



June Newsletter

Foreword

Welcome to the Sub7 June 2014 newsletter, from Susan Young aka "The Two Pudding Kid".

A 10+ hour journey by rail, (Birmingham to London, London to Brussels, Brussels to Luxembourg City) wasn't wasted. Certainly time to toss a few ideas for the newsletter around. I came up with looking at not-so-famous quotations spotted this month, (may or may not be quoted verbatim but as close as I can do if I don't have a pen handy).

"If Pheidippides had died at 20 miles marathon runners would have been grateful" – Run Luxembourg

"Success is when I achieve something worthwhile without favourable fate or the influence of powerful friends" – seen on a poster at an exhibition of 100 years of scouting in Luxembourg

"Today, I broke my world record by three seconds. What I was trying to do was to break 8:00, but I didn't quite manage it, but that leaves something to look forward to. Although I don't know, at 81 years old I think that you're supposed to be going downhill instead of uphill, but we can keep trying."
-- Joe Clinard, 2000 C.R.A.S.H.-B competitor who has since clocked 9:47.9 for 2k in 90-94 HWT category in 2009, (Joe Hodgson's 2002 record for this age group still stands at 9:25.8.)

"On the internet you can be anything you want. Strange that so many people choose to be stupid."
– anon.

"Some cause happiness wherever they go; others whenever they go." – anon.

Girl not on tour

Wow – a whole month where I am not dashing off somewhere to run, row or chill! June was not entirely without a long distance event – 3:29:45.6 (2:29 pace) for an ergomarathon on Sunday 22 June as a practice for a race near Dresden on 12 July. A very poor result by my standards, as I was seriously slowing down after the half-way point and cannot afford to do that on the day.

Funnies (after the event)

Rowing the 10k at 24spm in the gym on a Saturday afternoon attracted some unwarranted/unwanted attention. I couldn't believe how far the lady on the stepper would turn round and not fall off every so often to look in my direction, or the chap erging next to me going stroke for stroke for a few minutes alongside, wondering how I could keep the pace going. Just for once I wasn't doing "Duracell bunny" style, and if it looked like I was concentrating I was, trying to count to 120 strokes every 5 minutes!

Couldn't help a smile when a member of another local amateur theatre thought that we had professional actors in our last show, (they may be very good but none of us get paid to tread the boards, front of house or behind the scenes).

New and Returning Members

Returnees

Welcome back to **Chris Farwell** .

New Members

Welcome to those members who have joined via Facebook.

Duncan Haysom (Duncan) has been erging for about 5 years and already achieved sub7 minutes for 2k. He is now targeting 6:30. Not far off completing 5k in less than 18 minutes and 8k in 30 minutes. Duncan's memorable sporting achievements include taking part in professional football trials, a county record high jump, and a few wins at cycling when he was younger. He lives in Eastleigh and is 6' 2" 50+ HWT, (another one to join this already competitive category).

Birthdays

June 17th **Steve Plank** (55), who cannot wait to take on Rod in the lightweight category.

Charity Corner

Richard Campos

I'm in the middle of rowing 1 million metres from 1 April to 1 September. I've just completed 542k mark in 12 weeks and am on schedule for a possible early finish. Split times aren't anything to write home about but am going sub 2 minutes on every outing which is usually a 1-2-3-4-4-3-2-1k pyramid. The aim is to do each workout with an overall 0.2 improvement in pace on the previous outing until that doesn't happen, and then restart from 0.2 quicker than that point.

To make life interesting, I'm doing the Morecambe - Bridlington - Sheffield cycle run, a distance of 270 miles, in 2 days. All this is in aid of the charity ARC which supports the parents and babies in the womb who have life expectancies of hours and days.

Donations to <http://uk.virginmoneygiving.com/RichardCampos>

World and British Records / PB's

I am only covering the standard recognised single distances here, but well done to all those who did a PB during their interval training. I don't read or add to the Facebook Sub7 webpages, which means that undoubtedly some of your stunning workouts haven't been acknowledged here.

