



## Sub 7 May Newsletter

**Greetings Sub 7'ers,**

Here's the always eagerly awaited (well it is by me 'cos I gotta write it!) roundup of what happened in the **Sub 7** world during **May**.

We have a lot of new members which is great to see and heartening to know that we are a popular destination for people wanting to join a club so keep up the motivational posts on the chat thread folks, it's where we meet (our clubhouse), get to know one another and form the friendships that help us to keep pulling that handle when it's hurting (which is most of the time!).

It's a tough enough sport as it is so let's help each other along whenever we can.

Still no news on **BIRC** so it could well be there won't be one this year but with the **November ITC** a **2k** I'm looking at having a club get together here in the forest to do the evil distance.....but have good fun socialising afterwards so look out for info on it soon.

Cheers all,

**Rod.**

## The Intra team Challenge (ITC)

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=86](http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=86)

Well done to our winners;

Men's Hwt.....1) Warren Matthews (2) Richard Cheeseman (3) Andy Mudge

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

Men's Lwt.....1) Dave Marshall (2) James Howard (3) Toby Lunn

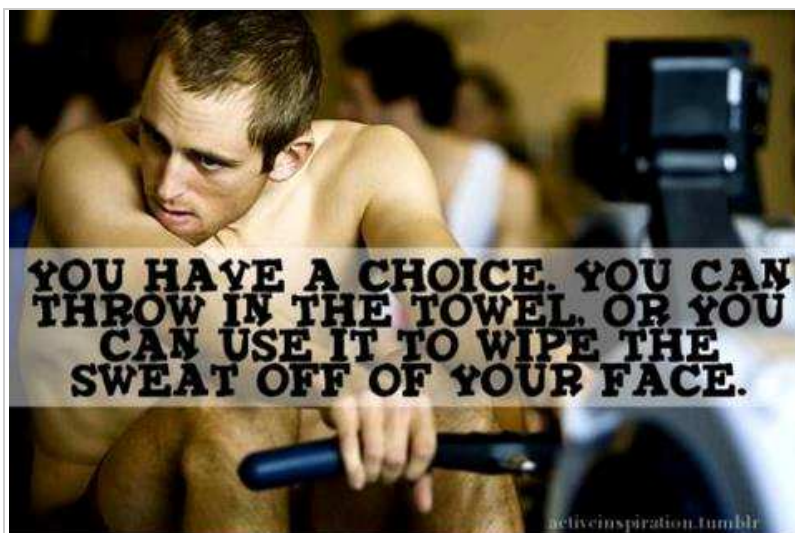
Congratulations to **David Marshall** (Boatdeck), **Glynn Powell** (thebiggfella), **Ken Fairley** (mrjolly), **David Ashworth** (41Hound), **Paul Wilkinson** (pwilkin6) and **Graham Lofthouse** (Lofty63) who all produced **PBs** along the way, not to mention **Susan Young** (Two Pudding Kid), who did her best time in 5 years!

## The Cross Team Challenge (CTC)

<http://c2ctc.com/>

**15 boats** floated which is 7 more than our nearest rivals so well done to all who contributed.

Top boat finished in second place so a big thank you to the fast folk who got into it.



# Cumulative ITC Table

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=96](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.

# Welcome New Members

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

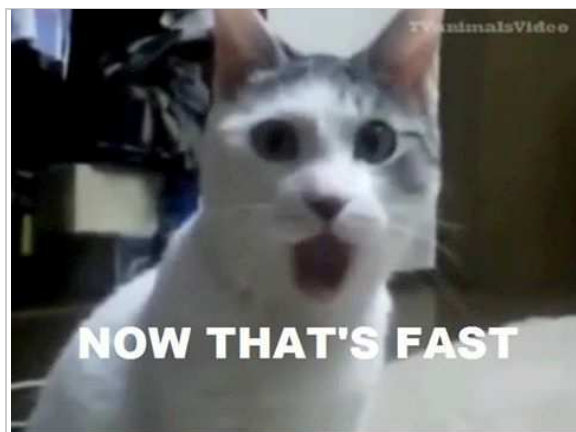
Lars Kofod-Jensen..... Kaufuss

Maria Lawton Spence.....ultramaria

Adam Croney.....AdamDevon

Welcome back.....Rob Smith and Penny Bates (Winstonsmum)

# 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)**

**Martin Stefan**....Cycloid.....2k in 7:05.1...1:46.2...and 5k in 18:32.1, a PB by 24 seconds!....and then, at the end of the month..... has done his first Sub 7 2k with 6:59.7!

**Ken Fairley** .....Mr Jolly...FM.....2:57.15.8.....2:06 (Mad bugger....he's done loads of them!) and a 5k PB by 10 seconds in..... 18:14.7/1:49.4....plus 30 mins in 8082....1:51.3.....plus a 6k in 22:06.0....an improvement of 17 seconds.

**Quillsy**.....HM.....1:39:9.9 a PB by 53 secs!

**Dave Ashworth** ..41 hound....5k..18.48.3

**Toby Lunn**....Bojam....HM....82:26.3 and a 2k 6:58.9

**Lars** .....Kaufuss.....6k in 22:29.0 (1:52.4), 2k in 6:49.3

**Julie Paillin**.....HM.....1hr 46:53.3

**Susan "Two Puds" Young**.....6k....25:32, a PB by 5 secs.

**James Howard**.....8 x 500.3:30r.....in an average of 1:37.7 and 500m...1.29.5 @ 45. df 135

**Elaine Graham**....Jet ski Lady....8 x 500:3:30r....1:59.2...down from 2:03.2! and 30mins@r20 - 6691m (2.14.5)

**Glynn Powell**...The bigfella....4 x 2k.5'r....in 1:46.1 and improvement of 0.6....plus 8 x 500.3:30r...in 1:35.7, an improvement of 0.4. plus 4 x 1k.5'r in 1:39.7 an improvement of 0.4

**Graham Lofthouse**.....30.r20.....7305m....an improvement of 335m. and a 2k in 7:15.4..an improvement of 7 seconds!

**Maria Lawton Spence** .....ultramaria.....2k in 8:19.

Dave Marshall....Boatdeck.....1000m in 3:11.1, 2000m in 6:40.5, 5000m in 17:32, 30min at 8316.

## **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;**

**Richard Steventon....Riders7 (61)**

**Robert Wilson (48)**

**Mark Powell....Winstonsdad (44)**

**Steve Davis.....mcfc..... (61)**

**Diana Kornbrot (73)**

**Graham Lofthouse....Lofty....the big five oh....ho ho!**

**Andrew Gothard.....the big ONE!**

## **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 8<sup>th</sup> 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 12<sup>th</sup> October**.....Grimsby Mile,100m & 300m.

**Sat 19<sup>th</sup> October**.....Bristol 2k

**November?** .....Sub 7 get together in **Forest Row** (East Sussex)

# Here's the up to date Active Members list;

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=85](http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=85)

Make sure you're on it!

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