



Sub 7 Monthly Update for March

Hot off the press, here's the roundup of all the things that have happened in the erging world of Sub 7 during the mad month of **March**.

I know **Susan** does a great job of summarising things on a regular basis so hopefully between us you will be able to keep up with what's going on.

BIRC has been the main focus for most of us In **March** so that's the dominant section this time but congratulations must go out to **Eddie** and **Marjorie** for setting new **British records** (see PB's) and **Ian** and **Jenny** for staying married!

Unusually there have been no world endurance records from **Mad Matt** but if you look at what he's planning for Easter weekend you'll shiver at the thought.....he really should be locked up ...for his own good!

A **quick** mention should also be made of **Graham Fisher** (see PB's) who 18 months ago was nearly 30 stone and not very fit, he had a gastric band operationhe is now under 20 stone and setting PB's at all rowing and running distances with a Half marathon run looming up soon...which is pretty inspirational stuff I think you'll agree and a real **Sub 7** success story.

Talking of success what about **Richard Collins** (Unfitandfat) who almost squeezed under 7 minutes for the first time at BIRC (7;00.7) which is quite something when you consider he started at about 9:30 just over a year ago, so like Graham is proving that hard and regular training is rewarded....**Unfitandfat** he **ain't** so we need a new name for him!

Cheers all;

Rod (Forestrower)

Here are a few words from the boss;

Well March turned out to be one of the most spectacular of our near 7 year history.

It had to be something special as it was following up a month that had seen two of our club members win Hammers at the World Championship in Boston.

BIRC was eagerly anticipated after its hiatus in 2011 and we celebrated its return in style. 43 Sub7 competitors, the biggest entry by a virtual club ever I think, netted 6 Gold, 3 Silver, 2 Bronze and a couple of Games records. Amazing!

But it's not all about records and medals. It truly is about the taking part, the overcoming of personal obstacles and sometime, just sticking in there and not giving in to entropy.

Personally I feel I've been treading water for a couple of years now but just reading and seeing on the C2 forums how members, old and new, have got on over the past month or so has been a great motivator.

If you haven't paid us a visit then can I recommend it? A great port of call to keep in with the team;

<http://concept2.co.uk/forum/viewtopic.php?f=12&t=6380&start=70635>

Erg on..... **Jef.**

The Intra team Challenge (ITC)

<http://www.gffl.myzen.co.uk/sub7/challenges/view-challenge-results.html>

(Click on the arrow to get last month's 10k showing)

Well done to **Warren** for a good win with **Richard** in Second and **Michael** third.

Top LWT was James (and an incredible 4th overall) from **Bezza** and Rob

Our ladies winner was **Jen** ahead of a resurgent **Sally** and the fast improving **Yasmin**.

The Cross Team Challenge (CTC)

http://c2ctc.com/index.php?c_id=80

A most impressive effort as always from '**Captain Casey**' and the fast folk with our top boat gaining the silver medal so thanks also to **Colin, James, Sally** and **Warren**.

We had 3 boats in the top 10 and floated 12 overall which was 5 more than our nearest rivals who are a much bigger club so big thanks to all who had a go and contributed to the club effort.

As I write this the April competition is under way and we've already smashed our record for the most boats of **17** with a magnificent **24** and still increasing so well done all....more on how it finishes this time next month.

Cumulative ITC Table

<http://www.gffl.myzen.co.uk/sub7/challenges/challenge-table.html>

(Go to 'select a month...click on the arrow then select 'total points' from the dropdown.)

One month to go and all still to play for....good to see **Graham Fisher** up there with the big names!

PB's

Well done to everyone who set PB's last month (outside of the ITC and BIRC) here's a list of them.

Gwyn Roberts (GTRsnr)10k.....by 2:15 in 41:24.3 and a 2k PB by 3 secs in 7:28

Simon Oldfield (Homer Simpson)..... a HM PB

Anthony Gothard.....a 2k PB by 1.5 secs in 7:07.6

Bryan Tapsell.....a 2k PB of 8:03.1

Caleb Evans (Snavebelac).....30 mins in 7695

Jonny Wignall (Boar).....1k in 3:08.3 and a 5k PB by 18 seconds in 18:04.7

Iain Clarvis.....5000 in 19:08.5

Graham Fisher had an incredible month with a 5k in 17:54.7, a 2k in 6:51.4 and a stonking 10k in 36:55 plus some terrific improvements in his running.

Eddie Ventress set a new **British Record** for 1k with 2:57.8

Casey Clarke.....1k PB in 2:57.8

Marjorie Roome.....10k in 42:11.1 for a new **British Record**.

