



"Go hard or go home"

## **Sub 7 Monthly Update for June**

**Greetings Sub 7'ers, here's a roundup of what happened in June, or in the case of the training day, what *didn't* happen as the awful weather took its toll.**

**Let's hope for better in September at Jef's and a rearranged date for the 'Fun in the Forest' if we can find one.**

**Good job erging is mainly an indoor sport as there is still plenty to report on with a great British record from Dimos and James in the Lwt tandem 100k and a few from Eddie as well as the usual glut of PB's from all you hard working folk in Sub 7 land.**

**I've sent this via a link to the website so as mentioned in the email if anyone has any comments, suggestions or contributions for future issues please just click on 'reply' and you'll get straight to me.**

**Happy erging,**

**Rod. (FR)**

## **Here's a recent picture of us all at BIRC**

Some of you may not have seen this; it was a record turnout, hopefully it will help inspire everyone to get training hard for next year's where we hope to have even more members taking part, so if you've not entered before do come and join the merry **Sub 7** throng.

A fine looking bunch and no mistake but not sure how those two dodgy looking geezers at the front got in there!



## 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 this Month's winners;

Mens Hwt.....1) Michael 2) Richard 3) Warren

Mens Lwt.....1) James 2) Bezza 3) Dimos

Ladies.....1) Tracy 2) Carol 3) Marjorie

## The Cross Team Challenge (CTC)

<http://c2ctc.com/>

The result of the June CTC was.....**WE WON!**

**Well done** and a big **thank you** to **Richard** (with a stonking last day improved effort), **Michael**, **Warren**, **James** and **Sally**.

We had **12 boats** floated which was half as many again as our nearest rivals (who are a much bigger club) and there were 48 boats in the whole competition so 25% of them were ours which speaks volumes for the level of participation among our members..... **Well done** to all who took part and helped keep the clubs name up in lights.

This month's challenge is a 6k so let's see how many more boats we can float as it's a ranking distance.

**Don't forget**....this is where you get to represent **your** club (the good guys ! ) against all the other clubs (the bad guys ! ) ....so do please try and make every effort to have a go (it needn't be flat out

and can be the first part of a longer piece, we just want bums on those seats).....your club needs yooooooooooooooooo!!!

## 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 '

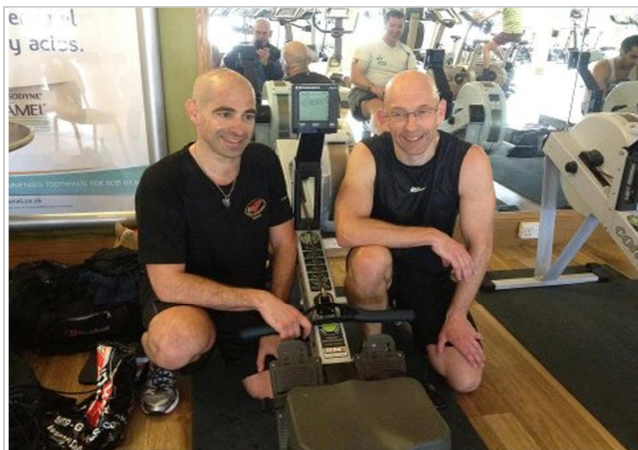
under 'Select a month' click on the arrow to bring up 'Total Points' then click on 'GO' to see where you are.

## Records

Here's **Dimos** and **James** after breaking the 100k tandem **British Record** with 6 hours 28mins and 42 seconds averaging 1:56.6 at the David Lloyd fitness club in Finchley (North London) where **Dimos** trains.

They were due to do it at the 'Fun in the Forest' but with the weather putting paid to that they bravely carried on at an alternative venue with **James** making the long drive down from Manchester that morning.

