



# March Newsletter

## New Editor

Welcome to the Sub7 March 2014 newsletter, from Susan Young aka “The Two Pudding Kid”. Not quite a selfie but a picture from a few years back – cannot remember where.

In case you wondered what else I get up to apart from erging and running I do spend time sat on my backside. Editorial experience – have been busy each of the last 5 years putting together the annual Mills Open Leaflet, see attached for front cover of last years

<http://www.midlandmills.org.uk/publications.htm> and chasing up associated payments and sponsorship. There are 50000 copies of the 2014 edition ready to be distributed, (fortunately storage and delivery are not my responsibility.) It is also 1 year since I volunteered to be Membership Secretary for the Shakespeare Line Promotion Group, (the rail line between Birmingham and Stratford Upon Avon). Just to make sure that I don't get bored I am also on a rota as a Box Office Assistant for the local Amateur Dramatics society, (which can turn into serving refreshments, usher, programme seller, mailshot bod or costume mender – one place you definitely won't see me though is treading the boards)!

## Girl on tour

No foreign exploits this month but plenty of organisation for future ones going on. Mainly running this time of year. Half marathons are what I am concentrating on, with a 25k (15.5 mile) run in Berlin thrown in. On 30 March completed the first Brooklands Half Marathon in Weybridge, Surrey in 2:15.15 (10 mins 19 secs a mile) – would have liked a minute or so quicker overall aka Reading at the beginning of the month but just couldn't get speed up even with the clear space available and reasonable conditions. Roll on Guernsey Half on Easter Bank Holiday Monday.

## Funnies (after the event)

If you think that I am good at proofreading and concentration you may be mistaken, (I am sure that you will find some error). Heres a few oops I have dropped in the last weeks:

Brains not in gear when booking a flight to Guernsey online about 5am– misspelt my name on an online booking. Luckily I had gone through a travel agent and managed to void it before the cash was taken.

Boobed about the Weybridge Half Marathon being on the Brooklands circuit rather than on the Mercedes Benz testtrack (cheers Rod).

Mixed up Rachmaninovs second symphony with his second piano concerto held 6 days before in Birmingham, (assumed they are the same thing but they are not). A pleasant evening out but would have preferred the piano version.

# New and Returning Members

## Returnees

Welcome back to Rob Wilson, Ken Jolly, Chris Levy, Steve Plank, Michael Alvey-Anderson, Chris Gregory, Nacho Fernández, Steven Davies, Iain Laird and Richard Broadacreshall, (must be something in the air to so many people to get back erging or reporting on it after a long break).

## New Members

### **Mike Robinson - C2 Forum Name.....MJRobbo**

Mike comes from a sporting background of Rugby (very high level), windsurfing, now cycling, indoor rowing and circuit training. He has served with the RAF and studied at Loughborough University, giving him plenty of opportunity to take part in sporting activity when not focusing on his Engineering career. Now lives in Shropshire, so very handy for the ergomarathon day (May) and mile (September) as he likes competition.

### **Megan Stronach**

Introduced by Euan Stronach her husband, Megan is into exercise for fitness rather than competition. She takes part in running, weights, swimming and of course erging. She often rates at 40+, (which presumably suits her best for being 5' 2" tall and in the lightweight category), for a pace of around 2:25/500m.

# World and British Records / PB's

**Marjorie Roome** took 15.2 seconds off the Womens 60-69 Heavyweight 10k British Record by achieving 41:32.9 (2:04.6 pace)

**Mark Powell** improved his 10k PB by 21 seconds to 36.38.4 (1.49.9 pace)

**Graham Lofthouse** bettered his 10k PB by about 8 secs to 39.23.9 (1:58.2 pace)

**Toby Lunn** achieved his first PB of 2014 with a 10k in 37:26 (1:52.3) pace and a second one later in March with a Marathon in 2:50.25.7 (2:01.1 pace) at a rate of 25 spm.

**Lucy o'Brian** blew away her 1 hour PB with an improvement of 93m, for a new total of 14070m (2:07.9) pace at 24spm with a wonderful negative-split performance

**Euan Stronach** beat the bogey of a 7:00.1 on the 2k with a new PB of 6:58.5. A whopping 52 secs improvement on 10k for a new PB of 38:46.5 (1:56.3) pace; in the same Oarbits session as **Nigel Brockton's** 20 seconds off his previous best, for a new 10k PB of 38:08.4 (1:54.4) pace. Praise indeed for Rod's coaching.

