



[If it is important enough to you, you will find a way. If it is not, you will find an excuse](#)



Sub 7 October Newsletter

Greetings Sub 7'ers,

The recovery periods fly by on the ergs, the months fly by in life, BIRC is almost upon us and many are training hard for it, even those that are not going are putting in some very good work so encouraging each other is all the more important!

I read an article on the England Rugby team, it said they have a quote;

"Making your teammates better makes us better".

I think that works well for us too so do please keep up the supportive posts on the chat thread.....have you made a positive comment to a teammate today?

Well done to all who do this, it's everyone's efforts to do so that make it a great place to be for mutual support and motivation both at competitions (like Bristol recently and especially at the upcoming BIRC) and online.

Here's what happened in **October**,.....cheers.... **Rod.**

British Records

Well done to;

Carol Woodward who set a new British Record of **7:49.8** (1:52.4) for Women's 55-59 Lwt at Bristol on 19th of October.

Clare Busst who set a new mark of **7779** (1:55.6) for Women's 30-39 Lwt 30 minutes.

Welcome New Members

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

Lucy O'Brian.....Laoiseach

Nadine Boles.....NadinB

Dan Blakey.....Dan_bb1978

Dawn Evans.....Dazzly28

Jamie Virtue.....Jamiepv1

Pavla Toracova.....Pavla

And welcome back....Matt Vanstone

The Intra Team Challenge **(ITC)**

Results Courtesy of Susan ('Two Puds') Young.

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

Results of Sub7 Challenge October 2013 by Category

	Men's HWT	Men's LWT	Women
	40 out of 57 (70%) took part	11 out of 17 (65%) took part	10 out of 17 (59%) took part
1	Casey Clarke	David Marshall	Clare Busst (LWT)
2	Warren Matthews	James Howard	Marjorie Roome
3	Michael Jonas	Toby Lunn	Lucy o'Brien
4	Johnny Kolster	Ken Fairley	Carol Woodward (LWT)
5	Simon Barnett	Steve Berridge	Susan Young
6	Andy Mudge	Rod Chinn	Emma Scherp
7	Christopher Casley	George Bingham	Dawn Spears
8	Mark Powell	Matt Wilmington	Penny Bates (LWT)

9	Richard Cheeseman	Jef Hutchby	Nadine Boles
10	Glynn Powell	Dimos Georgiades	Gaynor Johnson
11	Giles Clarke	Steve Plank	No entries from:
12	Richard Steventon	No entries from:	Diana Kornbrot
13	Andy Jeal	Peter Arnold	Elaine Graham
14	Harry Wilkes	Richard Hall	Kerry Harris (LWT)
15	Russell Parrington	Rob Wilson	Ruth Boetzel
16	Andy Townsend	Russell Parrington	Tracy Watkins
17	Dominic Grierson	Warren Beardall	
18	Gary Steadman		
19	Damian Storer		
20	Dan Blakey		
21	Martin Stefan		
22	Simon Artes		
23	Lars Kofod		
24	Iain Thayne		
25	Ant Stansbie		
26	Chris Levy		
27	Graham Lofthouse		
28	Aaron Lancaster		
29	Chris Gregory		
30	Iain Laird		
31	Paul Wilkinson		
32	Rowland Hills		
33	Anthony Gothard		
34	Mike Wrenn		
35	Simon Lake		
36	Steven Davies		
37	Nick Scott		
38	Richard Collins		
39	Chris Farwell		
40	Charles Morley		
	No entries from:		
	Damian Taylor		
	Dougie Lawson		
	Jeffrey Hunt		
	Mike Pearce		
	Paul Duncan		
	Richard Puttock		
	Rob Smith		
	Simon Bracken		
	Simon Oldfield		
	Martin Still		
	Robert Shields		
	Mitchell Crawford		
	Caleb Evans		
	Steven Davies		

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.

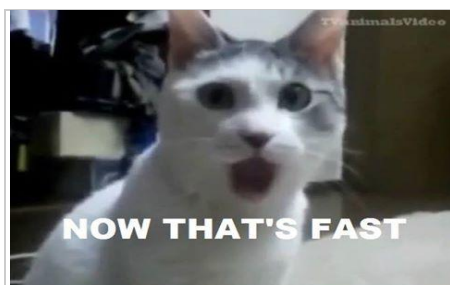
The Cross Team Challenge

(CTC)

<http://c2ctc.com/>

15 Boats floated !....more than anyone else as usual so well done everyone, we beat 'Free Spirits' by one boat and 'Forum Flyers' by 6. Boat 1 was in Silver position just behind 'MAD' who are not really a 'club' like we are so '**like for like**' we're way out in front.

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)

Elaine Graham (Jet Ski Lady)...4 mins..1038..1:55.6

Ken Fairley.....1 mile...5:34.7 or 1:44.0 @ 35....2k in 6:56.8 (1:44.2)

Glynn Powell.....mile....Time: 5:10.8.....Average per 500/spm: 1:36.5/33

Chris Casley.....10k.....36:52.5 @24spm av. 1:50.6.... a new PB by 35.5 secs ...and 2k in 6:40.4

Clare Busst.....30 mins...7779....1:55.6...2k in 7:21

Mark Powell..Winstonsdad....a 2k PB of 6.39.3 with splits of 1.39.8 / 1.40.4 / 1.40.5 / 1.38.6

Rod Chinn.....2k in 6:59.2...a Lwt PB

Nadine Boles.....30 minutes for...5746m....2:36.6....1k in 4:38.1. Down 9.4 sec!

