



” *If you're going through hell, keep going*”- Winston Churchill

Sub 7 Monthly Update for May

OK you can stop holding your breath, the newsletter is here!

I know how much you all look forward to this highlight of the month, well nearly all as nothing can replace The ‘Beano’ in Ian Howse’s affections (Jen *reads* it to him) or the naughty and unmentionable stuff that Rich Collins ogles over but let’s see who’s been doing what in another action packed Sub 7 Month.

I hope you enjoy the read and find a bit of inspiration from all the perspiration.

Cheers,

Rod (FR)

The Intra team Challenge (ITC)

Under.....” Select a Club Challenge”.....click on the arrow and select 5000

http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=86

Well done to **Warren** who won a close battle with **Michael** for first with **Richard** not far behind in third.

Top Lightweight was the ever dependable **James** with **Steve** second and **Rob** making a welcome return from a short break in third.

Our first Lady was **Marjorie** with **Carol** just behind and **Tracy** in third.

The Cross Team Challenge (CTC)

http://c2ctc.com/index.php?c_id=82

Another very good showing from our top boat who were only just behind the winners. Top performer was team Captain **Casey Clark** who finished a very creditable 4th overall.

We filled an excellent **13 boats**, which was over double the number of our nearest rival, with none left in the dock so a big thank you to all who made the effort to enter a score on behalf of the club.

We had **3 boats** in the **top 10**, of the **46 boats** in the competition **28%** of them were ours and we sure ain't the biggest club in terms of membership, it speaks volumes for our commitment to participation and being 'active' ,so well done all.

Cumulative ITC Table

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

http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=96

Don't forget the **ITC** is totalled over 4 months so if you miss one you've got no chance in the cumulative competition.

PB's/Records

Mad Matt's been at it again and this time has roped in a young lady who must be nearly as bonkers as he is as they set a new World Record for Lightweight 20-29 mixed tandem non-stop rowing of 60 hours!

That's 7 World Endurance Records Matt has set now and actually holds 5 currently because two of them he's set twice as he's reclaimed or extended them so well done Matt and thanks to all who helped support him on the chat thread and facebook as he ground out the metres with his eyelids propped open with matchsticks and plenty of caffeine.

Just for good measure Matt also did a PB for 60 minutes with 14158 (2:07.1) which must have seemed like a very short sprint to him.

Marjorie.....was slacking a bit last month and only set two British Records (it was three the month before!) with a 5k in 20:31.0 (2:03.1) beating the old record by 11.7 seconds and a 30 minutes covering 7220 (2:04.6) which improved her own BR by 59m.

Eddie Ventress.....Set a new British record for 50-54 hwt men 500 with 1:21.9

The following all set new PB's;

Simon Lake5k in 19:10.3 2k in 7:09.7.....and 30 secs of his 10k PB with 38:50.8(1:52).....and to cap it all a Marathon in 3:14:06.2

Steve Plank..... HM in1:24:15.0 (1:59.8)

Bryan Tapsell.....5k, 20 seconds faster with 22:02.0

Harry Patel.....30 mins 7250 (2:04.1)

Ben Duhig (Adman).....500 in 1:31.6 and 5k in 18:59.3 (1:53.9)

James Howard.....60 mins 16245m and a HM in 1:18:35.5

Diana Kornbrot.....5k 24:03.8

Jenny Howse.....Ran the Edingburgh Marathon in 3:38.53

Steve Sempert.....5k 20:59.0 (2:05.9) an 8.5 secs improvement.

Tory Charn.....ran a HM in 2hours and 3 minutes.

Dougie Lawson (Citroen).....cycled 100 miles in 5hours 46 minutes

Tim Davies (AV8).....5k 17:52.0 (1:47.2)

Dennis Robinson (Scouserobbo).....5k 17:51.8 (1:47.2)

Welcomes

This month we welcome new members;

Andrew Gothard who appeared for the first time on May 24th

Benny Wright

Sarah Quillam- Mayne

And welcome back;

John Baldock (JB7)

David Haldane (Dr Chuck)

Congratulations

Anthony (and of course Mrs) **Gothard** on the Birth of **Andrew** on the 24th of May.

Birthdays

Belated May Happy birthday's to;

Robert Wilson (47)

Mark Powell (43)

Steve Davis (the big SIX-OH ho,ho!)

Diana Kornbrot (72)

David Aldridge (64)

Paul Armstrong (39)

Club Kit

Get you club T-shirts here;

http://www.gffl.myzen.co.uk/sub7/index.php?view=items&cid=1%3Asub7-fags&id=4%3Aordering-a-sub-7-team-t-shirt&option=com_quickfag&Itemid=105

Posting & Membership

For the club to run properly all we ask is that members stay in contact. The main ways of doing that are **1)** Posting on the clubs chat thread. **2)** Doing the CTC. **3)** Doing the ITC.

I keep a record of everyone's contributions to these (I really should get out more!) so ideally my spreadsheet will show **3 boxes ticked** for everyone each month.

If I see **three blank boxes** per month over 3 consecutive months then I'll assume that person is not taking part and will take them off the list although will continue to send this newsletter for a while.

If someone, as they often do, pops back up again after a break then I put them back on the list.

We currently have **116** people on the membership list which includes those that only do the CTC for us so it tends to vary quite a bit as with that number there will always be folk coming and going and some resting but hopefully the majority will be doing all 3 of the main contributions to club activity.

So there you are.....all contributions are duly noted and any missed CTC's or ITC's are noticed.....it's not exactly 'big brother' but it helps us to know who's doing what and keeps me from hanging around street corners!

And Finally.....

This is one of the funniest things I've ever seen, I'm sure you'll have a laugh too;

<http://www.youtube.com/watch?v=xCwLirQS2-o>

And here's great tune;

<http://www.youtube.com/watch?v=YjtjriOlwyA>

That's it for May have a happy erging June folks

The June CTC is 3800 as fast as you can go. (It's the depth of the 'Titanic').

The June ITC is 4 x 1k.r3':30" slowest rep to count..... please come on the chat thread and tell us about it.....as they say...."It's good to talk"!