**Nigel Brockton** achieved a 100m PB in 16.7 secs too.

## The Intra team Challenge (ITC)

Thanks to **Anthony Gothard** who posted the February results, comparison with February 2013 and comments on 15 March. I will show these updates a month in arrears not to delay the newsletter publication.

["http://www.gffl.myzen.co.uk/sub7/challenges-comps/sub7-view-challenge-results"](http://www.gffl.myzen.co.uk/sub7/challenges-comps/sub7-view-challenge-results)

Only 43 takers for the February Rugby Test ITC?? What are we doing? This is meant to be our signature piece. Some noticeable omissions, myself included.

Still, there were some great improvements from those who did take part:

**Carol:** 19.1 second improvement.

**George Bingham:** 12.7 second improvement.

**Graham Lofthouse:** 9.9 second improvement. (Flying the flag for Aus!)

**Mark Powell:** 5.7 second improvement.

**Harry Wilkes:** 5.6 second improvement.

**Steve Berridge:** 4.5 second improvement.

**Andrew Jones:** 4 second improvement.

**Susan Young:** 3.7 second improvement.

**Marjorie Roome:** 2.3 second improvement.

**Glynn Powell:** 1.6 second improvement.

The February table:

Position	Name	Forum Name	2013	2014
1st	Matthew Vanstone	MattyV		09:56.3
2nd	Casey Clarke	caseyvavavoom		10:14.4
3rd	Andy Mudge	am620		10:17.7
4th	Andrew Williams			10:26.1
5th	Warren Matthews	Warren Matthews	10:20.5	10:32.2
6th	Glynn Powell	thebiggfella	10:34.9	10:33.3
7th	Michael Jonas	jonasm	10:28.9	10:35.2
8th	Johnny Kolster	jokol		10:35.8
9th	Mark Powell	winstonsdad	10:46.1	10:40.4
10th	Harry Wilkes	CptnHoss	10:47.9	10:42.3
11th	Richard Steventon	Riders7		10:44.0
12th	Christopher Casley	cscasley		10:45.0
13th	Dan Blakey	Dan_bb1978		10:51.2
14th	Dominic Grierson	dom.g		10:55.4
15th	Lars Kofod-Jensen	Kaufuss		10:59.3
16th	Matt Wilmington	wilmo1979		11:00.8
17th	Giles Clarke	thebfg	10:40.5	11:03.1
18th	Steve Berridge	Bezza	11:09.7	11:04.2
19th	Andy Townsend	Andy T	10:49.8	11:05.2
20th	George Bingham	EeBeeGeeBee	11:20.3	11:07.6
21st	Henrik Lerdorf	Henrik Lerdorf		11:08.5
22nd	Toby Lunn	bojam	11:13.8	11:09.3
23rd	Jef. Jef	Jef.	11:17.6	11:18.1
24th	Ant Stansbie	Ant S	11:07.8	11:30.1
25th	Graham Lofthouse	Lofty63	11:40.1	11:30.2
26th	Richard Cheeseaman	Le Grand Fromage	10:37.4	11:34.9
27th	Richard Campos	Richardcampos		11:35.2
28th	Nick Scott	revnick		11:42.4
29th	Andrew Jones		11:51.7	11:47.7
30th	Simon Lake	Fair Weather Golfer	11:34.4	11:48.2
31st	Rowland Hills	rowlandhills	11:43.6	11:49.1
32nd	Dimos Georgiades	Dimos	11:12.4	11:54.3
33rd	Carol Woodward	Carol	12:35.7	12:16.6
34th	Marjorie Roome	Amazing Amazon	12:19.4	12:17.1
35th	Lucy O'Brian	Laoiseach		12:28.9
36th	Steven Davies	MCFC	12:16.9	12:41.1
37th	Elaine Graham			12:43.8
38th	Harry Patel			13:04.9
39th	Susan Young	Two Pudding Kid	13:15.2	13:11.5
40th	Nadine Boles	NadineB		14:59.3
41st	Charles Morley	charlesmorley	15:14.7	15:28.6
42nd	Gaynor Johnson	Gloria	14:58.0	15:51.0
43rd	Diana Kornbrot	kornbrot	14:40.9	15:52.3

## **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). Dougie Lawson has taken part in the last 106 editions of this challenge, (which must be a club record).

Top spot for March goes to MAD Team, with Sub7 second and RowPro Rowers third despite a valiant charge from them on the 31<sup>st</sup> March. Matt Vanstone was the fastest Sub7'er with an overall clocking 9:05.1 for the 333m, 666m, 999m, 666m, 333m with 3 minute pyramid with rolling starts. Sally Fisher posted a phenomenal 10:43.4 to once again lead the Sub7 ladies.

