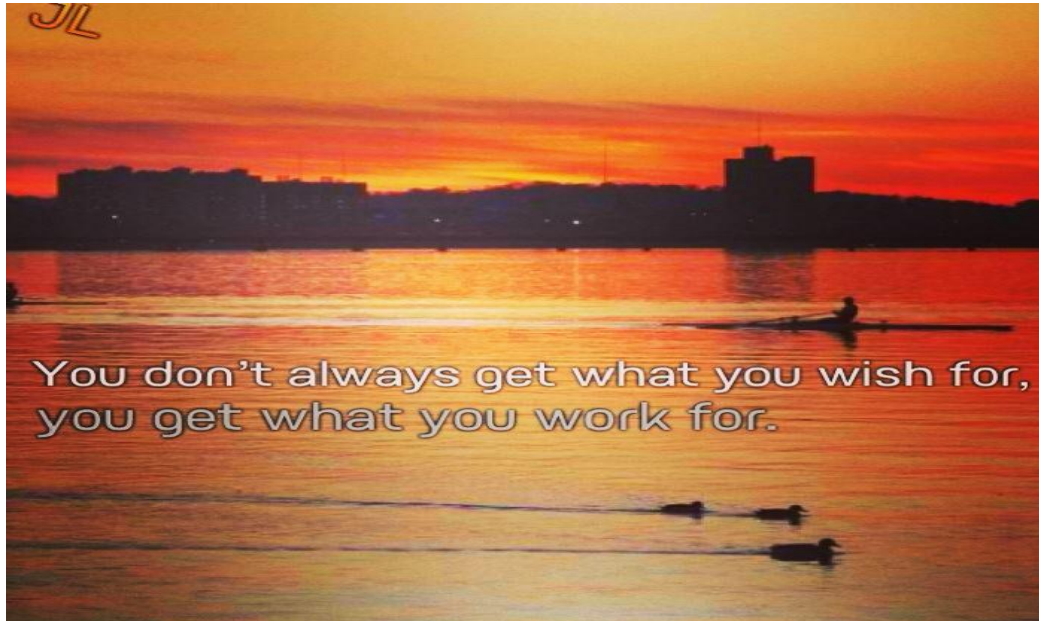




Don't believe you have to be better than everybody else. Believe you have to be better than you ever thought you could be



Sub 7 November Newsletter

Greetings Sub 7'ers,

All's well that ends well as the saying goes so here we are, my last newsletter!

Thank you to all that read my daft burblings, I've enjoyed doing it but it's time for the newsletter to move on so **George Bingham** (EebieGeeBee) will be taking over from next month with what will be I'm sure a much improved format with new content and a lot of the humour he is famous for, he's a talented writer is **George** so I'm sure you'll all enjoy the new club update.

Thank you again to all the kind folk who have sent me emails and PM's thanking me and wishing me well now that I've stood down, they have all been very much appreciated and I do feel very humbled so cheers all.....and here's what happened in November.

Lots of love to you all..... **Rod.**

Welcome New Members

The following joined us last month so a warm Sub 7 welcome is extended to;

David Heath

Henrik Lerdorf

And welcome back;

Glenn Horton and **Michael Alvey-Anderson**

British Records

At Carlisle **Charles Morley** equalled his British Record for 100m at 22.6 secs and 500m at 2:06.9, (going well inside that until died at 350m). He has done better on both the sprints at home but without a log card it won't stand and he only wants to count those done in competition.

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 '**October to December**'

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

The Cross Team Challenge

(CTC)

<http://c2ctc.com/>

13 boats floated so well done and thank you to all that took part! Our top boat was in **3rd** place and our second was also in the **top 10** which is excellent going so an extra special thank you to all the fast folk!

The Intra Team Challenge (ITC)

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

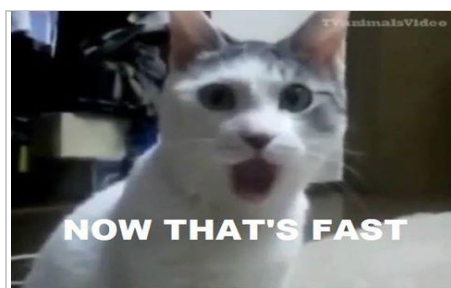
Well done to our winners;

Mens Hwt.....1) Glynn Powell (2) Johnny Kolster (3) Warren Matthews

Ladies.....1) Carol Woodward.(2) Marjorie Roome. (3) Lucy O'Brian

Mens Lwt.....1) James Howard. (2) Russell Parrington. (3) Dave Marshall.

