



INDOOR ROWING CLUB

GTC - 6X 1min, 1R

ITC - 6X 500m, 3R

**C2 DOG DAYS
OF SUMMER:**

WEEK 1, AUG. 1-7: 10,000 METERS

WEEK 2, AUG. 8-14: 20,000 METERS

WEEK 3, AUG. 15-21: 30,000 METERS

WEEK 4, AUG. 22-28: 40,000 METERS

Welcome to the August

Newsletter

Well done to everyone that managed to brave the heatwave in the northern hemisphere and get any rowing sessions completed, it was totally strength sapping but cooler weather is on the way - hopefully!

Here's what happened in July folks....

The Sub 7 Intra Team Challenge (ITC)

Well done to our winners in last month's 500 metre challenge;

Male Hwt.....(1) Ian Wilde. (2) Warren Matthews. (3) Mat Ward.

Female Hwt.....(1) Yvonne Apitz. (2) Jules Hodgson. (Only 2 did it!)

Female Lwt.....(1) Carol Woodward. (60 next month!). (2) Tassana Landy. (3) Abi Dolor.

Male Lwt.....(1) Arkadiusz Kieliszek. (2) Nolan Messer. (3) Adam Eshborn.

This month it's **6 x 500.3'r** and remember folks they are all to be done from a stationary flywheel.....(static starts)....**no** rolling starts!

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

The Cross Team Challenge (CTC)

<http://c2ctc.com/>

A big thank you to everyone who braved the heat and helped the club by entering a score and filling a seat in the **Cross Team Challenge** and a special **"well done"** to the fast folk who put in a great effort to secure the Bronze for the month. Here's everyone who took part (in descending order)....if you're **not** on the list then please make every effort to support Sub 7 and contribute a score to the team effort in August. Your club needs you.....hooooo! (Go on, go on....it's only one row in the month....surely you can squeeze that in for

#Sub7family!)

Andrey Priveda (H) Pavel Shurmei (H) Warren Matthews (H)	Jens Kristian Dam (L) Anna Muehle (F)
Ian Wilde (H) David Scott (H) James Cartwright (H)	Nolan Thomas Messer (L) Kristi Stoddard (F)
Andy Reid Sub 7 (H) Harry Wilkes (H) Matt Gill (H)	Arkadiusz Kieliszek (L) Jennifer Huffman (F)
Mat Ward S7 (H) Julian Stokes (H) Henning Schnell (H)	Adam Eshborn (L) Yvonne Apitz (F)
Paul Westfoot (H) Paul Peppard (H) Martin Evans (H)	Dan Lynch (L) Carrie R Mackay Scull (F)
Russell Chewie (H) Glynn Powell (H) Mac McNelis (H)	James Howard (L) Marie Barton (F)
Ed Furness (H) Robert Jones (H) Matt Rawlinson (H)	Denis Mason S7 (L) Bluebell31 (F)
Matthew Parkinson S7 (H) Casey Clarke (H) Cy Gwyllt (H)	Rod.Chinn (L) Samantha Doubtfire (F)

Alex Doidge (H) Mike Pearce (MPx) (H) Andy Patience (H)	Patrick Louazel (L) Carol Woodward (F)
Steven Richie (H) Rick Duffield (H) Phillip Welch (H)	Dimos (L) Jules Hodgson S7 (F)
Craig douglass (H) David Davidson (H) David Lewis (H)	Anton Gazal (L) Clare Rainbow (F)
Richard Cheeseman (H) Sam white HW (H) Richard Harenberg S7 (H)	Toby Lunn (L) Cathy Lowe Rimov (F)
Mark Powell (H) Richard Steventon (H) Simon Matterface (H)	Tassana Landy (L) Marjorie (F)
Anthony Barbier (H) Chris Owens (H) Gary Lewis (H)	Nigel Brockton (L) Yeen Wichaisri (F)
Richard Alford-Smith (H) JC Crilly (H) Alec Morrison (H)	Dee Amon (L) Gail Hind (F)
Karl Dieter (H) Gianluigi Barone (H) Anthony Gothard (H)	Jon Peck (L) Susan Young LWT (F)
John Young (H) Mick Croissant (H) Hal Appleyard01 (H)	Mustafa Zangana (L) Abi Dolor S7 (F)
Mike Pfirrmann (H) Ian Northcott (H) Eric Jones (H)	Heather Powell (L) Caroline Champion (F)
Eddie McSharry (H) Barry McKechnie (H) Geoffrey Simon (H)	diana kornbrot (F)
Wazza (H) Ian Hodge (H)	
Jonathan Alford-Smith (H) C Rosjat (H) Aaron Bustard (H)	Shelagh Allen (F)

This month it's **6 x 1'.1'r**. The first rep needs to be from a stationary flywheel but "*rolling starts*" are allowed after that so take advantage of them to get the best time!

National Records

Well done to **Dan Lynch** who has recently set **2** American records in the **50-59 Lightweight** Category. The first was the **1k in 3:08.8** which beat the old record of 3:09.4. His 2nd was a few days later in the **4 minutes** when he set a new mark of **1238** metres which is **1:36.9** pace.

Well done Dan, 2 great performances....and **more** to come no doubt!



Here is a picture of Dan on an old erg when visiting another town.....it was not used to going as fast as when Dan used it!

World Record

Chiara Villalon set a new age 14 mark in the HM with a superb time of 1:34.02.9. Even more impressive is the stroke rate which really demonstrates just how much strength she has.



That was July.....Happy rowing in August folks
Newsletter compiled and edited by.....Carol
Woodward and Rod Chinn.