<http://therowingcompany.com/forum/viewtopic.php?f=2&t=9964&st=0&sk=t&sd=a&start=6240>

(scroll down for Joe's league table of Boat1 points which shows Sub7 with 541 this season and Row Pro Rowers 1 with 538 after the February challenge). This has been a topic of much forum conversation but March's result will increase that to a 4 point lead and just April to go.

Casey's 1344m (height of Ben Nevis), 978m (height of Scarfell Pike) and 1085m (height of Snowdon) to be done in any order with a total of 5 mins rest anyway you choose and rolling starts got the vote, so lets get to it. No prizes for why Casey thought this one up – famous for his oh-so-nearly successful attempt at a solo 3 peaks challenge in 2013 and gearing up for another go in 2014.

A total of 12 boats floated and thanks for all contributions to the overall team effort.

## 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. Marjorie Roome is running away with the top spot for Sub7 and fifth overall. Tony Lunn has completed PBs for all his 10 results this season. Now nearing completion for 2013/4, to coincide with the C2 ranking year of 1 May to 30 April.

## Competitions

### Manchester

Well done to the Sub7 superstars at the English IRC held at the Manchester Velodrome on 2 March, followed by the traditional celebrations. Here are the provisional results, (I expect these are final results by now). Best wishes for another chance to shine to all those who had to drop out at the last minute.

<http://www.hollingworthlakerowingclub.co.uk/images/stories/events/eirc2014-provisional-results.pdf>

The following is a summary (hopefully correct) of Sub7s results.

## 2K

Open Mens HWT	Matthew Vanstone	6:14.6	3 <sup>rd</sup> /15	BRONZE
30-39 Mens HWT	Dominic Grierson	6:46.8	14 <sup>th</sup> /17	PB
40-49 Mens HWT	Martin Still	6:27.3	4 <sup>th</sup> /27	
40-49 Mens HWT	Glynn Powell	6:33.7	8 <sup>th</sup> /27	
50=59 Mens HWT	Ant Stansbie	6:54.6	9 <sup>th</sup> /18	
50-59 Mens HWT	Richard Collins	7:27.7	17 <sup>th</sup> /18	GOLD
60-69 Mens HWT	Richard Steventon	6:28.4	1 <sup>st</sup> /10	GOLD + BR
70+ Mens HWT	Michael Wrenn	7:29.1	1 <sup>st</sup> /7	GOLD
70+ Mens HWT	Charles Morley	9:38.2	7 <sup>th</sup> /7	SB
40-49 Mens LWT	Dimos Georgiades	7:01.0	7 <sup>th</sup> /9	SB
50-59 Mens LWT	James Howard	6:45.2	2 <sup>nd</sup> /12	SILVER
50-59 Mens LWT	Rod Chinn	6:59.0	7 <sup>th</sup> /12	
60-69 Womens HWT	Marjorie Roome	7:46.2	1 <sup>st</sup> /1	GOLD SB
40-49 Womens LWT	Lucy O'Brien	7:52.6	2 <sup>nd</sup> /5	SILVER
50-59 Womens LWT	Carol Woodward	7:50.0	1 <sup>st</sup> /1	GOLD

## 500M

30-39 Mens HWT	Dominic Grierson	1:33.0	7th/7	
40-49 Mens HWT	Martin Still	1:23.8	3rd/5	BRONZE
Open Mens LWT	Dimos Georgiades	1:33.0	1st/1	GOLD
50+ Womens HWT	Marjorie Roome	1:45.4	2nd/5	SILVER
40-49 Womens LWT	Lucy o'Brian	1:46.8	1st/2	GOLD

I understand that Sub7 gave a last minute helping hand to a relay team but I am a bit confused about which category that was, who was involved and how it went. I am sure that someone will enlighten me.

The photographs below are provided by **Rod Chinn** and show everyone enjoying themselves thoroughly!!





## Future Competitions

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

### **Sat 10 May                      Shrewsbury Club, Shrewsbury, Shropshire SY1 4RG**

The main distance is marathon starting at either 9:30 or 2pm. Other distances are being undertaken. If possible please bring your own ergo, or if not contact Giles to find out availability of already loaned ones/club ergos. Mainly for international competitors but again contact Giles if interested in taking part via RowPro or similar. No entry form but maybe a collection for local charity. Usual leisure centre facilities, and refreshments available in café.

