



*"The strength of the team is each individual member...the strength of each member is the team" What does teamwork mean to you?*

## **Sub 7 Monthly Update for July**

The Olympic motto is *Citius, Altius, Fortius*, which is Latin for "Faster, Higher, Stronger" but I think it applies equally well to the hard training and competing folk of Sub 7!

While the drama unfolds in London there is still plenty of terrific stuff happening on the ergs so here's the roundup for July with some notable performances from Giles and Warren with their 24 hour record and Simon Lake (Fairweather Golfer) who seems to be doing a PB every time he gets on the infernal contraption!

Another win in the CTC to report and more people joining so without further ado here's what happened.....Cheers.....Rod (FR)

## **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 Warren, Michael and David who finished 1,2 & 3 in the Male heavyweights.

Top Male LWT was Rob who was actually 3<sup>rd</sup> overall ahead of many hwt's, 2<sup>nd</sup> was James with Bezza in 3<sup>rd</sup>.

Top lady was Tracy Watkins followed by Carol and Marjorie.

Well done to all who took part.

## **The Cross Team Challenge (CTC)**

<http://c2ctc.com/>

Well done to those who put in such a big effort in boat 1 to win the July 6k competition, Richard, Warren, Michael, James and Sally.

We floated 13 boats overall which as usual was far more than anyone else so thank you to all who took part.

# 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 'May to August '

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

This is the last month of the 4 month (May to August ) period so still plenty to play for.

# Records

On Friday 20<sup>th</sup>/Saturday 21<sup>st</sup> July **Warren Mathews** and **Giles Clarke** set a new world record for the greatest distance rowed in 24 hours for Male hwt 40+ in a tandem pair.

They completed a magnificent 355,062 meters which was an average pace of 2:01.7

They started at 3:30 on the Afternoon of Friday 20th July.

They were supported throughout by Ian Hoy and messages of encouragement and goodwill from other club members on the clubs chat thread helped them along the way.

Well done **Warren and Giles**, that was a magnificent effort and yet another record for the club's trophy cabinet!



**Warren Mathews**.....**Giles Clarke** (He's the one in the middle under the tea cosy)

# **PB's**

**Gwyn..... 5k : 19:10.8 that sub 19 is getting mighty close !**

**Simon Lake..... 5k 18:57.1**

**30min.... 7686**

**1 mile.... ..5:39.8**

**60min..... 15110m,**

**1K.....3:24.3**

**1 mile ..... 5:39.8**



**Multi PB man Simon Lake (Fair Weather Golfer)**

**Paulwilkinson..... 6K PB .....23:15.4.....1:56.3**

**LGF.....6k. PB by 14.3 seconds .....1:42.0.....20.24.6**

**Sarah Quillam-Mayne...6k.... 25.40:8.**

**Sally Fisher.....6k..23:08.4**

**Tory Charn.....ran his first Marathon in Thailand.....in 4hrs 27 mins.**

**Marjorie.....6000m ..... 24:49.3**

**Two Puds.....Went over to Germany and won the Dresden Marathon in 3:20:08.6.**

**Warren Beardall..... 6k . 24:37**

**5,000m ..... 19:44.3**

**Dimos.....1 mile....5:37.5**

## **Welcomes**

**Warren Beardall.....Wazza**

**Taran Savoie..... Tewbz**

**Jude NZ**

**Rebecca Baldock.....Winniewoo.**

## **Birthdays**

**Jef.....49**

**ianah..... 47**

**Ben Stansbie..... 5**

**Tory Charn..... 37**

## **Club Kit**

**Get your club T-shirts 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.

# The Club Chat Thread

My usual monthly plea to come onto the club chat thread;

<http://concept2.co.uk/forum/viewtopic.php?f=12&t=23936&start=1215>

Don't forget, if you never post on there then you are never offering any supportive and positive comments to any clubmates.....it's not just about you so let's all at least offer the occasional 'well done'..

## And Finally.....

Here's a little known Ronnie Barker sketch that will have you in stitches.....

<http://www.youtube.com/watch?v=LfsyixVnt4M>

and here's one from Spike Milligan that had me rolling on the floor!

[http://www.youtube.com/watch?v=esOiB\\_fanzl](http://www.youtube.com/watch?v=esOiB_fanzl)

Commiserations to **Casey Clarke** who was pictured here getting ready to go to the loo in his back garden, when he turned round he found out he'd left the bath taps running and everything was flooding!



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

