



“The easiest path is not necessarily the most rewarding”

Sub 7 November Newsletter

Greetings Sub 7'ers,

Welcome back my friends to the show that never ends.....

We've got Sweat, PB's, Birthdays, Stories, British Records, new members, great performances.....but I couldn't get that lot to rhyme!

I think these sums us up a lot better;

<http://www.youtube.com/watch?v=eZcYP00b2FI>

Cheers all,

Rod.

Welcomes

The following joined us in November so welcome to;

Graham Lofthouse.....Lofty 63

Ken Fairley.....Mr Jolly

The Intra team Challenge (ITC)

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

Well done to our winners;

Ladies.....1) Marjorie Roome. (2) Carol Woodward. (3) Tracy Watkins

Mens Hwt.....1) Eddie Ventress (2) Warren Matthews (3) Simon Barnett

Mens LWT.....1) James Howard (2) Steve Berridge (3) Toby Lunn

The Cross Team Challenge (CTC)

<http://c2ctc.com/>

Boat 1 finished in 4nd place which keeps us in the lead for the season so far so big thanks to;
Warren, Eddie, Michael, James and Sally.

We got 11 boats out overall which is 3 more than our nearest rivals so thank you to all who contributed.

Cumulative ITC Table

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 'September to December'

under 'Select a month' click on the arrow to bring up 'Total Points' then click on 'GO' to see where you are.

Congratulations on PB's

Well done to all the following folk who worked that little bit harder and set PB's in November

(This doesn't include the ITC)

(If I see it on the club chat thread or it's PM'd to me then I can publish it here, if you only put it on facebook I might miss it)

Damian Taylor.....30 mins for **7815** metres....an improvement of 105m

CaptnHoss...Harry Wikes.....10k....36:13.7

Bob Cook.....HM.....1:23.44.7

Graham Lofthouse...Lofty63.....PB's for 10k and 60 mins but didn't tell us how fast or how far!

Ken Fairley.....Mrjolly.....60 mins for 1590 metres (1:59.3)

British Record

Well done **Marjorie** who improved her own British Record for Ladies Hwt 60-64 2k to 6:46.4 (1:56.6) at Cardiff.

Birthdays

The following all celebrated Birthdays in November so many happy returns to;

Casey Clarke (34)

christophorus (32)

bojam (49)

Bob Cook ?

Mario Marks....Spitfire (51)

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>

Spotlight on.....Steve Davies (MCFC).

Last month we saw a picture of **Nick Scott** in his work “overalls”, this month we find out how a Mancunian “City” supporter ended up competing for Guernsey in the **Commonwealth Games** and living in **Sri Lanka**.

So Steve, how come you live in such an exotic location, it’s a bit far from “Coronation Street” innit?

I Went to live in Guernsey in 1974 after the bank I was working for (RBS) transferred me. Left RBS in 1990 and went to work in Guernsey for a Bermuda based bank.

Met my wife (Fazeela is Sri Lankan) who was also working for the same bank but in Bermuda. Went to live in Bermuda in 1994 before coming to live Sri Lanka in 1999 (Last stop I think)

Now in Sri Lanka we are pretty much retired but have a plot of about 10 acres where we grow tea. Fazeela has been building her dream house for the last 10 years.

Not many people get to represent their country at a major sporting event so how come you were in the Commonwealth Games.....for Guernsey?

In 1983 A group of riders in Guernsey got together to pursue the idea of competing in the 100k Team Time Trial in the Edinburgh games in 1986.

Six of us committed to the cause which meant three years of training to get the qualifying time. This involved travelling to England on numerous occasions to compete in top events. The qualifying time was 2hrs 15 min and we managed to get a 2.14 on a good course in Nottingham.

The actual event at the games we only managed 2.30.47, because of the diabolical road surface where we had four punctures and a gale force wind which seemed to be against us all the time. Added to that we lost one of our four riders after 10k meaning the remaining 3 had to finish.

My Cycling career was from 1982 to 1970 culminating in several wins in open events in the UK at 10/25 mile distances.



Here’s Steve on his Patio, some view eh!

Some Stats

At the end of last month I took **12** people off the active members list and put **4** on from the re-qualifying list.

To simplify things I now take off anyone who hasn't done a minimum of one of the **ITC** or **CTC** for 2 consecutive months and put folk back on if they do a minimum of one of those for **2** consecutive months.

Here's the up to date list;

http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=85

We currently have **67** members on the 'active' list, **4** re-qualifying to go back on it and 10 or so who only do the **CTC** so are not full members.

Of those **67** on the active list **45** did the CTC last month and **46** did the **ITC**.

49 different members posted on the chat thread last month.

So.....last month we had **19** active members that didn't contribute to the **CTC** and **18** that didn't support the ITC with **12** doing neither of them.

So there we go.....the stats tell the tale.....I think we've got a bit of room for improvement there folks!

EIRC

With no **BIRC** in March and possibly no **BIRC** at all the English Indoors at the **Manchester Velodrome** is now assuming more importance so we're expecting another good turnout in January from club members.

For those that want to stay we usually use the Holiday Inn Express in Hyde Road and have a meal next door in the 'Bandstand' Pub so get your bookings in now to join the merry throng.

<http://www.hiexpress.com/hotels/gb/en/manchester/mchea/hoteldetail>

And Finally.....

As you know muscle weighs more than fat!



That's it for October have a happy erging December