



May Newsletter

Foreword

Welcome to the Sub7 May 2014 newsletter, from Susan Young aka “The Two Pudding Kid”.

It is 10 years since I first let myself loose on foreign lands for the purposes of running in races, (only 7.5 years for erging). Friday 7 May 2004 was a red letter day – the first time I set off to race in a foreign country and my first flight. The lucky recipients of my attention were Berlin for the 25k run from the Olympic Stadium to the Brandenburg Gate, and back to the stadium on a different route. It was never going to be a straightforward holiday:

-nearly missed the flight, (hadn't figured out there aren't announcements until the final call to go to the departure gate, hence did a rather fast leg-it through Heathrow with a rucksack on my back)

-screamed during take-off, (don't like that feeling of sudden acceleration even now)

-got stopped in my research to find the changing rooms for the race, (until the stadium was renovated the changing rooms would be a school some distance away, and as happened that time there would be a short-cut open on the day only.) Luckily I had a map with the race instructions, as I don't think the police/security were impressed with my reconnaissance skills or explanation!

-struggled with collecting my race chip and number, not only because of finding the place, but also Germans think my surname begins with “J(ung)”. You had to pay a deposit for the timing chip of which you get some money back if you return it after the race, (never had to do that before, and assumed that it was for purchase of one, which you could do, and have it programmed with your details instead if you regularly take part in races offering this service).

-got searched at Berlin Airport, (unfortunately had a compressed air personal alarm in my hand luggage which got mistaken for CS gas). My passport was temporarily confiscated and I was at risk of missing the flight. Another pickle to get out of, but was allowed to board at the last moment.

Girl on tour

Firstly in Berlin for 25k (a 2.4 mile or 3.9k step up from a half-marathon.) I was hoping to achieve 2 hours 45 minutes but lost pace and suffered with increasing tightness in my left thigh after the 16k/10 mile mark. Tried to finish the last 350m round the track at the Olympic stadium in style but had no energy left. Final result was 2 hours 47 minutes and 46 seconds, which is 10 minutes 48 seconds a mile and 52.97% with age-grading, compared with 51.92% and 10 minutes 3 seconds a mile a decade earlier.

Mid-May was the Chester half-marathon. While more sensible people would have made the most of the warm sunshine doing something less energetic 5,300 people were covering 13.1 miles on foot around this famous tourist town. Doing well for the first 11 miles, but then suddenly drained by the heat and probably lack of rest beforehand, (not helped by nearly 2 hours delay and diversion for someones stupidity/suicide on the track between Stafford and Crewe), had a sudden slow-down that I couldn't pull back from. Finish time of 2:18.42 or 10 minutes 35 seconds a mile. A well organised event that I would definitely recommend and do again.

To finish the spring distance running season of 5 half-marathons and a 25k in 13 weeks was Luxembourg. 7pm start unlike like many 9am ones, in a European country that I had never been, and an after-run party. Silly hats, balloons, vuvuzelas, ticker tape and party poppers are everywhere amongst the large crowds of noisy spectators and some of the runners too on a sunny Saturday evening. The procession of 8000+ half-marathon, full-marathon and relay competitors make their way around the twisting streets and parks of this capital city, high-fiving as they go and leaving a carpet of cups, banana and orange peel to skip through every 3km. Result was 2:18.23 – slower than I would have liked but at least made good ground in the all-important last 5k on the climb back out of town to the Exhibition Centre finish, and was passing literally hundreds at this point, (split time position proves that).

Funnies (after the event)

Been a quiet month on the fluffs and foul-ups front, (apart from those that have already appeared in my running blogs.)

I attempted to jump into a taxi that someone else had already sat down in but not driven off.

Accidentally tried to pay the bus-fare in Luxembourg with a £2 coin rather than a 2 euro one, (side by side they are significantly different but similar size and colour).

Ended up using German to the restaurant staff one day when I could remember what my room number was in French, only to find that they didn't understand but spoke English instead.

With the word “Limerick” appearing this edition, (as a competition venue), on the spur of the moment I decided to write one.)

