



[Sub 7 Newsletter January 2018](#)

Greetings Sub 7'ers,

Welcome to the January newsletter, yes it arrives in February but it's all about what happened last month....and what a busy month...aren't they all!

The theme of this month's publication is "UNITY", we need to make sure we're all aware of what we need to do to contribute to, help and support the club "**#Sub7family**" as we often call it. Here's what **Casey** said in his recent post re: the **CTC**. It's important as it describes the ethos of the club.

"I'm sure most people will be aware, but just in case you aren't, we are an online indoor rowing club and we do rely on members posting and contributing to the page in order for us to function.

*We're different from a page such as the [Facebook Concept 2 Logbook page](#) (which can be used just for general browsing) in that we require our members to actively **contribute**. If nobody ever posted or commented we simply wouldn't exist!! We appreciate some members are more active than others, but no activity at all for several months will often mean you get tagged in a chase up post as the club admin are wondering if you still want to be a member".*

So, there you are folks, your club needs you-hoo to take part. No "lurking" or hiding away, be bold and get on the page. We all want to see you, hear what you've been doing and help to encourage and support you. We **are** all in the same "pain game" after all!

The 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. It only has to be one row if you only want to have one go although you can have as many goes as you like especially if you're having a good battle with some others on there. It's something we can all do together and everyone's efforts count even if it's not a 'full on effort'. We are a bit short of **Lightweight competitors** (under **61.5k** for women, **75k** for men) so if you have children or friends that can join in then great.*

In January we finished TOP BOAT so well done to the fast folk that worked so hard for the club....**Elena Buryak, Nolan Thomas Messer, Tomek Cichocki, Marius TS and Warren Matthews.**

And we floated an excellent 23 full boats. We also had 2 boats needing a lightweight each to get afloat and 1 boat needing a female. So if you're reading this and didn't do the CTC last month please do make every effort to do it next month.....you really will make a big difference!

This month's competition can be found [here](#) so good luck all;

The Sub 7 Intra Team Challenge (ITC)

This is where you compete against other members of Sub 7 and can lead to some very interesting battles over the month! The monthly scores are all added up over the year so the positions can change regularly as consistency is rewarded.

Well done to our January winners:

Women Hwt.....**Yvonne Apitz**
Mens Hwt.....**Warren Matthews** (by just 1.5 seconds from Marius!)
Womens Lwt.....**Sarita Christina Hansen**
Mens Lwt.....**Bergur Robert Dam Jensen**

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 **30 minutes at 20 spm.**

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.

The Virtual Team Challenge (VTC)

This is run by C2 ...we have been logging the metres done in training via our logbooks, we finished a credible 14th out of the 565 teams taking part. Special mention to **Steve Plank** who clocked up an amazing **471,019** metres!

The results are here;

<https://log.concept2.com/challenges/vtc>

World records

Congratulations to **Elena Buryak** who broke the world record by doing 3:04.9 for 1k at the competition in Tallinn Estonia with husband Pavel **Shurmei** also setting a new world 40-49 Hwt time of 2:43.3.

Isaiah Harrison set another age 13-14 world record for the minute with 378 m (1:19.3). He also did an amazing 6:16.7 for 2k!

Helen Purves (Christophers Daughter) has taken her haul in the last month to 5 world records and one British junior record. Her logbook affiliation shows Sub-7 IRC so keeping us up in lights in the youth ranks!

National Records

Irish

Tina O'Sullivan..... 40-49 Hwt 10k....42:54.0

Worth also mentioning that Tina now holds National records at the 1k..5k..6k..10k..HM plus world and Irish records in tandem 100k and 40/49hwt small team 100k

British Records

Rod Chinn..... 100m 60-69 Lwt.....17.0 (1:25.0 pace) and 6k improved by 4.6 seconds to 22:09.9 (1:50.8 pace)

Races

Paris....European Championships

Bergur Robert Dam Jensen: Silver winner in 30-39 LWT Men (6.36,7).

Jens Kristian Dam: Gold winner in 40-49 LWT Men (6.38,0)

Sarita Kristina Hansen: 4th place in Open LWT Women (7.29,9)

Irish Championships

Derek Boland.....7:07.6 (5th) in the 40-49 MLWT 2k

Hugh Egan.....1:31.6 (11th) in the 40-49 500m,

Ger Kennedy.....6-43.6 (11th) in the 40-49 HWT 2k,

Danish Indoor Champs

Sarita Kristina Hansen.....2k - 7:28.4 (1st)

Bergur Robert Dam Jensen.....2k - 6:35.2 (2nd)

Seattle USA NW Ergomania 2018

Jennifer Huffman.....2k - 7:20 (1st)

Carrie Scull.....2k - 7:26.6 (2nd)

Wendy Clark.....2k - 8:11.7 (4th)

Isaiah Harrison.....2k - 6:16.7 (2nd) (WR)

Kristi Stoddard.....Hour of Power - 14,941m (1st female)

ATLANTIC ROW

Big **Ally Cooper** is still big but 15 kilos smaller apparentlyas he successfully rowed across the Atlantic Ocean in 31 days 8hrs, 59minutes...well done Ally!



Duncan Roy is still rowing across but had to divert for repairs to his boat so more on his progress next month.

And Finally.....

There you go folks....that was January!

Happy rowing in February where we hope to see everyone contributing to;

- **The CTC**...please make sure you know your password to enter your score
- **The ITC**...please make sure you know your login and password for the website
- **The Sub 7 facebook page**. Please post your training reports with a screenshot and how what you did felt/compared to previous sessions/show where your fitness is, etc.

Please make sure you're making supportive and positive comments to fellow Sub 7'ers....please don't just post your own stuff and not comment to others...we all like a word of encouragement so the more you give the more you get back!

It's about Unity....let's all do this crazy sport *together*...**#Sub7family!**

Cheers all.....Rod and Carol