PBs

Toby Lunn finished the Rowing Company Challenge 9th and final round on the last day with 1:34.5 pace over 500m. He also completed the Summer Solstice Half Marathon in 1:21:38.1 (1:56.0 pace) at 26 spm in hot conditions, to improve his PB for this distance by 18 seconds. A new 30min PB of 8086m (1:51.3 pace) was reported near the end of the month which is 33m better than previously.

Nadine Boles took a massive chunk off her previous PB for 10k, from about 59 minutes to 53:34.4 and done at only 24spm. This was achieved on minimal training due to family issues, illness, and now a painful tendonitis in her right arm. She is determined to complete the monthly CTC nevertheless.

The Intra team Challenge (ITC)

The May edition was covered in the previous newsletter.

The Cross Team Challenge (CTC)

<http://www.c2ctc.com>

The above link gives overall positions for the month and previous ones. The leaderboard tab at the top of the front page shows that Sub7 easily floats the most boats but correspondingly the average points per boat is lower than other teams, (only to be expected with mass participation that we are famous for).

A total of 10 boats floated and thanks for all contributions to the overall team effort, (we nearly equalled the French Indoor Rowing Team's 11 boats but short of a lightweight member). Sub7 boat 1 are 5th this month and joint 3rd overall this season – level with Paddy Power and Team Oarsome. The Mad Team and French Indoor Rowing Team have made a very strong start and currently ahead of us.

The Indoor Sports Services Challenge

<http://indoorsportservices.co.uk/challengeseries/results>

This is the same as the Rowing Company challenge, just different branding. No event this month but will restart in September. The eagle-eyed have spotted various entries that are physically impossible, unlikely, or men sneaking into the womens categories! I hope all those that have been flagged up are investigated before the medals are awarded.

Nonathlon

<http://www.nonathlon.com/>

A yearly personal challenge over the standard ranking distances with a handicapping system worked out from the C2 rankings to take into account age, weight category and sex.

Jef's Sub7 Social

On Saturday 28 June a number of members descended on Jef's House in Salisbury for the familiar format of erging, (for any brave volunteers who didn't mind getting slightly wet under the gazebo), followed by BBQ, cake and refreshments plus face-to-face conversations rather than our usual internet ones. Not Jef's lucky day as he tripped racing across the lawn so that the hot chicken didn't get soaked in the rain, (wonderful rugby style dive and not much meat dropped off the tray but sore and cut knees – ouch). Thanks to everyone involved, and the rest of his family and neighbours for putting up with us. I think everyone was on their best behaviour this time – I haven't heard anything to the contrary.

Competitions

Queensland IRC - website <http://qldir.com/> . This event was attended by Sub7 member **Graham Lofthouse**, along with Lindsay Hay from Forum Flyers. Over 100 people raced at a choice of several single distances and a fun relay, over two days.

On the Saturday he achieved a 2K in 7:23.8 after not training at this distance for six months. This resulted in a gold medal against one other competitor, with a cautious start but a speedy finish. The 4-person relay was a very inexperienced team but enjoyed the camaraderie just the same, although they came last. Sunday Graham went all-out and very close to his PB for 1k with 3:32.1 for a second gold with no pressure of competition, and earned a silver in the 500m for 1:39.7 where tiredness played a part. As a Yorkshire man he treated himself to his favourite fish and chip dinner at the post-race get-together.

Future Competitions

I will publish those that I know about but welcome contributions too.

Sat 12 July **German Championships, Moveo-Fitness an der Elbe, Nünchritz /Sachsen, Germany**

The closing date for entries has passed, now waiting for my start time for this ergomarathon to be confirmed.

Sat 11 Oct **Bristol Indoor Rowing Challenge, Ashton Park Sports Centre, BS3 2JL**

I am assuming that it will be as per last year with a 2k individual race, or for those who want there is a “triple challenge” of 2k/1k and 500m all on the same day, as well as the joy of a 4 person relay 2k. Website is <http://indoor.bristolrowing.co.uk> . Looks like entry fees will be £10 adults and £5 juniors but forms or internet link not yet available, (promised by early July). From previous experience there is likely to be plenty of refreshments on sale.

Sat 8 Nov **Grimsby Indoor Rowing Competition, Havelock Academy, Holyoake Road, Grimsby DN32 8JH**

Mile, 300m and 100m events available. On 2nd June John Gibbins emailed people who have taken part previously, but if you are a newbie to this event please contact johngibbins22@hotmail.com for an entry form.

