



Sub 7 June Newsletter

Greetings Sub 7'ers,

Here's the roundup of what happened in the mad world of **Sub 7** during **June**, sorry I'm late in getting it to you but as you're probably aware (because I haven't stopped going on about it!) **Carol** and I have been otherwise engaged doing the Lands End to John O'Groats bike ride which was just over a 1000 miles in 14 consecutive days of riding plus 2 days of travelling.

I've had to rush this one a bit just to get it out and haven't really had the chance to forensically examine all the posts while I was away so sorry to anyone who's PB/Birthday or otherwise noteworthy performance has been missed off.

If anyone wants' me to mention something I've missed in next month's newsletter please just send me an email or PM and I'll be very happy to include it.

Cheers all,

Rod.

Margorie

Did **7,306m** for 30 minutes (2:03.1 pace) a new **British and World Record** for 60-69 Hwt women by 32m....**well done Margorie!**

Welcome New Members

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

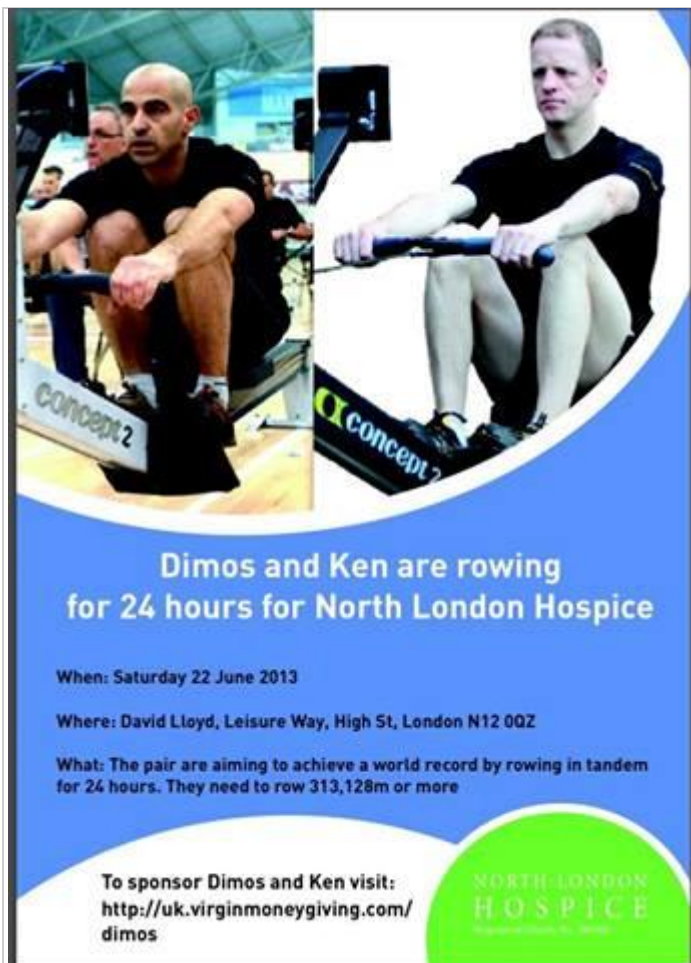
Johnny Kolster.....Jokol

Matt Wilmington.....Wilmo79

Dimos & Ken

Set a new **world record** in the 24 hour tandem 40-49 Male Lwt with 324,412m.

That's just over 200 miles at an average pace of 2:13.2 and beating the existing WR by over 11km.....**well done you two!**



Dimos and Ken are rowing
for 24 hours for North London Hospice

When: Saturday 22 June 2013

Where: David Lloyd, Leisure Way, High St, London N12 0QZ

What: The pair are aiming to achieve a world record by rowing in tandem for 24 hours. They need to row 313,128m or more

To sponsor Dimos and Ken visit:
<http://uk.virginmoneygiving.com/dimos>

NORTH LONDON
HOSPICE
Established in 1960

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 Richard Cheeseman (2) Michael Jonas (3) Warren Matthews

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

Men's Lwt.....1) Dave Marshall (2) James Howard (3) Steve Berridge

The Cross Team Challenge

(CTC)

<http://c2ctc.com/>

Boats one and two finished in 2nd and 3rd places so well done to our fast folk!

We floated 11 boats with 2 more partially filled, another great turn out from everyone so well done and thank you to all who contributed.

