



We all have dreams, but in order to make dreams into reality, it takes an awful lot of determination, dedication, & discipline - Jesse Owens

Sub 7 September Newsletter



I think this photo says more about being inspired to get on with some training than anything I could ever put in an introduction!

It's been a great month for Sub 7 with a **World** record for **Charles Morley** in the 24 hour event at Bristol alongside British Records for **Warren Matthews** and **Susan Young** but just rowing for 24 hours is worthy of praise in itself let alone smashing records as well so very well done you three.

James Hall and **Marjorie** are also in the record breakers section this month and we have the usual host of **PB's** (one being a particularly *painful* one....just watch the video!) to report as well plus some great performances in the **ITC** and **CTC** so without further ado here's what happened in the land of Sub 7 during the very merry month of September.

Cheers all,

Rod.

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) Yasmin Marks (2) Carol Woodward (3) Marjorie Roome

Mens Hwt.....1) Richard Cheeseman (2) David Scott (3) Warren Matthews

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

The Cross Team Challenge (CTC)

<http://c2ctc.com/>

Our first Boat finished in Second place so well done to Matt, Casey David, Rob and Sally for putting in such a big effort and keeping us at the top of the league for the year so far.

We got out an excellent 14 boats so well done to all who contributed and thank you for supporting the club in the competition.....it's about bums on seats so all efforts were highly valued.

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.

September is the first month of the 4 month period that takes us up to the end of the year so the cumulative table will be the same as the final table for the 6 x 500.2'r.

Congratulations

Mark (Winstonsdad) and **Penny** (Winstonsmum) who have now become **Annie Rose's** Mum & Dad with the new addition to the family being born on September 20th. The young lady is a sister to Harry (Winstonsnightmare) and one more for Winston (the long suffering dog) to worry about and is known as.....'Winstonslethome'!

Giles.....on managing to continue to persuade his good lady wife to put up with him for 22 years!

World and British Records

James Hall (Broadacreshall Junior) who smashed the J13 500metre British Record by over 5 seconds with 1.39.6 sr40 and was 13 only 4 weeks ago!

Marjorie..... 1k in 3:47.6, which is a PB by 0.1 seconds and a 60+ Women's Hwt **British** Record by 0.3.

Charles Morley..... 150km in 24 hours..... **World record** for over 80's...yes, that's right...,.Over 80!

Warren Matthews.....Did a 24 hour row achieving 260,716 metres for a **British Record** in the Men's 40+ Heavyweight category.

Susan young (two Puds)..... 161km in 24 painful Hours for a F Lwt 40-49 **British Record**.



Susan and Charles

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)

Harry Wilkes (Cptn Hoss).....2k in 6:45.6 and a first ever HM in 1:19:19.7 (1:52.8)

Matt Spooner....2k in 7:01.?

JudeNZ.....first ever 2k in 8:14.0

Planky.....set an amazing 3 PB's in a single afternoon at the Bristol competition with a 2k in 7:03.6, followed by 1k and 500m PB's!

Damian Taylor.....60 mins. For 15,046m and 5k in 18:53 (1:53.3), a 27 second improvement from a month ago.

Quillsy.....30'@20spm 6820m (and going close to death with the effort by the sound of it!)

Bezza.....30'@20spm 7918..(1:53.7)...even *with* his usual cold!

Marjorie.....4minutes for...1054m (1:53.5) and faster than her 1k BR pace!

Rob Wilson.....4 minutes for...1258m (1:35.4)

A big roll on the drums for this one as it's been a long time coming and is very well deserved.....**Steve Plank** (Planky).....did a 2k in under 7 minutes for the first time with a fantastic and hard worked for 6:57.7.

Here's a video that shows just how hard he worked for it and how much pain he went through to get it.....has there ever been a more popular PB?

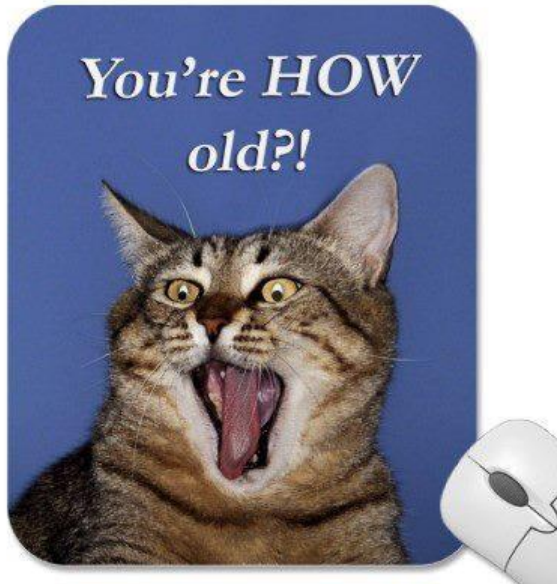
<http://www.youtube.com/watch?v=kgDdPT5k8es>

Welcomes

The following joined us in September so welcome to:

Matt Spooner.....Uberspoons

Birthdays



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

Rod Chinn.....Forestrower.....55 (but looks more!)

Carol Woodward.....Mrs FR.....54 (but doesn't look it!)

Barry Turner.....40.

James Howard.....The big Five '0' ho ho.....but certainly not slowing in his rowing!!

Elaine Graham.....Jet Ski Lady..... 39

Dimos Georgiades.....Dimos (aka 'Joe Cool').....44



Club Kit

Get your club T-shirts 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.

And Finally.....

Rowing can be a dangerous business.....

<http://www.youtube.com/watch?v=EtpgAE26Bf0>

*That's it for September have a happy erging October folks
and remember....*



Nothing feels better
than beating your
personal best,
not even the taste
of a chocolate
chip cookie.