There is a girl who can row
Who loves to race, you know
So pulling the chain
Is her claim to fame
And you'd never guess next where she'll go.

New and Returning Members

New Members

Mark Jackson (forum name Jacko39). Has been erging for nearly 3 years and is close to lightweight category. Before that was involved in playing football and also cycle racing. He is married with one daughter, and is the director of an 86 year old family business selling meat to the catering trade in Stoke-on-Trent and surrounding areas.

Debora Abrams Wright (forum name dawright). Debora lives in New York and is a friend of Nadine's. She likes doing distance as opposed to sprints and is not far away from completing 2 million lifetime ergo metres, and plans to go rowing on the water with Nadine this summer. She has already contributed to Sub7 for the CTC challenges for a while and hopes to contribute more, and also receive support and advice as required from the Sub7 team.

Richard Roberts Jones (forum name Turbo). Richard joins us from that familiar background of rugby and running. He is officially LWT but no lightweight when it comes to running as has completed a running marathon in 2 hours 59 minutes. This year he plans to complete 20 half-marathon and 14 full marathon runs, and uses the erg to save his knees. With a 2k PB of 6:45 he has already been through that magic Sub7 moment that many others strive for.

Andy Dunkerley (forum name Andy Dunkerley). Andy has represented Shropshire at cricket and football including a 1st round FA cup match. He is also into serious weightlifting with a deadlift PB of 242.5kg (around 2.4 times bodyweight). A physical training instructor, and although has only just taken up indoor rowing already proved that he can go far with 6:46 for 2k and 10k in 36:51.6 for starters.

Birthdays

May 6th – **Mark Powell** (45)

May 25th – **Euan Stronach** (41)

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.

British Record

Richard Steventon 1 hour 15,964m – (1:52.7 pace) - 60+ HWT

Charles Morley Half Marathon 1:56.01.7 (2:45.0 pace) – 80+ HWT

PB

Two days before his 45th birthday **Mark Powell** celebrated a 5k in 17.38.6 (1:45.8 pace) which is a PB by 6.3 secs and hoping to go sub 17:30 soon.

Mark Jackson had only just joined Sub7 when he pulled off a new 1 hour PB of 15307m (1:57.6 pace), improving 76m on 15231m from a couple of years ago. After two or three attempts at the sub 19 minute 5k he came in with a new PB and just a whisker away from target with 19:00.03 (1:54 pace). A third PB was added – the 30min for which he clocked 7745m (1:56.2 pace).

Toby Lunn knocked over 20 seconds off his marathon PB time at Shrewsbury with a 2:50.04.2 (2:00.9 pace) result.

Euan Stronach took 5 seconds off his 1k PB with 3:14.6 (1:37.3 pace) days after going sub-3 hour on a marathon. Not only that but also took 2.3 seconds off his 500m time with a very impressive 1:29.9 clocking when in a rush to an after-work meeting.

Rod Chinn put up with a pain in the butt and landed a LWT PB of 15080m in 60 minutes, which a week later he improved to 15104m (1:59.2 pace).

Nigel Brockton whizzed through 1k in 3:26.2 (1:43.1 pace) to take 3.7 seconds off his previous best, in the lead up to a 2k time trial. Although he really wanted to go Sub7 for 2k, after weeks of **Rods** coaching via Facebook, that didn't go to plan but still a stonking 10 second plus improvement to 7:06.0 (1:46.5 pace).

Jef Hutchby scored his first PB since 2008 with a 3:06.42.4 (2:12.7 pace) full marathon ergo at Shrewsbury.

Andy Dunkerley used the Sub7 challenge as a reason to do a 5k PB in 17:21.9, (1:44.2 pace). Well worth saying you did it.

Richard Cheeseman warmed up with a sub7 2k, what he calls a slow 500m at 1:37 pace, and then a 500m PB in 1:26 at 35spm to take 0.2 secs off his 2011 attempt, (only one full on 500m a year).