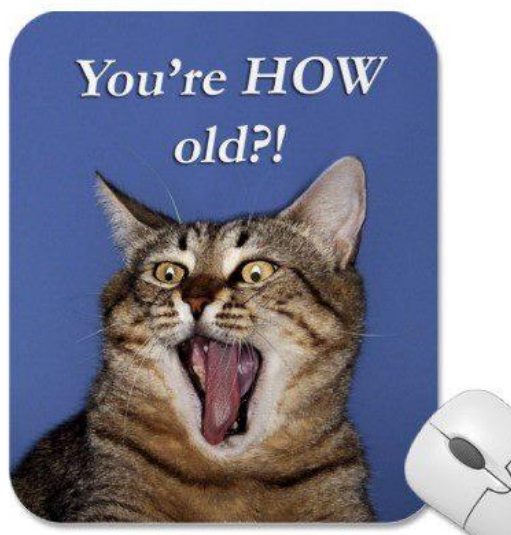
Matt Wilmington...Wilmo60 mins...15452.....1:56.5...plus a 30mins @20spm..7938..1:53.4

Lucy O'Brian.....Laoiseach.....60 mins ...13669....2:11.6. 21spm.

Toby Lunn...Bojam....15735 for 60 mins...a PB by 120m.

Carol Woodward.....2k in 7:49.8 (1:52.4)....a 55-59 PB.

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;**

George Bingham.....EeBeeGeeBee..... (53)

Kerry Harris(28)

Simon Bracken.....sbracken..... (50)

Simon Oldfield.....Homer Simpson..... (44)

Congratulations to;



Richard and Dona Hall..... 25 years Married!

Mitch Crawford.....who got Married!

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>

Upcoming Competitions

Plenty of other competitions towards the end of the year where we can look forward to some Sub 7 gatherings (and some rowing!) here's a list;

Sat 7th December..... BIRC...I'd suggest that those staying over use the Holiday Inn Express in Cardiff Bay, it's always far more 'social' if we all use the same hotel.

As per my email, there will be a team meal of the Friday night, please let me know if you want to come if you haven't already.

The Rowing Company

Challenge Series

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

Results courtesy of George Bingham (EeBeeGeeBee)

Concept 2 Challenge Series Round 2

Ding! End of Round 2, and things are hotting up after a gruelling 1609m. Did anyone break the 4-minute mile barrier? Well, no, but 4 men got under 5', which is pretty special. And one of them is in the 40-49 category, so that's one up for slightly less smooth skinned brigade. Highlights include:

- Michael Jonas coming 10th in the extremely competitive M40+ with a scarily quick 5:12.3 (1:37.0 pace)
- Richard Cheeseman ranked 2nd in the M50+ with an even scarilier quickerer 5:11.8 (1:36.9)
- Richard Steventon topping the M60+ for the 2nd month running with 5:13.2 (1:37.3)
- Michael Wrenn topping the M70+ with 5:52.8 (1:49.6)
- Lucy O'Brien came 10th in the F40+ (the most competitive women's category) with 6:22.9 (1:59.0)
- Carol Woodward came a solid 4th in the F50+ with 6:17.9 (1:57.4)
- and last but very much not least, Marjorie Roome a clear winner in the F60+ with 6:15.5 (1:56.7)

In the Sub7 mini-league, 24 of us posted a time. Honours this month, in a very tight top-of-the-table clash, went to:

- 1st - Richard Cheeseman - 5:11.8 (1:36.9)
- 2nd - Michael Jonas - 5:12.3 (1:37.0)
- 3rd - Richard Steventon - 5:13.2 (1:37.3)

And in the ladies' section, Carol and Marjorie swapped places and Lucy was just behind them:

- 1st - Marjorie Roome - 6:15.5 (1:56.7)
- 2nd - Carol Woodward - 6:17.9 (1:57.4)
- 3rd - Lucy O'Brien - 6:22.9 (1:59.0)

In the combined table (September's plus October's scores added together), Michael Jonas leads with 199.84 points, with Richard Steventon in 2nd place with 198.91 points and Warren Matthews in 3rd with 198.68 points. There's plenty of time for things to change though.

So that's October's done and dusted. November (or Movember for those of us who are growing a moustache over the next 30 days) brings in the Joe Simpson Challenge (6344m) (*), which follows on very nicely from October's ITC for us middle distance maniacs. Have fun!

George Bingham (EBGB)
C2 Challenge Series Correspondent

* 6344m is the height of the Suila Grande mountain in Peru, which Joe Simpson (of Touching The Void fame) climbed a couple of decades after "falling off a mountain and crawling home" (the fall shattered his right leg) and then using the Concept 2 to regain his fitness and strength.

That's it for September, have a happy erging October folks

Except for a couple of pics from the recent Bristol Competition;



I think I'm saying "get me outta here"!



Wilmo shuts his eyes thinking he won't be able to hear Planky shouting at him as Toby and I look on.