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

For those that are otherwise engaged on 10 May, would like another marathon competition, (or 4 person marathon), here is your chance. You don't need to have a German passport or nationality, (I was there 2012 and intend to be again 2014 – foreigners are welcome but scarce). Probably held in a tent outdoors, so very interesting in gale force wind/rain but I secured a PB and a Gold, (don't expect to get away with that again)!! Instructions will be in German but with Google Translate and a basic knowledge of the language I am willing to help anyone who wants to take part. Entry details are now available, <http://www.moveo-fitness.de/staticpage.php?id=24> see "Ausschreibung 2014" at bottom



of that page, (closing date 29 June). I will get mine done soon and that should give a clue about how payment works, (think I ended up posting a 20 euro note last time). Nearest airports are Dresden, (hourly train service to Nunchritz), and Leipzig. Food and bar available during the day, and possibly for this 10<sup>th</sup> anniversary edition a get-together in the evening.

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

Last time this took the format of a 2k individual race or for those who wanted, a “triple challenge” of 2k/1k and 500m all on the same day. 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. Plenty of refreshments on sale.

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

Mile, 300m and 100m events. Awaiting further details and entry form.

**Sat 14 Feb 2015        Schlossberghalle, Starnberg, Germany**

**Sat 20 Feb 2016        Schlossberghalle, Starnberg, Germany**

This must be the most advance notice that you are ever likely to see, (probably be there in 2016 body and other commitments willing). A 30 minute race for all from over 8s to over 80s. I am happy to assist others with passing on my experience of this race. Payment on the day is allowable. A few non-Germans take part, mainly Italian. Music to erg to provided on a loop so you can listen to various unmistakable themes such as “Eye of the Tiger”, “I will Survive” and “Star Wars” 15 times if you stay all day. The closest airport is Munich, and it is feasible to take at train into Munich centre and another to Starnberg for a total of about 1 and half hour to 2 hour rail journey. The website is [ergoregatta.de/](http://ergoregatta.de/). Stacks of refreshments, but no showers as the venue is really a concert hall.

Perhaps David Cameron and Angela Merkel should take a leaf out of the international ergers book sometime concerning friendly rivalry and Anglo-German relations, with pre and post-race handshakes and congratulatory messages. Thanks to Hagen Schultze the husband/boyfriend of Annett Wolff, who is sitting on my right in the ergo pictures in the link below, you can see the podium presentation 40-49 LWT from 2012, Annett and myself erging side by side, and the 2014 podium presentation 40-49 LWT. Second place for me again but enjoyed it nevertheless – (unsure whether the commentator knew how close it was but by keeping quiet and my subtle acceleration up to 2:07 pace whenever the “one in front” “one behind” on the ergo wasn’t influenced by heavyweights racing simultaneously, I managed to keep the pressure on for the first 15 minutes.) 7000m would have been enough to win, but 6954m was my 4<sup>th</sup> best ever at this distance.

[https://onedrive.live.com/?cid=8dd9679888bcb89c&id=8DD9679888BCB89C%212660&Bsrc=Photo&Bpub=SDX.Photos&sff=1&authkey=!ABv6iLnv\\_XDrHGU](https://onedrive.live.com/?cid=8dd9679888bcb89c&id=8DD9679888BCB89C%212660&Bsrc=Photo&Bpub=SDX.Photos&sff=1&authkey=!ABv6iLnv_XDrHGU)

# Socials

**Sat 28 June** Chez Jef, Alderbury, Salisbury, Wiltshire

Rowing social , BBQ, club get together

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

5k ergo planned with refreshments, and Rods legendary entertainment (or not)

# The Chat Thread

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

<http://therowingcompany.com/forum/viewtopic.php?f=12&t=23936&start=13275>

# Future Editions

I think that the newsletter will be much shorter in April, but plenty happening throughout the summer. 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 April edition.

*That's it for March, have a happy erging and OTW April*

*folks...*

PS I had to sneak the OTW bit in there, (Gloria spotted Charles and myself at Stratford on 23 March), on our first visit to potter down the Avon. No – its not a sleek racing shell, (just as well really), but we do try to scull in unison, (Charles is stroke and me at bow), and I feather a bit too. Being lookout means a swanlike neck, (if only we could train one to do it for us), and when the weather is poor the locals are treated to disguise resembling “Captain Birds Eye” and mate which amuses the pleasure-boating tourists, (Charles’s cycling capes are really handy in a downpour). ! Watch out Oxford and Cambridge - maybe mixed double sculls without cox will make an appearance although it might take a very long time to cover the 6779m course in a wooden bathtub and the umpire boat would have to go real slow. Hopefully a sunnier day for our next trip.