Monthly Challenges

The Rowing Company Challenge

<http://therowingcompany.com/challengeseries/results>

After 9 rounds completing “The Rowing Company Challenge” and a maximum of 900 points awarded, Sub7 have top 3 places:

Richard Steventon	Mens 60-69	1st/102	897
Marjorie Roome	Womens 60-69	1st/18	900
Diana Kornbrot	Womens 70+	2nd/8	772

Warren Matthews is 5th in the Mens 40-49 category with 850 points, and **Richard Cheeseman** is in 4th place in the Mens 50-59 category with 864 points.

The Intra team Challenge (ITC) – April and May

April

Here are **Anthony Gothard’s** reports.

“Only 35 takers for April’s ITC... Hmmm.

There were, however, some very solid improvements:

Richard Cheeseman: 40.3 second improvement.

Michael Jonas: 33.2 second improvement.

Gaynor Johnson: 32 second improvement.

Mark Powell: 22.7 second improvement.

Marjorie Roome: 19.3 second improvement.

Charles Morley: 8.6 second improvement.

Ken Fairley: 5.2 second improvement.

The summary table for the month is as follows:

<u>Position</u>	<u>Name</u>	<u>Forum Name</u>	<u>2013</u>	<u>2014</u>
1st	Matthew Vanstone	MattyV		08:09.9
2nd	Andy Mudge	am620		08:18.0
3rd	Richard Cheeseman	Le Grand Fromage	09:05.1	08:24.8
4th	Martin Still	MartinStill		08:26.2
5th	Mark Powell	winstonsdad	08:50.6	08:27.9
6th	Michael Jonas	jonasm	09:02.5	08:29.3
7th	Harry Wilkes	CptnHoss		08:32.2
8th	Warren Matthews	Warren Matthews	08:22.7	08:34.0
9th	Johnny Kolster	jokol		08:37.4
10th	Casey Clarke	caseyvavavoom		08:39.7
11th	Glynn Powell	thebiggfella	08:30.7	08:40.2
12th	Giles Clarke	thebfg	08:30.4	08:40.3
13th	Richard Steventon	Riders7		08:45.7
14th	Christopher Casley	cscasley		08:49.9
15th	Ken Fairley	mrjolly	08:59.9	08:54.7
16th	Toby Lunn	bojam	08:52.4	08:55.3
17th	Steve Berridge	Bezza	08:44.1	08:58.7
18th	Matt Wilmington	wilmo1979		09:00.1
19th	James Howard	Jaune	08:41.0	09:05.0
20th	Ant Stansbie	Ant S	09:09.4	09:14.8
21st	George Bingham	EeBeeGeeBee	09:07.6	09:15.2
22nd	Rod Chinn	Rod	09:12.2	09:16.1
23rd	Rowland Hills	rowlandhills		09:17.1
24th	Dominic Grierson	dom.g		09:18.3
25th	Jef. Jef	Jef.	09:10.1	09:19.8
26th	Lars Kofod-Jensen	Kaufuss		09:20.5
27th	Marjorie Roome	Amazing Amazon	10:08.8	09:49.5
28th	Lucy O'Brian	Laoiseach		09:54.0
29th	Steven Davies	MCFC	09:51.8	09:55.4
30th	Gaynor Johnson	Gloria	10:41.0	10:09.0
31st	Susan Young	Two Pudding Kid	10:18.8	10:24.0
32nd	Harry Patel			10:28.5
33rd	Simon Lake	Fair Weather Golfer	09:08.0	10:29.9
34th	Henrik Lerdorf	Henrik Lerdorf		11:39.0
35th	Charles Morley	charlesmorley	12:20.4	12:11.8

Perhaps we can have a better turn out for May's 5k?"

May

"We've only got 28 entries this month, ... what have we come to?"

Those who do this month after month are the true heroes of this club and are far greater people than me, so from me to you, Thank You!

