



Sub 7 July Newsletter

Greetings Sub 7'ers,

Here's what happened in **July** with I suppose the biggest event of the month being the announcement that **BIRC** is going to be held this year after all..whoopeydo!

That should concentrate the minds a bit so looking forward to hearing about lots of training effort being posted on the chat thread!

Cheers all,

Rod.

Welcome New Members

The following joined us in July so a warm Sub 7 welcome is extended to;

Mitchell Crawford	mittchellcr
Robert Shields	Shields 1
Dominic Minett	dominieminett
Richard Puttock	Richie561
Gary Steadman	gps999
Jeffrey Hunt	jeffrey4785
Aaron Lancaster	Lancaster0809

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 Michael Jonas (2) Glynn Powell (3) Giles Clarke

Women.....1) Clare Busst (2) Tracy Watkins (3) Margorie Roome

Men's Lwt.....1) Dave Marshall (2) James Howard (3) Jef Hutchby

The Cross Team Challenge

(CTC)

<http://c2ctc.com/>

13 boats floated so thank you to all who contributed but an annoying **one** person of any category short of a 14th which enabled another club to equal our total!

If you're reading this please make sure you do it in August as we want to get as many boats out as possible....every month!

Top boat was down in 7th but sprinting really ain't our thing so should do better this month as there's a bit more endurance involved.

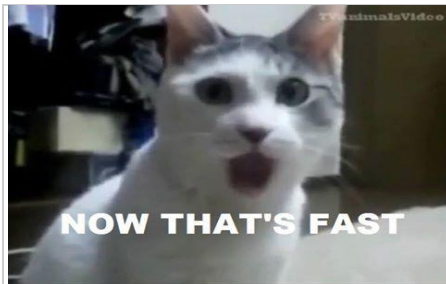
Cumulative ITC Table

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 '**July to September**'

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)

Matt Wilmington.....5k in 18:19.4 (1:49.9) a PB by 9 seconds!

Mitchell Crawford.....2k in 6:58.9

Clare Busst 10kin 39:20.5

Susan 'Two puds' Young.....5krow/5k treadmill run in 48:58

George's Marathon

Here's a write up from George about the Marathon he rowed on the 19th of June.

'It literally was a spur-of-the-moment decision, after having stared blankly at the laptop for 45 minutes and finally admitting to myself that I wasn't going to get any work done that day so let's take a day off and, oh why not, let's see if I can do a marathon on the C2.

10 minutes later and surrounded by a towel, some bottles of water and a couple of dry t-shirts to change into at 15km and 30km, I was off.

3 hours 7 minutes 36.4 seconds later I was ... er ... falling off ... the C2, a tad exhausted but very happy about being able to record a 50+ LWT FM.

Not bad for no specific preparation and no pre-planning. Even better, I had recovered sufficiently the following day to train as normal.'

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>

Upcoming Competitions

Plenty of other competitions towards the end of the year where we can look forward to some Sub 7 gatherings (and some rowing!) here's a list;

Sunday 8th September.....The Shrewsbury **Mile** races organised by our own **Giles Clarke** and **Ian Hoy**....with me and **Jef**. doing the microphone commentary.

<http://concept2.co.uk/forum/viewtopic.php?f=2&t=25036>

Sat 12th October.....Grimsby Mile,100m & 300m.

Sat 19th October.....Bristol 2k

Sat 7th December.....Cardiff BIRC...I'd suggest that those staying over use the Holiday Inn in Cardiff Bay, it's always far more 'social' if we all use the same hotel.

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!

Some funnies to finish

10 FUN FACTS

1. You can't wash your eyes with soap.
2. You can't count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried no. 3
6. When you did no. 3 you realized it's possible, only you look like a dog.
7. You're smiling right now, because you were fooled.
8. You skipped no. 5
9. You just checked to see if there is a no. 5
10. Share this with your friends to have some fun too! :-)

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Importance of Tax Return accuracy

HERE IS AN EXAMPLE of the importance of accuracy in your tax return.

HMRC has returned the Tax Return to a man in Evesham after he apparently answered one of the questions incorrectly.

In response to the question; "Do you have anyone dependent on you?" the man wrote: "2.1 million illegal immigrants, 1.1 million crackheads, 4.4 million unemployable Jeremy Kyle scroungers, 900,000 criminals in over 85 prisons, plus 650 idiots in Parliament, and the whole of the European Commission".

HMRC stated the response he gave was unacceptable.

The man's response to HMRC was: "Who did I miss out?"
Name and address supplied

Valley News
welcomes readers

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