



*It's not what you do once in a while, it's what you do day in and day out that makes the difference.*

## **Sub 7 September Newsletter**

**Greetings Sub 7'ers,**

It's all 'appenin' 'ere innit!

British records, Championship medals, new folk joining, marriages, PB's, challenge series starting and of course plenty of good training going on as things hot up in preparation for **BIRC** so here's what happened in September folks.....cheers.... **Rod.**

## **British Records**

Well done to **Richard Steventon** who set a new **BR** in the **Mens Hwt 60-69** category for the mile of **5:13.2** at the Shrewsbury competition...that's an incredible **1:38.6** pace!...and also new **BR's** at... **30 mins** in **8379**....and **60 mins** in **15810**.

## **Welcome New Members**

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

**Andy Jeal**.....AndyJay

**Emma Scherptong**.....Emma Sherp

**Damian Storer**.....Siberian

**Simon Artes**.....Simon Artes

Welcome back.....**Nigel Hird**...Birkyboy

**Christopher Casley**.....cscasley

**Mark Chivers**.....markchivs

# The Shrewsbury Mile

Planky went off a bit too quickly which is why he looked like this at the end!



Here's me commentating on Richard Steventon's race (he's on my right)



Well done Giles, Ian and Dougie for organising such a good event!

Some more good pics here;

<http://therowingcompany.com/forum/viewtopic.php?f=12&t=23936&p=618569#p618569>

# Australian Championships

<http://nationalindoorrowingchampionships.com.au/>

Our own **Graham Lofthouse** (Lofty63) represented the club with great distinction setting PB's in both the distances he entered!

In the 500 he got a Bronze with 1:35.5 which is 6.2 secs better than his previous PB.  
In the 2k did 7:09.5 shaving off another 1.2 seconds from his PB and another Bronze so 2 podium finishes! .....Well done **Lofters**! (he's on the right in red here.....but has ordered some club kit now!)



# The Intra team Challenge (ITC)

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=86](http://www.gffl.myzen.co.uk/sub7/index.php?option=com_php&Itemid=86)

## Results of Sub7 Challenge September 2013 by Category

	<b>Men's HWT</b>	<b>Men's LWT</b>	<b>Women</b>
	37 out of 55 (67%) took part	9 out of 15 (60%) took part	6 out of 15 (40%) took part
1	<b>Glynn Powell</b>	<b>David Marshall</b>	<b>Clare Busst (LWT)</b>
2	<b>Giles Clarke</b>	<b>James Howard</b>	<b>Carol Woodward (LWT)</b>
3	<b>Warren Matthews</b>	<b>Steve Berridge</b>	<b>Emma Scherptong</b>
4	Michael Jonas	Toby Lunn	Marjorie Roome
5	Martin Still	George Bingham	Dawn Spears
6	Johnny Kolster	Ken Fairley	Susan Young
7	Mark Powell	Dimos Georgiades	<b>No entries from:</b>
8	Andy Jeal	Steve Plank	Diana Kornbrot
9	Simon Artes	Jef Hutchby	Elaine Graham
10	Harry Wilkes	<b>No entries from:</b>	Gaynor Johnson
11	Aaron Lancaster	Matt Rockett	Kerry Harris (LWT)
12	Matt Wilmington	Peter Arnold	Penny Bates
13	Robert Shields	Richard Hall	Ruth Boetzel
14	Dominic Grierson	Russell Parrington	Sally Fisher
15	Lars Kofod		Sarah Quilliam-Mayne
16	Richard Steventon		Tracy Watkins
17	Russell Parrington		
18	Ant Stansbie		
19	Rod Chinn		
20	Mitchell Crawford		
21	Gary Steadman		
22	Richard Cheeseman		
23	Iain Thayne		
24	Chris Levy		
25	Andy Townsend		
26	Martin Stefan		
27	Caleb Evans		
28	Iain Lard		
29	Chris Gregory		
30	Richard Collins		
31	Nick Scott		
32	Anthony Gothard		
33	Rowland Hills		
34	Simon Lake		
35	Steven Davies		
36	Chris Farwell		
37	Charles Morley		
	<b>No entries from:</b>		
	Bob Cook		
	Casey Clarke		
	Damian Storer		
	Damian Taylor		
	Dougie Lawson		
	Gwyn Roberts		
	Graham Lofthouse		
	Jeffrey Hunt		

	Mike Wrenn		
	Mike Pearce		
	Paul Duncan		
	Paul Wilkinson		
	Richard Puttock		
	Rob Smith		
	Simon Barnett		
	Simon Bracken		
	Simon Oldfield		
	Steve Sempert		

## Cumulative ITC Table

[http://www.gffl.myzen.co.uk/sub7/index.php?option=com\\_php&Itemid=96](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/>

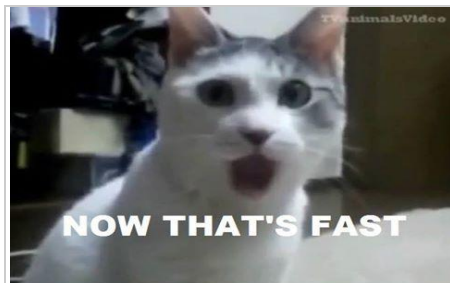
A terrific **12** complete boats floated in the competition as well as another 3 partially filled so thank you to everyone who contributed and I think was pretty much "everyone" who had a go!

