



Welcome to the **December** Newsletter

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

The Sub 7 Intra Team Challenge (ITC)

Well done to our winners of the November 4 minute competition.

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

<u>Mens Hwt</u>	(1) (2) Ian Wilde	(3) Warren Matthews	(3) Alex Doidge
<u>Womens Hwt</u>	(1) Tamara Pellet	(2) Jules Hodgson	(3) Michelle Drake
<u>Mens Lwt</u>	(1) Anton Gazal	(2) Adam Eshborn	Only 2 entered.
<u>Womens Lwt</u>	(1) Sarita Hansen	(2) Heather Powell	(3) Susan Young

This month it's a 2k.....the distance by which we are all judged!

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

The Cross Team Challenge (CTC)

Well done to everyone that contributed to the team effort last month...remember folks we do ask everyone to put a score for the club here....if you missed last month then please try extra hard to get one in this time round....your club needs you-hooo!

Our top boat finished in 3rd spot so a big thank you to the fast folk who worked so hard for us!

Pavel Shurmei (H) Andrey Priveda (H) William Godding S7 (H)	Jens Kristian Dam (L) Elena Buryak (F)
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Also 'well done' to the people that helped boats 2 and 3 to also finish in the top 10;

Isaiah Harrison (H) Ian Wilde (H) Paul Yount (H)	Bergur Jensen (L) Morgan McGrath (F)
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David Scott (H) Russell Chewie (H) Joni Diack (H)	Arkadiusz Kieliszek (L) Yvonne Apitz (F)
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We floated 22 full boats which was the most of any club and 3 more than our nearest rival!

This month it's a 30 minutes....nothing too sharp....so let's all enjoy a nice half hour of power!

http://c2ctc.com/index.php?c_id=0

Indoor Rowers league

<https://indoorrowers.org/>

Yay! We won the November 6322m challenge! This is the 3^d win for the "Sub-7 Mega Melt" team.

<https://indoorrowers.org/irlteam>

Of the 208 finishers the fastest rower was Isaiah [Harrison](#). 2nd place in the male adjusted score went to [Rod Chinn](#) (60-69 Lwt).

The Female Adjusted win went to Carol Woodward, 2nd was Marjorie Roome and Clare Rainbow 3rd.

News

Isaiah Harrison set a new World Record for 15/16 Marathon as a 15 year old...great row
Isaiah...well done!

concept 2.

PM5

View Detail

42,195m

F1FD-1570

Nov 11 2018

D426-B36B

time

meter

/500m

s/m

2:35:41.3

42195

1:50.6

26

30:49.2

8500

1:48.7

26

30:54.8

17000

1:49.1

26

31:10.9

25500

1:50.0

27

31:19.1

34000

1:50.5

27

31:27.2

42195

1:55.1

27

Mark Powell and Jonty Leese won the Manisha Challenge where they teamed up to row the height of Everest! They did the 8848 metres in an impressive 29:10.5, and average of 1:38.9!



Henning Schnell rowed a 2k PB in the Alster Ergo Cup Hamburg in a time of 6:37.6

Scottish Championships

Hilary McNally 2nd in the over 50's 1k with a PB equalling 3:46.8 and 3rd in the 500m in 1:48.3

Glyn Lloyd 4th in the over 40's lightweight 1k in a time of 3.16.1.

Clare Rainbow 2 great wins with 3.47.0 in the over 50's lightweight 1k and 1.45.0 in the over 50's 500m.

Barry Greig 2nd in the over 40's 2k with a time of 6:24.5

Elaine Graham 2nd in the over 40's 500m in 1:52.7

William Godding 1st in the Men's Open Beginner category 1k with an amazing 3:05.9. Not bad for a beginner!

A great haul of medals for Sub-7 – well done to everyone!



Hilary on the left with her medal...well done Hils!

Francesco Vendetti....

...Did the Italian Challenge One minute race in the 50+ age group which he won with a pb of 348m (1:26.1 pace)!

Welsh Championships

Marjorie Roome	1st in the womens 50+ Hwt 2k in a time of 8:01.9 and 1 st in the 60+ womens 500m in 1:50.9
Stewart Moss	3rd in the mens 40-49 HWT 2k in a PB time of 6:17.5
Ian Wilde	6th in the mens 40-49 HWT 2k in a PB time 6:27.8, 1 st in the 40+ mens 500m in a rapid 1:20.0 and 3 rd in the Open 100m in 15.1
Martin Evans	10th in the mens 40-49 HWT 2k in a time of 6:36.8
Margaret Greenhall	1 st in the 50+ Lwt womens 2k in 7:58.9 and 1 st in the 40+ Lwt womens 500m in 1:49.3
Sean Gaffney	6 th in the mens Open 100m in 16.0.



Here's Martin urging Ian on.....but I think this pic would be better suited to a "caption competition"!



Two wins so 2 Gold medals for Margaret!

Upcoming Events

In Germany

22. Berliner Indoor Rowing Open on 15th December.

And on 3rd February 2019 23. Deutsche Ruderergometer-Meisterschaft 2018 24. NWRV Indoor-Cup.

In France

French Championships on Feb 9 2019 in Paris at Stade Charlety. Registration starts on Dec 3.

Atlantic Crossing

This year's Talisker Whiskey Atlantic Challenge has 3 Sub7 members competing: Duncan Roy in Team 'Row for Victory', Laura Try in Team 'Row for the Ocean' and Steve Sidaway in 'Team Tyne Innovation'. All three boats will be part of a fleet of 28 leaving La Gomera in the Canaries on 12th December bound for Antigua. A simple matter of 3000nm of the Atlantic Ocean to overcome in brutal 2 hour shift patterns.

All of the teams can be tracked via their respective media pages but the best central point of information is via the Atlantic Campaigns Facebook page and website together with the Yellow Brick Tracker App (add Talisker Whisky Atlantic Challenge 2018) All three team members want to thank Sub7 for their support so far and to wish all a Happy Christmas and New Year.



I'm sure they will know we are thinking of them throughout the crossing and messages of support will be plentiful! Best wishes for a safe crossing to Steve, Laura and Duncan.

The English Indoor Rowing Championships

After missing last year due to the refurbishment of the Manchester Velodrome this event is back on this time round with the date confirmed as Sunday the 3rd of February....so hope to see plenty of Sub 7'ers at this one too. The post race night out on the "Curry Mile" is the stuff of club legend and not to be missed!

Full Race Calendar 2018 / 19

British	London	Saturday 8 th December 2018	https://www.britishrowing.org/events/events-calendar/british-rowing-indoor-championships/
22. Berliner	Berlin	Saturday 15 th December	https://www.rudern.de/termine/2018/22-berliner-indoor-rowing-open
Irish	Limerick	Saturday 19 th January 2019	http://www.iirc.ie/iirc-next/
European	Copenhagen, Denmark	Saturday 26 th January 2019	http://www.worldrowing.com/events/2019-european-rowing-indoor-championships/event-information
English	Manchester	Sunday 3 rd February 2019	https://indoorsportservices.co.uk/eirc/entry_form
23. Deutsche Ruderergometer- Meisterschaft 2018		Sunday 3 rd February 2019	https://www.rudern.de/termine/2019/23-deutsche-ruderergometer-meisterschaft-2018
Worlds	Long Beach, California	Sunday 24 th February 2019	https://www.concept2.com/indoor-rowers/racing/wric

If you know of any others, please let Rod and I know and we will update next month's calendar.

*That was November folks.....Happy rowing in
December...and a very Happy Christmas to the
#Sub7family*



Newsletter complied and edited by....Carol Woodward and Rod Chinn.