

# 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

Mens Hwt (1) (2) Ian Wilde (3) Warren Matthews (3) Alex Doidge

<u>Womens Hwt</u> (1) Tamara Pellet (2) Jules Hodgson (3) Michelle Drake

Mens Lwt (1) Anton Gazal (2) Adam Eshborn Only 2 entered.

Womens Lwt (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 I 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)	Jens Kristian Dam (L)	
Andrey Priveda (H)	Elena Buryak (F)	
William Godding S7 (H)	,	

Also 'well done' to the people that helped boats 2 and 3 to also finish in the top 10;

Isaiah Harrison (H)	Bergur Jensen (L)
Ian Wilde (H)	Morgan McGrath (F)
Paul Yount (H)	

David Scott (H)	Arkadiusz Kieliszek (L)	
Russell Chewie (H)	Yvonne Apitz (F)	
Joni Diack (H)		

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<sup>rd</sup> win for the "Sub-7 Mega Melt" team.

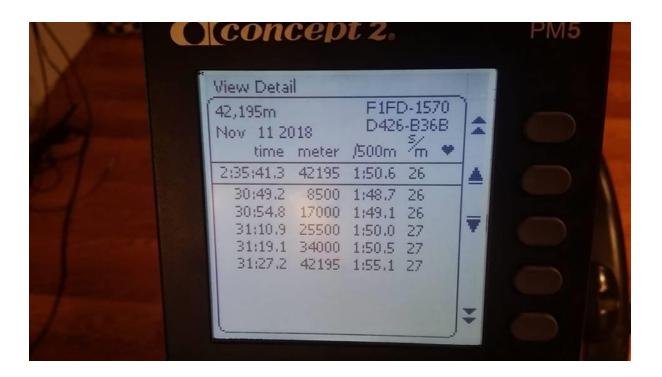
https://indoorrowers.org/irlteam

Of the 208 finishers the fastest rower was Isaiah <u>Harrison</u>. 2<sup>nd</sup> place in the male adjusted score went to <u>Rod Chinn</u> (60-69 Lwt).

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

## **News**

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



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 3<sup>rd</sup> in the 500m

in 1:48.3

**Glyn Lloyd** 4<sup>th</sup> 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** 2<sup>nd</sup> in the over 40's 2k with a time of 6:24.5

**Elaine Graham** 2<sup>nd</sup> in the over 40's 500m in 1:52.7

**William Godding** 1<sup>st</sup> 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 1st 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

lan Wilde 6th in the mens 40-49 HWT 2k in a PB time 6:27.8, 1st in the 40+ mens

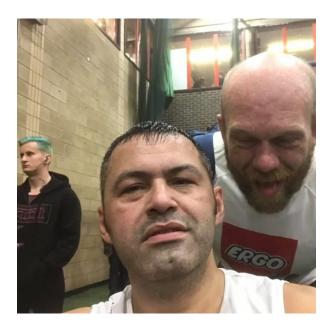
500m in a rapid 1:20.0 and 3<sup>rd</sup> in the Open 100m in 15.1

Martin Evans 10th in the mens 40-49 HWT 2k in a time of 6:36.8

Margaret Greenhall 1st in the 50+ Lwt womens 2k in 7:58.9 and 1st in the 40+ Lwt womens

500m in 1:49.3

**Sean Gaffney** 6<sup>th</sup> 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 <sup>th</sup>	https://www.britishrowing.org/events/events- calendar/british-rowing-indoor-championships/
		December	
		2018	
22. Berliner	Berlin	Saturday	https://www.rudern.de/termine/2018/22-
		15 <sup>th</sup>	berliner-indoor-rowing-open
		December	
Irish	Limerick	Saturday	http://www.iirc.ie/iirc-next/
		19 <sup>th</sup>	
		January	
		2019	
European	Copenhagen,	Saturday	http://www.worldrowing.com/events/2019-
	Denmark	26 <sup>th</sup>	european-rowing-indoor-championships/event-
		January	<u>information</u>
		2019	
English	Manchester	Sunday 3 <sup>rd</sup>	https://indoorsportservices.co.uk/eirc/entry_form
		February	
		2019	
23. Deutsche		Sunday 3 <sup>rd</sup>	https://www.rudern.de/termine/2019/23-
Ruderergometer-		February	deutsche-ruderergometer-meisterschaft-2018
Meisterschaft		2019	
2018			
Worlds	Long Beach,	Sunday	https://www.concept2.com/indoor-
	California	24 <sup>th</sup>	rowers/racing/wric
		February	
		2019	

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



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