

Sub 7 October Newsletter

Greetings Sub 7'ers,

Last month was as busy as ever with records, PB's and new folk joining and plenty to read about so I'll keep this bit brief (for me!).

It's coming round to competition time again with **Newark**, **Cardiff** and **Manchester** looming up so looking forward to meeting up with as many of you as possible with the **Holiday Inn Express**, Hyde road the team stop over for **Manchester** again with a team meal the night before the competition at the Pub next door as in previous years so do please try to make that one if you can, it's always a highlight of the erging year.

Here's what happened in October,

Happy erging,

Rod.

Welcomes

The following joined us in October so welcome to;

Bob Cook.....Bob_Cook

Toby Lunn.....bojam

Andy Townsend.....Andy T

Lee Hodgson.....Hdgs1

And **welcome back** from over a year off with illness.....**Karen Hambly....Kaz**

Get Well soon

James Hall age 13.....who came off his bike, broke his wrist and twisted his knee...so no erging or running for a few weeks so hope you mend soon young fella!

Mark Powell.....Winstonsdad..... I'm sure we all wish Mark well as he recovers from a hernia operation and will be off the erg for a while.....best wishes for a speedy recovery, I'm sure **Winston** and the rest of the family will look after you well.

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) Tracy Watkins (2) Marjorie Roome (3) Carol Woodward

Mens Hwt.....1) Richard Cheeseman (2) Giles Clarke (3) Eddie Ventress

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

The Cross Team Challenge (CTC)

<http://c2ctc.com/>

Our top boat finished third so a big thank you to Casey, Richard, Dennis, James and Sally who busted a gut to keep the club flying high and still top of the cumulative table for the year.

We floated 10 boats in all out of the 39 in the competition which was 4 more than our nearest rivals.

Our 11th boat was just missing a lady and a 12th had 2 folk in it so thank you to all who contributed and supported the club in the competition, your efforts are always much appreciated.

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

To the following who did their first ever Sub 7 2k's!

Bob Cook.....Bob_Cook.....6:54.0 in his first *ever* 2k!

Damian Taylor.....Djtaylo2..... 6:57.3

Simon Oldfield.....Homer Simpson..... 6:56.8

Any Ladies who get under 8 mins (or even 7 mins **Sally** ☺) for the first time please make sure I know and I'll put you up in lights too!

PB's



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

(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)

Matt Spooner.....Uberspoons.....10k in 39:03 a PB by 9 seconds then improving it with another **10k** in 38:26..a PB by 37 seconds and a 60 minutes for 15177 metres.

Steve Plank.....Planky.....5k in **18:29.8** a PB by 13 seconds and a 500 in 1:34.3.

Mark Powell.....Winstonsdad....1k in **3:10.0**

James Howard.....1 mile..... 5.16.7. 33spm 1.38.4

Marjorie.....300m (with race start) in 59.9

Damian Taylor.....Djtaylo2.....5k in 18:41 and 103m on his 30 mins plus a 500 in 1:28.4.

Lee Hodgson.....hdgnl.....20 secs off his 2k with 7:23.7..then down to 7:05.7

Andy Townsend.....AndyT.... 30 minutes..8107m @ 26 spm a 1:51 ave split beating previous by 147m.

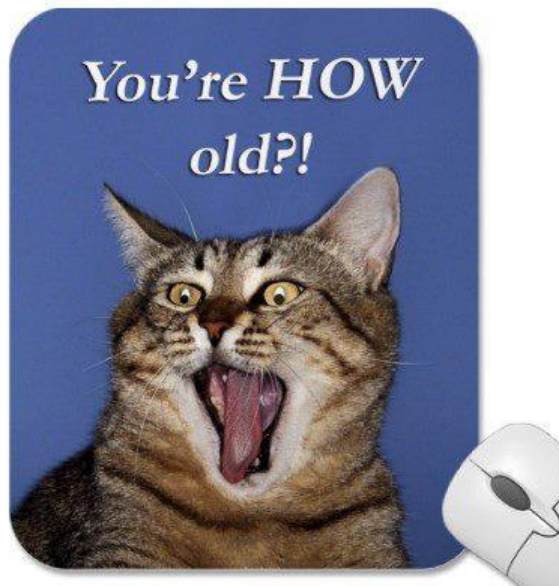
Taran Savoie.....Tewbz.....5k.....19:06 (1:54.4)

World & British Records

Marjorie.....For 1k.....Overall time 3:45.2, pace 1:52.6..and a new 60-69 W Hwt [world record](#) by 0.5 seconds of 3:45.2, pace 1:52.6...Also a **British record** for the Mile by a whopping great 5 seconds with 6:13.3 (1:56.0)

Eddie Ventress.....broke the British Record in the Mile for the 50-59 Hwt's with 4:57.4

Birthdays



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

George Bingham.....EeBeeGeeBee.....(52)

Matt Rockett.....TheRockett..... (29)

Ben Taylor.....Benjamin.....(28)

Simon Bracken.....sbracken..... (49)

Jenny Howse.....JenH.....(34)

Gary Curtis.....Wizzo.....(46)

Tim Davies.....TimDaviesAV8.....(38)

Simon Oldfield.....Homer Simpson..... (43),

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>

Interesting Member

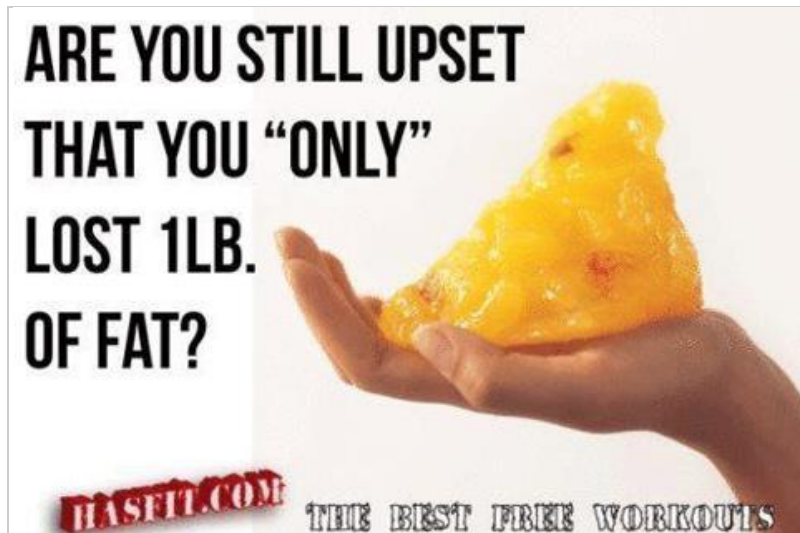
We have all sorts of trades and professions in the club, for example **Alan** is a Dentist (the finest in the country!) **Jef, Mark and Rich Hall** are Police Officers, **Michael** is an Orthopaedic Surgeon, **Warren** and **James** are Fire Fighters, **Sarah** is a Lawyer, **Bob** is a Cardiophysiologicalist, **I'm** an armed robber to name but a few but I think a picture of **Nick Scott** in his work 'overalls' would be interesting to show!

If you want a favour I suppose you *could* ask him to put a good word in for you with his boss but be careful, I *have* heard he's got some fairly 'mysterious' ways!



And Finally.....

Here's what a pound of fat looks like....



And.....This should give you a laugh (and also make you want to sit her down and ask her a few questions.....like are you really *that* stupid!!)

<http://thechive.com/2012/10/17/quite-possibly-the-stupidest-woman-ever-video/>

That's it for October have a happy erging November and remember

