



## Welcome to the April Newsletter

Here's the usual roundup of what happened last month and as usual.....a LOT happened so as little from us in the introduction as possible...just a couple of things;

**1) Please remember** that now we are in April it's the last month of the season so if you want to improve your position in the C2 rankings for 2018 now is the time!

**2) This is your newsletter**, Carol and I just put it together so we need to make sure that everything you want to see is included. Please let us know if you have any ideas or requests for things to go in here and do please message us with any erg race results or records as much as we try we can't guarantee to see everything posted on the club page....if we do miss something we'll put it in the following month (with a grovelling apology no doubt) if you let us know how daft and unobservant we've been!

## The March Cross Team Challenge (CTC)

*This is where you compete for the club against other clubs and the more people that do it the more participation points we get so we do ask every member to contribute to the team effort every month if they possibly can.*

We put out 21 boats which is 6 more than our nearest rivals so well done to everyone who contributed by filling a seat. A big well done also to the fast folk who put in such a good effort to keep our top boat way up high;

**Marius TS (H), Andrey Priveda (H), Warren Matthews (H), Nolan Thomas Messer (L) and Anna Muehle (F)**

Here's this month's challenge, save the link then you can check the instructions before you row it;

<http://c2ctc.com/>

## **The Sub 7 Intra Team Challenge (ITC)**

Congratulations to our winners for the March ITC 5k;

**Women Hwt.....**(1) Yvonne Apitz, (2) Steph Joyce, (3) Michelle Drake

**Mens Hwt.....**(1) Warren Matthews, (2) Kevin Baldwin, (3) Mat Ward

**Womens Lwt.....**(1) Sarita Hansen, (2) Carol Woodward, (3) Tina O'Sullivan

**Mens Lwt.....**(1) Nolan Messer, (2) Adam Eshborn, (3) Rod Chinn

The **ITC** can be accessed via this link (have your **Username and Password** to hand...click on Ctrl as well as the link)

<http://www.gffl.myzen.co.uk/sub7/>

The Cumulative results for **2018** are here can be viewed by selecting Challenges and Comps from the blue menu bar and then Challenge Table – Year. Change Select a Season to **2018** and Select a Sort Option to Full Year.

**This month the challenge is 10k, free rate, as fast as you can go!**

*If you don't have a login to the club website to enter and view scores then post a message on the club Facebook page and Admin will send you one.*

## **Race Results**

### **Hammerfest in North Carolina USA**

Congratulations to **Richard Harenberg** who in his first ever race won the 60-69 HWT 1k in an excellent time of **3:32.8** (ave. pace 1:42.4).

## Leipzig

A great row from **Yvonne Apitz** in to get a 2k PB of **7:20.6** and 3rd place, the winner being someone who'd rowed in the Olympics!



## Hamburg Marathon

**Susan Young** travelled through the snow and ice to Compete in the Hamburg Marathon.

In the race she finished a credible 6th out of the 14 entrants in the over 50 Lightweights with an excellent **3:24:25.0**. The first 2 in the race broke the old world record time so she was in good company!

Well done for the race Susan and an even bigger well done for getting there to do it in the first place!

## Sweden

**Magnus Kack** rowed with a friend (Anders) to win the Mens Hwt 2k Tandem race. The race was on slides, with the pair rowing one after the other. Magnus finished in a very good time of 6:40.0.

## Faroe Islands

Congrats to **Bergur, Sarita** and **Jens** at the Faroese Champs!

**Bergur** grabbed Gold in the Open LWT & 30-39 LWT, as well as Gold in the 6 x 500m Mens team Relay with **Jens**.

**Sarita** also took Gold in the Open LWT & 30-39 LWT races, with a Silver in the 6 x 500m Womens team relay too!

## British Army Regional Command Indoor Rowing Championships

**Matt Gill**.....4th 6:41.5

**Steven Bugg**.....3rd 6:36.1

**David Lewis**.....2nd 6:59.4

## World Rowing Erg Sprints 1k's

### Womens HWT

<b>Anna Muehle</b>	-	30-39	Silver
<b>Majorie Roome</b>	-	60-69	Gold

### Womens LWT

<b>Sarita Hansen</b>	-	19-29	Bronze
<b>Carol Woodward</b>	-	50-59	Gold
<b>Dee Amon</b>	-	50-59	Bronze

### Mens LWT

<b>Bergur Robert Dam Jenson</b>	30-39	Bronze
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Several other Sub-7 members achieved very respectable times so well done all.

## Hudson River

A big Congrats to **Dan Lynch** who found the pot of Gold on Paddy's Day! 🍀🌸

🏆🥇 **6:42.7** for 2km in the Hudson River Rowing Association's 18th Annual Indoor Sprints! (pictured with #columbiarowingclub team mate Wendy, who also won Gold!)



## Springfield

24/3/18 **Dan Lynch...** **6:41.7** for 2nd place, Hwt Men 50+

## Italian championship

**Gianluigi Barone** won a Bronze medal in the Open 500m; 50/59; hwt, in a PB time of **1:31.3**.

**Francesco Vendetti** came 4<sup>th</sup> in the 500m race with a new PB of **1:33.7**.

**Susan Young** travelled over to Italy to race in the 2k and won Gold in the 50-59 Lwts with a time of **8:33.9**.



## World Records

**Isaiah Harrison** set a 13-14 year old world record for the Half Marathon with an incredible **78:38.1** (1:51.8 pace)...and also beat his own 13-14 y/o WR for 10k with an amazing time of **34:29.7**.

Not content with 2 new world records, he made it a hat-trick with the Marathon world record in a time of **2:46:30.5** (1:58.3 pace).

**Anna Muehle** set an amazing world record for the 1k with **3:17.3** (1:38.6 pace)....

Well done **Isaiah** and **Anna**.



## **British Records**

**Mike Pearce** set a new 4 minute British record for 60-69 Hwt men with 1,197 metres.

## **Mud Season Madness**

Report by Dan Lynch

Concept 2's Mud Season Madness Challenge was in full swing during the entire month of March. A total of 1,405 participants used a C2 row, ski or bike erg to take on either the "Basic Challenge" - 5,000m or more for 25 or more days during March or the "Advanced Challenge" - 10,000m or more for 25 or more days. Of the entire group of participants, just 38.7% took on the Advanced Challenge, and of that group (544), just 17.5% or 95 completed all 31 days.

A total of 10 members of Sub-7 completed Mud Season Madness including: [Basic Challenge] Ruth Boetzel (25 days), Abi D (25), Anton Gazal (28), Adam Phelps (25), James Thornton (25)

[Advanced Challenge] Christopher Cheeseman (28), John Cameron-Martin (31), Dan Lynch (31), Martyn Pallett (31) and Paul Peppard (27).

## Club Records

Here are the best performances on record in Sub 7, if you've done a better one and want to claim a record then please let James Davis know.

[https://drive.google.com/drive/folders/1-JzdoNXObqRDR53loGpOPZ\\_H1gfP\\_0k2?usp=sharing](https://drive.google.com/drive/folders/1-JzdoNXObqRDR53loGpOPZ_H1gfP_0k2?usp=sharing)

## World erg challenge

Keep adding your metres folks....warm ups, cool down...the lot!

<https://log.concept2.com/challenges/wec/2018/teams>

## Sub-7 Training day

For those within travelling distance of the South East of England please remember the club "Training Day" on **Saturday the 9th of June** hosted by Rod and Carol at their local village hall in East Sussex TN22 4AG

<http://highhurstwoodvillagehall.com/>



*Happy rowing in April folks*

*Carol Woodward and Rod Chinn.*