 6:19.6 Silver

M Open LWT Simon Artes 6:42.2 Gold

M 30-34 LWT Russell Parrington 6:47.0 Silver

M 40-44 HWT Warren Matthews 6:26.2 Silver (behind Graham Benton's World Record row)

M 40-44 HWT Mark Powell 6:37.2 9

M 40-44 LWT Ken Fairley 6:55.1 4

M 45-49 LWT Dimos Georgiades 7:05.1 Bronze

M 50-54 HWT Andy Townsend 6:42.8 Bronze

M 50-54 HWT Ant Stansbie 6:53.8 4

M 50-54 LWT James Howard 6:41.0 Silver

M 50-54 LWT Toby Lunn 6:56.9 4

M 55-59 HWT Richard Cheeseman 6:23.9 Gold

M 55-59 LWT Rod Chinn 6:58.5 Silver

M 60-64 HWT Richard Steventon 6:32.7 Gold

M 70-74 HWT Mike Wrenn 7:18.7 Gold

M 80-84 HWT Charles Morley 9:49.8 Silver

W 40-44 HWT Dawn Spears 8:12.7 5

W 55-59 LWT Carol Woodward 7:44.1 Gold

W 60-64 HWT Marjorie Roome 7:46.3 Gold

That's 6 Gold, 6 Silver, 2 Bronze and some very respectable placings. That's a Sub7 PB! That was some team talk, Jef.!

Sealand Championship 2013, Denmark

(Report by Lars Kofon (kaufuss))

"Now reporting from Denmark. Today it was racetime at the Sealand Championship, and it was great fun. I met up with Jokol (Johnny Kolster) and Henrik Lerdorf of the Dansih section of Sub7. Johnny was racing and Henrik coaching him on.

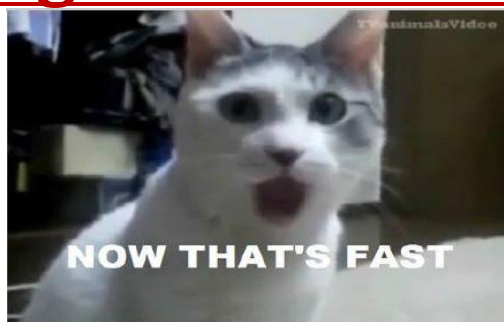
Johnny did really well and came in second in our race (45-49) in a fantastic time of 6:35.0. He took silver in his very first race, and from what I could see out of the corner of my eye, he looked very strong. Very well done.

Me, well lets just leave that one alone.

But here goes. The plan was my 2k PB paces. 1:40.5, 1:44.6, 1:43.8, 1:39.3, with the slowest 500 first and speeding up.

Everything went according to plan (sub 6:50) for the first 1,500 m. Slow start 1:44.6 bit faster second around 1:43.6 the 3rd one I'm not sure but faster still. The last 500 was all over the place but not where it should be. It all ended in 7:03.8 nowhere near what I thought I could. Well there'll be another day."

Congratulations on PBs



Well done to all the following folk who worked that little bit harder and set PBs last month:

Pavla managed a 5k PB of 20:40.something, in her first race, racing as a LWT too.

Emma posted a PB for the HM with 1:33:16.4 ... it was her first HM, so a PB was guaranteed. That's a heck of a time for a first HM.

Ken Fairly (MrJolly) got a 2k PB at BIRC - **6:55.1**.

Rod Chinn reported a LWT PB at BIRC, with **6:58.4**.

Mark Powell (winstonsdad) also reported a PB at BIRC, with **6:37.2**. And right at the end of the month, a PB in the HM of **1:20:34.4**.

And another 2k PB at BIRC, this one for **Toby (bojam)**, with **6:56.9**, which he followed the day after with a PB for the HM of **1:21:50.8**. What a weekend for Toby!

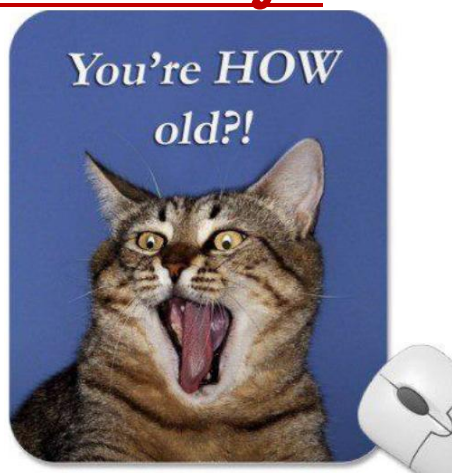
Nadine got a PB for the 2K in a race in NYC (I think). **7:52.3**, which is a 2.7 sec improvement. And she got a gold medal to boot. And at the end of the month, she threw in a 5K PB of **24:16.0**.

Richardcampos scored a PB over 10K with **42:12.0** (although he caused a bit of a stir when he posted it originally as **32:12.0** ...). He also did his first ever 30', so that comes in as a PB too (**7681m**).

Matt Wilmington (willmo1979) threw in a PB for the HM with **1:23:19.1** virtually on the stroke of midnight on 31st Dec, so it just counted for the December ITC.

Gladiators, we salute you (and apologies if I missed anyone – if I did, PM me and I'll give you a shout in the next Newsletter).

Birthdays



I didn't spot anyone having a birthday in December. I'm sure there were some, but they passed me by, I'm afraid. So it's a generic Happy Birthday to you December babies.

Congratulations to:

Giles.....on his new relationship ... with a brand, spanking new Model D

Anthony Gothardand his good wife, Jossy, on the birth of their son, Ryan.

Club Kit

Get your club T-shirts, Vests, Hoodies, Fleece's here. Just click here to order a T- Shirt:

<http://www.gffl.myzen.co.uk/sub7/about-us/fags>

Or look here at all the other stuff you can get and order the same way:

<http://godfrey.co.uk/rowing>

Upcoming Competitions

Plenty of competitions coming up at the start of the new year, where we can look forward to some Sub7 gatherings (and some rowing!). Here's what I know:

January 25th ... European Champs, Copenhagen

16th February ... World IRC, Boston, Massachusetts

Late February ... Czech IR Championships (good luck, Pavla)

Sunday 2nd March ... EIRC, Manchester ("team hotel": Holiday Inn Express, Debdale Park, Hyde Road)

The Rowing Company Challenge Series

(<http://therowingcompany.com/challengeseries/>)

... will have to wait until next month, or I'll never get this darned Newsletter out, and Rod will be visiting me in the wee small hours to put a bat up my nightdress.

That's it for the December 2013 round-up. Have a happy erging January, folks. But before I go, I bring you my favourite erging meme ...