Huge congratulations to the following guys who smashed their times from last year:

- Mark Powell:** 30.4 second improvement!
- Richard Steventon:** 18.3 second improvement
- Harry Wilkes:** 8.7 second improvement
- Rowland Hills:** 7.8 second improvement
- Marjorie Roome:** 6.8 second improvement
- Richard Cheeseman:** 0.4 second improvement

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1st	Matthew Vanstone	MattyV		16:59.4
2nd	Richard Cheeseman	Le Grand Fromage	17:20.3	17:19.9
3rd	Andy Dunkerly	Andy Dunkerley		17:21.9
4th	Giles Clarke	thebfg	17:29.5	17:29.9
5th	Harry Wilkes	CptnHoss	17:46.0	17:37.3
6th	Mark Powell	winstonsdad	18:09.0	17:38.6
7th	Johnny Kolster	jokol		17:39.7
8th	Richard Steventon	Riders7	18:06.6	17:48.3
9th	Andy Mudge	am620	17:22.3	17:51.0
10th	Glynn Powell	thebiggfella	17:51.5	17:57.4
11th	Warren Matthews	Warren Matthews	17:17.8	18:02.3
12th	Casey Clarke	caseyvavavoom		18:03.0
13th	Toby Lunn	bojam	18:11.9	18:12.6
14th	Steve Berridge	Bezza	18:12.4	18:34.6
15th	Ken Fairley	mrjolly	18:14.7	18:39.9
16th	Rod Chinn	Rod	18:38.5	18:43.8
17th	Nigel Brockton	drbullet		19:09.4
18th	George Bingham	EeBeeGeeBee	18:41.4	19:09.5
19th	Rowland Hills	rowlandhills	19:28.4	19:20.6
20th	Simon Lake	Fair Weather Golfer	18:58.4	19:38.2
21st	Jef. Jef	Jef.	18:36.4	19:41.7
22nd	Lars Kofod-Jensen	Kaufuss	18:35.9	19:58.9
23rd	Marjorie Roome	Amazing Amazon	20:27.5	20:20.7
24th	Ant Stansbie	Ant S	18:49.8	20:34.1
25th	Susan Young	Two Pudding Kid	21:06.0	21:23.4
26th	Steven Davies	MCFC	20:50.8	21:35.7
27th	Penny Bates		24:12.5	25:15.0
28th	Charles Morley	charlesmorley	25:04.9	25:25.5

Matt Wilmington wishes to add a 18:41.3 for 5k on 26 May which for some reason doesn't appear on the website, or consequently in this listing.

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 we are famous for).

<http://therowingcompany.com/forum/viewtopic.php?f=2&t=9964&st=0&sk=t&sd=a&start=6300>

Joe Keating shows the final statistics for the 2014 season just ended, (we won), and how things have panned out since the start in 2005. MAD Team have been doing very well indeed on being at the top in the last 7 months, hence could be our biggest rivals in this competition in the coming season. A total of 8 boats floated by Sub7 in May - thanks for all contributions to the overall outstanding team effort in a month where Team Oarsome have the top boat, just ahead of MAD, French Indoor Rowing Team (who chose the challenge), and Sub7 in 4th.

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. A new season has begun, so a whole year ahead to fill in your results from 500m to full marathon, (or as much or little of them that you complete).

A fine start from **George Bingham** (7743 points), **Richard Steventon** (7507 points), and **Toby Lunn** (7397 points).

Competitions

Current Month

10 May Shrewsbury Marathon

An informal group session organised by **George Bingham** and **Giles Clarke** at the Shrewsbury Club where **Ian Hoy** works.

Thanks to **Matt Wilmington** and **Steve Plank** for these photos to remember the day by

<https://www.flickr.com/photos/mattwilmington/sets/72157644555788486/>

<https://onedrive.live.com/?cid=186b55667026e2bf&id=186B55667026E2BF%214227>

It also made the news in the local press, (here is one of 3 examples)

<http://www.shrewsburytoday.co.uk/records-tumble-at-shrewsbury-club-rowing-marathon/>

Marathon Results

Keith Hiley: 2:45:09.9

Toby Lunn: 2:50.04.2

Joe Keating (via Row Pro): 2:53.54.3

Matt Wilmington: 2:56.57.5

Andy Townsend: 2:57:07.7

George Bingham: 2:59:57.5

Steve Plank: 3:04:11

Jef Hutchby: 3:06:42.4

Arthur Augustus: 3:07:54.3

Ian Hoy: 3:44:24.3

Other Results

Charles Morley 1/2M: 1:56.01.7

Giles Clarke 60 minute: 16,210m

Richard Steventon 60 minute: 15,964m

Val did 5100meters in 35mins arms only, and then went on to play able-bodied people on the tennis courts.