**Well done** you two that's a terrific achievement.

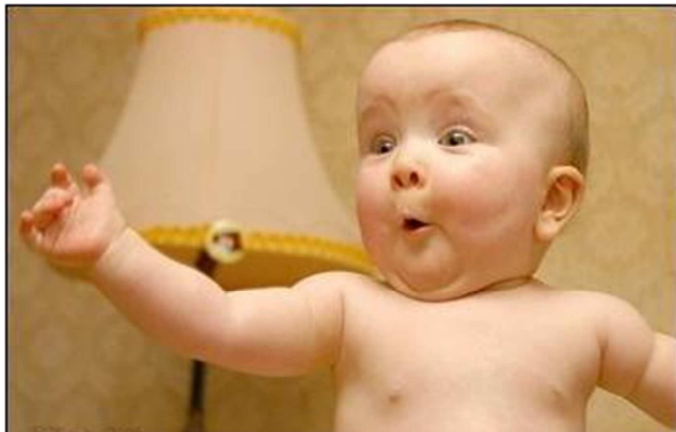


**'Fast Eddie' Ventress**..... beat three British Records in the over 50's Hwt Category with 100m in 14.9, 300m in 46.7 and 30 minutes for 8725m – (1:43.1/500 r26) so great going from **Eddie** who's now working hard in the 'Q' training group towards breaking the British Record for 2k.

Judging by the happy look on his face I'd say this picture was taken before he rowed because just like everyone else he looks like death warmed up after a race on the infernal contraption!



## **PB's**



**Whether it's the biggest one ever in your nappy or the fastest you've rowed on the erg....read about it here!**

**Simon Lake** (Fair Weather Golfer) has had a busy month breaking his 60 minute PB 3 times ending up with 14965 with the 1500 barrier the next target which I'm sure I'll be reporting on next month and, **Glutton for punishment** that he is he also set a **HM PB** knocking a mighty 2:04.3 from his best with 1:27:13.4.....

**'Fast Eddie Ventress** set a low pull PB of 1:10 which he says is not bad for a Fatboy off minimal training!

**Susan Young**..... (Two Pudding Kid of the mighty roundups fame) set an erg Marathon PB of 3 hours 23 minutes 31.9 seconds (2:24.7 pace) an improvement of 1 min 24 seconds.



**Sarah Quillam Mayne**.....did a PB for the dreaded 2k in 8:12.9 and is training hard to get it under the 8 minutes barrier..

**Sorry to anyone** if I've missed seeing your PB on the forum or Facebook , to avoid this can I ask anyone who sets a PB and wants it mentioned here to let me know by PM, email, Facebook message, smoke signals, Semaphore, carrier pigeon...etc...

## **Welcomes**

**James Glynn** from Ontario Canada joined us in June.

## **Birthdays**

**Happy Birthday to the following who all celebrated getting a year older in June**

**Rowland Hills.....34**

**Barry Stults.....48**

**Andy Mudge.....32**

**Nick Scott.....?**

**Paul Wilkinson..... 58**

**Steve Plank..... 53**

**Iain Clarvis.....39**

**Graham Fisher 42 (The new 'slimline' version as he's now lost over 10 stone!)**



# 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.

## Who's Hot and who's Not

Here's a list of our current 'active' members.

Go to the club website;

<http://www.gffl.myzen.co.uk/sub7/>

Then hover over the 'Member Area' tab and click on 'Active members list'

These are all the folk who have done a minimum of one (but preferably all) of the CTC, ITC, and posted on the clubs chat thread in the last 3 months.

Anyone on the list that doesn't do a minimum of one of the 3 things mentioned in the last 3 months (yes...real life has a nasty habit of getting in the way of rowing sometimes!) comes off but of course still remains very much a valued member of the club and stays on the 'All members List' which is everyone in the club both past and present, active and inactive.

Anyone that's come off will go back on if they start up again and do 3 consecutive months of the above.

If you're not on there but think you should be then please let me know or do one of the three mentioned activities for 3 consecutive months.

## And Finally.....

**Here Courtesy of Mike Pearce (Mpx) are some short videos that are well worth a look;**

**1) An incredible rock climber;**

<http://loldamn.com/wp-content/uploads/2011/10/epic-rock-climbing.gif>

**2) Amazing 'free running';**

<http://loldamn.com/wp-content/uploads/2011/12/awesome-people-jumping-over-the-wall.gif>

**3) More free running**

<http://loldamn.com/wp-content/uploads/2011/10/awesome-gif-guys-climb-building.gif>

**4) how to beat a mime artist at his own game:**

<http://loldamn.com/wp-content/uploads/2011/11/funny-gif-mime-invisible-wall.gif>

**and one for you cat lovers.....how high???**

<http://loldamn.com/wp-content/uploads/2012/05/funny-gif-cat-jumping-slow-motion.gif>

**If you've got a funny video or some good music you think we'd all like then please send them to me and I'll put them in.**

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