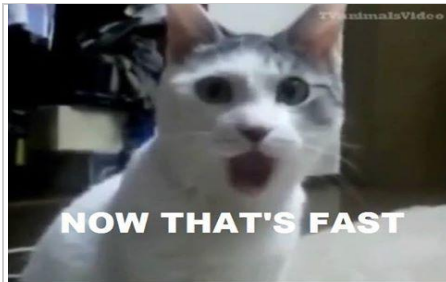
Cumulative ITC Table

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 'April to June'

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)

Andrew Bodley.....500 in 1:43.8

Susan 'Two Puds' Young.....erg Marathon in 3:18:23.6 (2:21.1 27spm)

Elaine Graham....Jet Ski Lady.... Average of 1:57.6....a PB by 1.6 seconds

Dave Marshall.....Boatdeck.....2k in 6:39.8

Steve Berridge....Bezza.....30 mins @ 20 SPM = 7,925m. 1:53.6

Lars Kofod Jensen.....Kaufuss....60 mins....15224. 1:58.2. 26spm

Johnny Kolster...Jokol.....2k in 6:44.5

Susan "Two Puds" Young.....has done lots of great rowing and running but I haven't been able to record her exploits while I've been away and can't wade through all her wonderful round up posts so Susan...sorry if I've missed anything....please let me know if I need to catch up with your admirable exploits next month!

Other than Susan I'm sure I've missed some so as mentioned in the intro, sorry to anyone not on here and I'll happily include you next month if you let me know what you did.

Birthdays

I get the dates from the Board Index page of the C2 forum so if you haven't put it in your profile it won't be on there and I won't know about it so please don't complain if that's the case and it doesn't end up on here.

The following all celebrated Birthdays in May so many happy returns to;

Rowland Hills.....35

Andy Mudge.....33

Paul Wilkinson..... 59

Steve Plank..... 54

Dave Crawford.....43

Jef Hutchby.....the BIG FIVE OH!.....HO, HO! (so now officially a "little old man"!)

Ken's K's

Ken Fairly (Mr Jolly) rowed 100k in 7:46:15.5.....without any seat padding!

This was a preparation row for his 24 hour tandem row with Dimos.

Here's a few stats from it;

Random Stats: 4ltrs of Water / Juice / Energy drink taken

8 little pots of Jelly Babies

6 little pots of Nut / Fruit mix

3 Bananas

6 Jaffa Cakes

2 changes of kit

blister on right foot and 0 bum ache! even without a seatpad.

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

As mentioned in the introduction there is still no word from C2 about BIRC which is disappointing but 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.

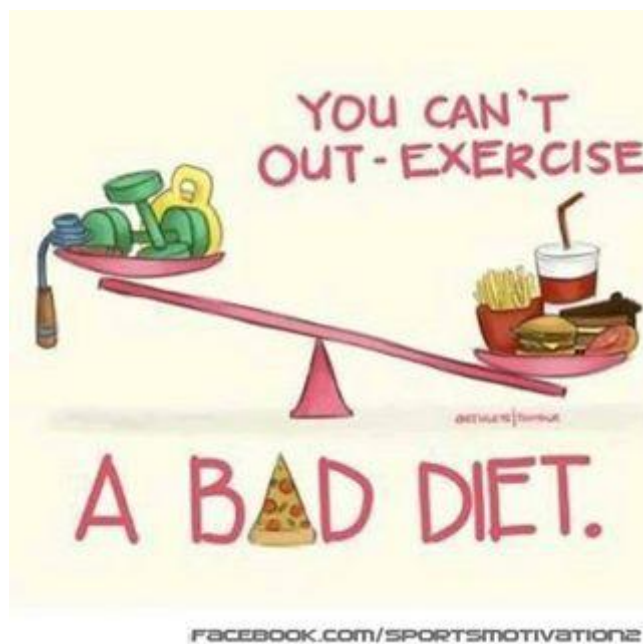
Sat 19th October.....Bristol 2k

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!

That's it for June have a happy erging July folks!.....and remember...



Oh.....and a cartoon to finish.....

I got a new stick deodorant today...

The Instructions said:
Remove Cap and Push
up Bottom.

I can barely walk, but
whenever I fart, the
room smells lovely.



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CARD