Future Competitions

Sat 21 June **Queensland Indoor Rowing Competition**

Sun 22 June **Lake Kawana Community Centre, Bokarina**

Thanks to **Graham Lofthouse** for details on this event. The website is <http://www.qldir.com.au/>

Saturday 21st June 2014 (starting around 11am):

- 2000 m (the gut buster - suitable for the more experienced and fitter rowers)
- 300 m (suitable for younger/older rowers and any level of fitness)
- 4 x 500 m relay (a fun event where teams will be formed over the weekend)
- 6 x 500 m schools relay (teams from high schools compete for the prize of a Concept2 rower)

Sunday 22nd June 2014 (starting around 9am):

- 1000 m (the middle distance event)
- 500 m (just a little further if you did ok with the 300 m)
- 1000 m mixed doubles (we will partner you with someone for this race if you want to compete)
- 8 x 500 m charity corporate relay (a fun event where corporate teams help raise money for charity)

NB This is only a guide – you are advised to keep an eye on the website for changes and updates.

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

See March 2014 newsletter for more information. I now have agreement that I can pay the 20 euro entry fee on the day for the full marathon. Depending on the numbers involved there will either be two heats, (so don't yet know whether I will be racing at 9:30am or 4pm, or the 4pm will be a "fun relay for the marathoners TBA"). Also a four person (at least one female) on four ergs marathon around 1:30pm and 2:30pm. 8pm is the presentation and celebration, (deliberately staying only 4 miles down the road and avoided an early return flight on the Sunday). Closing date is 29 June – please contact Susan Young ASAP if this tickles your fancy, (have been there done that in 2012 when it was an all-day BBQ instead of evening do).

**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>. It looks like entry fees will be £10 adults and £5 juniors but forms or internet link not yet available – online entry promised by early June and closing date of 1 Oct. Plenty of refreshments on sale from previous experience.

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

Mile, 300m and 100m events. 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 website).

https://www.facebook.com/IIRC2013?ref=stream&hc_location=timeline

Sat 17 Jan 2015 European IRC, Sportshallen Zuid, Amsterdam

Hot off the press. This is a return to Holland after a 9 year absence, (where I first started this foreign ergo racing marlarky). No entry forms yet. The website is

<http://www.euro-open.eu/euro-open-2015-amsterdam>

Sat 14 Feb 2015 **German 30 minute championships, Schlossberghalle, Starnberg**

Sat 20 Feb 2016 **German 30 minute championships, Schlossberghalle, Starnberg**

See March 2014 Newsletter for further details.

Sat 28 Feb 2015 **Hamburg Ergomarathon, Germany**

See April 2014 Newsletter for further details.

Socials

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

His 4th Sub7 social, and close to his 51st birthday. The majority of food and drinks will be provided but please contribute some puds and refreshments. Ergos welcome as guests are expected to earn their munchies in a challenge to be decided.

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. A reminder that if you are using Facebook to repeat the detail on the Rowing Company website too.

<http://therowingcompany.com/forum/viewtopic.php?f=12&t=23936&st=0&sk=t&sd=a&sid=10b72d516c5fbf7b4748fcb916c7915&start=14445>

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 June edition.

OTW Exploits

Back to our usual longer route now the tree that was blocking the way has been removed. Not the best day to be out as battling the elements – persistent rain and the strong current (like being in an endless pool). A great time to be dressed as a clean-shaven Captain Birds Eye and mate! It was a case of 105 minutes against the current equals about 35 minutes coming back. We are still getting used to the change in usage of the bridge arches for unpowered craft which are tricky to do in these conditions. Saw several large families of mallards with chicks, and a swan nesting precariously close to the high river level, plus an abandoned nest on one of the islands. A solitary heron lurks about ready to pounce, (no close fishing season for him).

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