Paul Wilkinson..... HM in 1hr 43:55.1

Mark Powell.....1k PB 3.13.9.

Congratulations

Jenny and **Ian Howse** celebrated their 9th wedding anniversary on the 8th of march so well done you two, rowing together is obviously the recipe for a long and happy relationship as I'm sure a few others (myself included) will agree with.

Ian says he doesn't know how **Jen** has put up with him for so long.....he's not alone in that as neither do we!

Competitions

This year's BIRC was a record turnout of 43 competitors and 6 not rowing but supporting so well done to everyone who turned out, it was a glorious weekend.

We also surpassed our previous best in terms of medals won so here's how everyone did;

Gold

Eddie Ventress 50-54 HWT6:14.5

Michael Wrenn 70-74 HWT 7:15.4 championship records.

Marjorie Roome 60-64WHWT..... 7:50.6 championship record.

Yasmin Marks 20-24 WLWT..... 7:28.9

Jen Howse 30-34 WLWT..... 7:26.3

Carol Woodward 50-54 WLWT..... 7:46.3

SILVER

Charles Morley 80-89HWT..... 9:42.5

James Hall 12..... 813m

Rob Wilson 45-49 MLWT.....6:37.7

Bronze

James Howard 45-49 MLWT..... 6:39.8

Dawn Spears 40-44 WHWT..... 7:52.8

And here's how everyone else got on;

Position in your race - Name - club - age - time

36 Simon Barnett Sub 7 IR 39 6:50.0

4 Casey Clarke Sub 7 IRC 33 6:15.9

20 Gwyn Roberts Sub 7 IRC 31 7:18.1

22 Ian Howse Sub 7 IRC 34 7:33.1

23 Mark Burge Sub 7 IRC 34 8:02.2

18 Caleb Evans Sub 7 IRC 36 6:54.7

20 Nick Scott Sub 7 IRC 37 6:56.0
7 Warren Matthews Sub 7 IRC 42 6:22.8

16 Jonny Wignall Sub 7 IRC 40 6:39.4

18 Mark Powell Sub 7 IRC 42 6:43.2

19 Giles Clarke Sub 7 IRC 47 6:42.2

26 Antony Stansbie Sub 7 IRC 48 6:50.0

40 Marcus Bankes Sub 7 IRC 45 7:00.6

4 Richard Cheeseman Sub 7 IRC 53 6:22.6

21 Peter Head Sub 7 IRC 50 6:55.2

23 Rod Chinn Sub 7 IRC 54 6:57.6

28 Richard Collins Sub 7 IRC 50 7:00.7

12 Andy Osborn Sub 7 IRC 56 7:01.9

11 Joseph Clark Derby 20 6:42.3

7 Barry Turner Sub 7 IRC 39 6:49.5

12 Kenny Roberts Sub 7 IRC 38 8:04.4

6 Steve Berridge Sub 7 IRC 43 6:51.7

8 Dimos Georgiades Sub 7 IRC 43 6:56.5

H Jef Hutchby Sub 7 IRC 48 7:05.2

13 Richard Hall Sub 7 IRC 46 7:27.8

13 Mario Marks Sub 7 IRC 50 7:09.1

17 Planky Sub 7 IRC 52 7:15.3

6 David Aldridge Sub 7 IRC 63 7:14.6

7 Dona Hall Sub 7 IRC 50 8:37.0

5 Joanna Allsebrook Sub 7 IRC 47 8:00.6

7 Susan Young Sub 7 IRC 47 8:16.3

John Deakin 6:48.3 in the open

Welcomes

The following folk joined us in March, so a big welcome to:

Ollie Osborne.....Ozzy Osborne

Paul Armstrong.....Paulie_Armstrong

Barry Stults.....bjstults

Saturday 14th April

Still time to enter theBasingstoke 2.5k (+ 100, 300 and Bleep Test).

This is organised by our own **Dougie Lawson** (Citroen) so let's make sure we give him our full support and enter it.

It's a great day and a good chance to meet up with all the folk
You natter to on the forum.

All details are here;

<http://concept2.co.uk/forum/viewtopic.php?f=2&t=22924&start=0>

Club Kit

For T Shirts, fleeces and vests PM Jef. or email him on jef@sub7irc.co.uk

For any more technical clothing try our club page at Godfreys.

<http://www.godfrey.co.uk/clubproductbrowse.php?page=1&selcat=132>

**That's it for the March round up, have a good April
y'all .**