Sat 22 Nov Irish Provincial Indoor Rowing Championships, Limerick

Sat 24 Jan 2015 Irish Indoor Rowing Championships, Limerick

I will let the organisers explain this - see link below, (location for first event not mentioned there but confirmed on Rowing Ireland and Concept2 UK website).

https://www.facebook.com/IIRC2013?ref=stream&hc_location=timeline. Contact is Joe Cantillon – email info@rowfit.ie.

Sat 6 Dec Scottish Indoor Rowing Championships, The National Badminton Centre, Scotstoun Sports Centre, Glasgow G14 9HD

Not a lot of information known about this event to date but keep your eyes on <http://www.scottish-rowing.org.uk/index.php/news/329-diarydatesjune>.

Sat 17 Jan 2015 European Indoor Rowing Championships, Sportshallen Zuid, Amsterdam

This is a return to Holland after an 8 year absence, (where I first started this foreign ergo racing marlarky with an 8:11.4 2k result). The website is <http://www.euro-open.eu/>. Details are beginning to emerge in English which include entry closing date of 9 January 2015, entry fee 12 euros, model Ds with PM4 monitors in use, and age is as race day for Age Groups, (means that I won't be quite old enough to chase my German friends). As per the French Open where in theory at least if you passed out you were disqualified, the Dutch have some rules I haven't seen before including disqualification if you are the cause of two false starts and a 15 euro fine if you are absent on the day and have not prior notified the organisers, (unless can prove sudden injury or illness in the last 36 hours to go). I think that online entries are now available in Dutch, but as translations are in progress hence I will wait a while. Looking at last years timetable is it likely all adults will be racing between 08:30 and 11am.

Sat 14 Feb 2015 Schlossberghalle, Starnberg, Germany

Sat 20 Feb 2016 Schlossberghalle, Starnberg, Germany

See March 2014 Newsletter for further details.

Sat 28 Feb 2015 Hamburg Ergomarathon, Germany

See April Newsletter for further details.

Socials

Sept 20th Forest 5k, East Grinstead, courtesy of Rod and Carol

5k ergo racing from noon or 1pm, (depending on numbers), at Energie Gym, East Grinstead, with refreshments nearby at BlueBell Café and then a short distance away to the bar at the Brambletye Hotel. Overnight stays have been negotiated at a discount at the Brambletye (see Rod), and there are other accommodation options available.

The current guest list is, (although there is plenty of room for more bods):

Rod Chinn
Carol Woodward
Jef Hutchby
Susan Young
Charles Morley
Richard Collins
Dimos Georgiades
Marjorie Roome
Ian Hoy
Giles Clarke
Andy Osborne
Steve Plank
Steve Berridge, and probably Jane too
Dougie Lawson

The Chat Thread

Keep the usual level of participation, support, banter and useful advice coming please.

<http://indoorsportservices.co.uk/forum/viewtopic.php?f=12&t=23936&st=0&sk=t&sd=a&sid=d262d9ed96afaaded0129309d38f7601&start=14700>

Future Editions

If you have any contributions, not necessarily rowing related, that you would like to share, please get in touch. Also if there are any corrections, omissions etc to rectify I will cover them in the July edition.

*That's it for June, have a happy erging and OTW July
folks...*

Having had to postpone our visit to the Avon from the first weekend of June due to flooding we were blessed with lovely sunshine on the 14th. Nice to see two sets of cygnets about as one of the nests could easily have been destroyed by the high water level. Stratford Boat Club were out in force as their regatta is on 21st. There was less current than previous trips but still possible to hit the bank, (once was entirely caused by me getting distracted by a photographer on a water taxi), or get tangled in the reeds. After a scrummy lunch back out for some more OTW fun. Much busier and somehow we ended up racing two men also in a double scull for probably 2-300m, (having had to up the stroke rate a tad to avoid a collision at the start of this lark). Fairly neck and neck but they had enough and left us to it. Needed to use experience to edge carefully round a punt, and perfect parking when we returned the boat at the end the day.