Special thanks to the fast folk in Boats 1&2 who had a few go's at keeping us up there!

**IF IT DOESN'T CHALLENGE YOU**  
**IT DOESN'T CHANGE YOU**  
 - FRED DEVITO



# 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)

**Matt Wilmington**.....10k.. PB of 38.17.1 then improved to New PB of 37.58.7...and 30 mins free rate 8012m a PB by 6 meters...and a 5k in 18:07.6.(1:48.8) Average 1.52.3

**Mark Powell**.....4x1kr5 @ 1.39.9, a PB by 0.5 and a Mile in 5:17.1....and 30r20 today, 8028m at 1.52.1 average, a PB by 17m...and 1k in 3:08.1 a PB by 1.9!

**Russell Parrington**...Russell1982.....1k in 3:13.3..then improved to 3:11.6 and 500 in 1:29.8...and 5k in 18:20.7

**Toby Lunn**.....At last some success to report... did a 4min C2Challenge and got a new PB of 1171m. Followed by a 10000m PB on Saturday in 37:30.6 and to cap the weekend off a 1000m PB of 3:22.7.

**Damian Taylor** .....Marathon in 2:49:54.2 a PB by 29 mins 26 seconds

**Gaynor Johnsone**.....1k..in 4:38.2

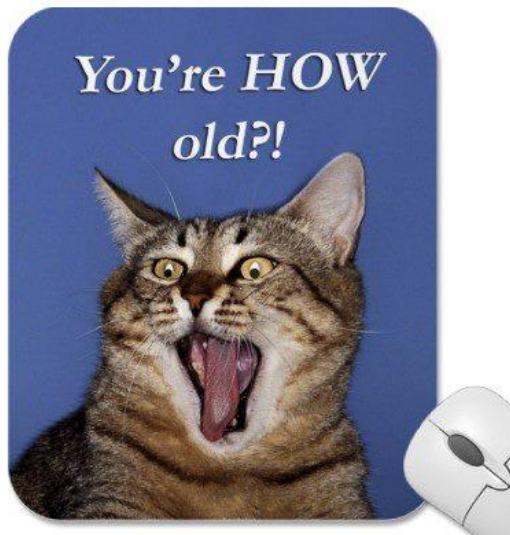
**Graham Lofthouse** set 4 PB's in a week, 3 of them in one day!

**500M** 1:35.5...**1K** 3:31....**4min** fitness test 1145.....**2K** 7:09.5 in the Aussie Nationals.

**James Howard**....4 minutes in... 1:37.0...1236m

**Simon Artes**.....1k in 3:08.6

## **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;**

**Rod**.....56

**Dimos Georgiades**. 45

**Carol**.....55

**Annie Rose Powell** (Winstonslefthome).....one year old!

**James Howard**.....51

**Elaine Graham**.....Jet Ski Lady.. 40 (Life begins!)

**Andy Jeal**.....40 (as above!)

## **Congratulations to;**

**Giles**.....on managing to continue to persuade his good lady wife to put up with him for 23 years!

**Damian Storer** (Siberian) .....who had went all the way to **Antigua** to get married....so congratulations on your nuptials...and suntan!

# 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/fags/1-sub7-fags/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 12th October.....Grimsby Mile,100m & 300m.**

**Sat 19<sup>th</sup> October.....Bristol 2k**

**Sat 7<sup>th</sup> 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.**

# The Rowing Company Challenge Series

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

**By George Bingham (EeBeeGeeBee)**

## The Rowing Company Challenge Series Round 1

So that's Round 1 of the Concept 2 Challenge Series completed. September's challenge was the O'Neil Test (a straight 4' unrestricted piece that needed the Bat out Of Hell approach). It was highlighted (highlit?) by:

- **Richard Steventon**..... a clear winner the M60+ with a fantastic 1241m
- **Michael Wrenn**..... just being squeezed into 3rd place in the M70+ with 1116m
- **Carol Woodward**..... 3rd in the F50+ with 1053m
- **Marjorie Roome**..... topping the F60+ with 1046m

**In the Sub7 mini-league, 26 of us posted a distance, with honours going to:**

**1st - Michael Jonas - 1249m**

**2nd - Richard Steventon - 1241m**

**3rd - James Howard - 1236m**



**And the leading ladies were:**

**1st - Carol Woodward - 1053m**

**2nd - Marjorie Roome - 1046m**

**3rd - Dawn Spears - 1024m**

Well done to everyone who posted a distance for this piece. It was one of those awkward ones - too long for an out and out sprint, but short enough that you can't help but go for it as if it were.

October's challenge piece is the mile (1609m). How close can you get to Roger Bannister's landmark 4'? Top tip from me: set the PM up for 2 variable distance intervals with the first rep set to 1609m, the second rep set to 391m and with 0:00 rest. At the end, you'll have a 2K time as well as your 1609m time. Simple!

Good luck.

**George Bingham**

C2 Challenge Series Correspondent

*That's it for September, have a happy erging*  
*October folks...and one final thought...*

