

# Sub 7 Monthly Update for December

From Rod. (FR)

Happy New Year to you all, here is a brief roundup of what's happened in the world of Sub 7 (is there any other?) during the last month.

Note..... When you want to click on a link you need to press the Ctrl button on your keyboard first

## The Intra Team Challenge (ITC)

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

**The half Marathon** is a real 'bum number' of a challenge so well done to everyone who actually sat down and did the bloomin' thing.

**Warren** came out in first place just ahead of Andy then Eddie to complete the medals for the big fella's.

**In the lightweights** James was a worthy winner ahead of Bezza (who's coming back into some fine form) with Barry also showing well after a bit of a layoff in the Bronze slot.

**Ladies winner** was Jenny Howse despite her ankle injury (weddings are dangerous things Jen) with Silver going to Carol (who really hated this one....I know I was sitting next to her!) and a fine performance in third from Marjorie.

**We go to the other end** of the spectrum now for January with a speedy 500 which although a lot shorter than the HM still has a bit of a 'sting' to it when done properly.

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## The Cross team Challenge

[http://c2ctc.com/index.php?c\\_id=77](http://c2ctc.com/index.php?c_id=77)

Despite all the disruptions of the festive season we still managed to get 11 boats floated which is very good going and far more than any other team (as usual).

Well done to Captain Casey and the fast folk who put in some fine efforts but were just edged out in 4<sup>th</sup> place.

Strength in depth again showed as a few of the 'big names' didn't go this month but those that went fast enough to be in boat 1 did a fine job and we still had 3 boats in the top 10 so thank you to everyone who took part.

This month it's the challenge that we ourselves have set so let's get as big a turnout as we can and see if we can get well into double figures.....so don't forget....your club needs youoooo!

## **The Cumulative table (Sept to Dec 2011)**

When viewing don't forget to go to 'select a month' select 'total points from the drop down then click on 'Go'.

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

**For those** that are still a little new to the club this is the monthly challenges grouped together as one league over 4 months so the year is split into 3 of these 4 monthly periods.

**December** was the last month of the last 4 month period of 2011 and a real humdinger of a competition it was too.

**Congratulations to Andy** who came top by the narrowest of margins over **Warren** as they both had the same number of points, I've no idea how the computer came to decide that but that's what it said!

**Well done to Richard** who fought off plenty of the youngsters to grab 3<sup>rd</sup> place.

**Top lady was Jen** followed by **Carol** and **Marjorie** and in the lightweights **James** took the honours ahead of **Bezza** and a resurgent **Barry** so congratulations to you all.

Great to see so many new names on the board and the competition is hotting up all the time as fitness levels continue to rise so it will be interesting to see who's above who as the next 4 months unfold.

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## **The 'Active members List**

<http://www.gffl.myzen.co.uk/sub7/members-area/active-members-list.html>

This is everyone who's regularly taking part in club activities so have a look if you want to check who's currently 'at it'.

## **A.O.B**

### **An Incredible World Record**

**There have been** some amazing performances by Sub 7'ers in December and none more incredible than 'Mad' Matt Rockett's **world record** for nonstop continuous erging.

**At 10 am on Christmas day** (of all days!) the crazy loon sat on the erg and pulled the handle for 50 consecutive minutes in every hour for a magnificent 42 hours 30 minutes and 1 second!! Which beats the old record by over an hour....well done Matt!

Matt says he can beat that next time.....well nothing this guy does surprises me any more so I wouldn't bet against him!

**Earlier in the month saw the Welsh indoor championships in Cardiff with several of our members coming away with medals;**

Gold for **Marjorie Roome** (plus a BR in the 500), **Mike Wrenn** and **Andy Osborn**

Silver for **Warren Mathews** and a Bronze for **Matt Vanstone**.

**Another World record**

Back to magnificent feats of endurance, **Matt** and **Dimos** set a **world record** for Tandem 20-29 Lightweight 24 hour nonstop erging, covering a massive 307, 001 metres.

**Many PB's were set in December;**

New member **Caleb Evans**.....10k 38:53.7 (1:56.7).

**Casey Clarke** .....10k 34:22.5 (1:43.1)

**Mark Powell**..... 5k. 17:49.7 (improving by 17.8 seconds) and a 10k PB of 36:59 (so a good month for the fast improving Mark)

Rising Star **Eddie Ventress** .....5k 16:51.0 (1:41.1)

**Rob Wilson**..... 5k PB by 30 seconds of 17:24.0.

**James Howard** ..... 5k in17:32.4

**Michael Jonas** .....5k in 17.02.6 and in 1 hour did 16256 metres

**There were some British records**

**Marjorie Room**..... Ladies 60-69 500 metres

**Eddie Ventress**..... Mens 50-54 HM 1:16:25.5

**James Hall**..... 12 year old boys 100 metres in 19.8 beating the previous record by 0.4 seconds.

**Michael Wrenn**..... Mens 70-79 HM 1:26:27.8

Well done all of you, you've done the club proud.

**Welcomes**

Welcome aboard the good ship Sub 7 those who have joined us recently,

Simon Oldfield..... Homer Simpson  
Cedi Frederick..... cedifrederick  
Angela Wolff..... warriorwoman  
Stuart Daveridge..... Stuartdaveridge

## **Upcoming competitions**

**Sunday 12<sup>th</sup> February**

### **English IRC**

Venue: Manchester Velodrome  
Organiser: Rebecca Caygill  
Email: [rebecca\\_caygill@hotmail.com](mailto:rebecca_caygill@hotmail.com)  
Website: [concept2.co.uk/nationals/english](http://concept2.co.uk/nationals/english)

We'll be staying at the usual Holiday Inn Express near the Velodrome with a team meal out the night before in the Pub next door.

<http://www.hotels.uk.com/details/AAB200739/Express%20by%20Holiday%20Inn%20Manchester%20East.htm>

I'll be putting Hotel suggestions for Birc on the chat thread soon.

### **Posting Hint**

For keeping up with the fast flowing forum, it may help to save this link as it takes you to the last post you read;

[concept2.co.uk/forum/viewtopic.php?f=12&...p;view=unread#unread](http://concept2.co.uk/forum/viewtopic.php?f=12&...p;view=unread#unread)

**That's it for this month folks, happy erging y'all.**

**This newsletter comes out in the first week of every month, if anyone has any contributions or suggestions about it (no anatomically impossible ones about where to put it please!) then do please let me know.**