Congratulations on PB's



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

(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)

Nadine Boles.....5k....24:57.4

Mark Chivers.....10 x 500m.2r....av.1:45.1

Russell Parrington.....5k in 18:12.0

Glynn Powell.....60 mins...15511...1:55.3

Wilmo.....**10K** 37:12.6 (1:51.6).....**60 mins**..15705...1:54.6....**30r20**
8,005m 1.52.4....**5k** in 17:58.5

Chris Casley...**10k** in..36:44.4....**5k** in...17:37.6...1:45.8... **10K** 36:44.4
/....**60'** ... 16106m.....**30'**..8235m av. 1:49.2

James Howard.....30@20spm...8097..1:51.1!

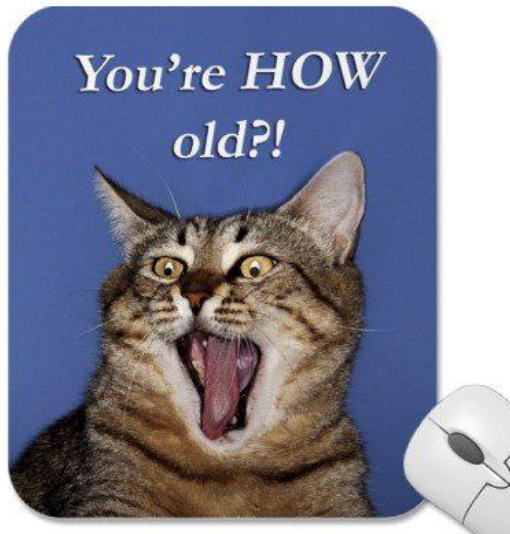
Lucy O'Brian.....1k...3:47.2..1:53.6

Russ...6k....21:54.4

Pavla.....**1k**...3:48.4.. 1:54.2 ..SPM 38 ..**5k**...in 20:40.

Emma Sherptong....**10k**..... 43.062.09.3

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 make sure it's in your profile. **The following all celebrated Birthdays last Month so many happy returns to;**

Casey Clarke..... (35)

Toby Lunnbojam..... (50)

Club Kit

Get your club T-shirts, Vests, Hoodies, Fleece's here;

Just click here to order a T- Shirt.

<http://www.gffl.myzen.co.uk/sub7/about-sub7/faqs/1-sub7-faqs/4-ordering-a-sub-7-team-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>

The Rowing Company

Challenge Series

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

Results courtesy of George Bingham (EeBeeGeeBee)

November's Round 3 of the Concept 2 Challenge Series was an extended sprint, over 6344m. 25 of us scaled the heights this month. Highlights of Sub7ers' performances included:

- **Richard Cheeseman** enjoyed 2nd place in the M50+ with a lung-busting 22:05.2 (1:44.4)
- **Richard Steventon** top of the M60+ tree for the 3rd month in a row with 22:22.8 (1:44.7)
- **Michael Wrenn** up into 2nd place in the M70+ with 25:16.6 (1:59.5)
- **Lucy O'Brien** a good 8th in the F40+ with 26:13.3 (2:04.0)
- **Marjorie Roome** topping the F60+ for the 3rd month in a row with 25:52.0 (2:02.3)
- **Diane Kornbrot** coming 3rd in the F70+ with 31:52.0 (2:30.7)

Honours in the Sub7 mini-league this month go to:

1st – Warren Matthews – 21:57.4

2nd - Richard Cheeseman - 22:05.2

3rd – Michael Jonas – 22:09.2

And the leading ladies were:

1st - Marjorie Roome - 25:52.0

2nd - Lucy O'Brien - 26:13.3

3rd – Susan Young – 27:25.7

Congrats to all of you, and to everyone who's keeping up the Challenge Series.

December's challenge piece is the 5K in honour of one of the UK's most outstanding Olympians, Greg Searle, who won gold in Barcelona in 1992, bronze in Atlanta in 1996 and an agonising 4th in Sydney in 2000, and then, after a 10-year break from rowing and after using the Concept 2 in his garage as his main re-training tool, bronze again in London last year. We love the 5K, don't we? I for one am really looking forward to seeing how close I can get to my PB, which I set 9 years ago. I'm sure you're all looking forward to it too.

Good luck.

George Bingham (Challenge series correspondent)

Irish Championships

Lucy O'Brian (Laoiseach) competed in the Irish Championships doing the club colours great pride with a Silver at 2k in a PB of **7.51.7** and 4th in the 500m... with another PB of **1.46.3**.....**well done Lucy!**



BIRC

The British Indoor Rowing Championships are this coming weekend so results will be in next month's newsletter. Good luck to all that are competing and don't forget the team meal on the Friday night will be 7pm at "Wetherspoons" **The Mount Stuart** (Cardiff Bay).....see you there!

*That's it from me, have a happy erging time
folks and it's over to George....*