



## Sub 7 Newsletter January 2018

**Happy New Year** Sub 7'ers and welcome to the new Monthly Newsletter. Hopefully it will keep everyone informed of what's happening in this busy club of ours as there's always plenty going on! It's intended to round up the previous month's results and achievements as well as show what challenges and competitions we take part in so that everyone can enjoy having a go and joining in all the clubs activities.....which normally means rowing to within an inch of our lives! Without further ado then, here's what happened in December plus a few tips on what's what and who's who....have a great **January** all...cheers...Rod Chinn and Carol Woodward. (Yes, we're married but Carol doesn't use my surname...who would!)

## 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 and have a go (Like **Hilarys** little **McNallys'**) then please do and just let the admin team know on the club page and they'll get the scores on there! If you're a Lightweight member then.....we need **you.....hooo!**

In December .....our top boat finished a close second so well done to the fast folk that worked so hard for the club to get great scores! We floated 20 boats which was the most of all the clubs so well done all who helped the club by taking part. This month's competition is here so good luck all;

<http://c2ctc.com/>

## The 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. The 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 2017 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 **2017** and **Select a Sort Option** to **Full Year**.

This month the challenge is a **6k**.

*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 and all you have to do is log the metres you do in training via your logbook once you have clicked on the button to sign up (click on Ctrl as well as the link);

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

## Posting Tips

We are an *interactive* Facebook group so please do stay in touch by posting your training sessions with a screenshot and also posting positive comments on others reports...the more comments you make the more you will get back.....this is how friendships are made and it's what makes our club the helpful, supportive and motivational place that it is!

*"People will forget what you said, people will forget what you did, but people will never forget how you made them feel".*

## Who's who?

We have team captains that you can go to for any help you may need at any time and they are...**Yvonne Apitz** (Womens Captain), **Robert Jones/Casey Clarke** (Mens heavyweight joint captains) and **Sarita Christina Hansen** (All Lightweight Captains).

## Coaching help

If you want some coaching help then **Casey Clarke** runs a 2k training group which is helping many members to get fitter and faster so if you're interested then just post something on the club page and he'll get back to you with details. We do ask all members of the training

group to post their training reports on the club page as well as the group page as we're all one club...and you'll get more comments!

## Club Kit

We have a full range of kit in the club colours and with the club logo on so please look in the files section of the club Facebook page and all the information is there.

## BRIC (British Rowing Indoor Championships)

**The British Championships** are one of the highlights of the Indoor Rowing year. They are held in the **Velodrome** at the London Olympic park in **December** and we always have a good number of competitors so do please have a look at taking part in December 2018. Details of this and other events through the season are on the British Rowing Website;

<https://www.britishrowing.org/indoor-rowing/challenges-and-events/indoor-events-calendar/>

We got a huge bagful of medals and everyone had a great day out with many of us meeting in "real life" for the first time which is always a fun thing to do! **Here are the Sub 7 medal winners**; sorry that space does not allow a more in depth report....next year we'll have a special extra newsletter devoted just to **BRIC** as it deserves the attention;

**Gold**.....Anna Muehle (2k & 500), Clare Rainbow (2k & 500), Richard Cheeseman (2k), Carol Woodward (2k), Marjorie Roome (2k & 500), Sean Gaffney (Para 2k).

**Silver**.....Kate Pankhust (2k), Susan Young (2k), Rod Chinn (2k), Shelagh Allen (2k)

**Bronze**.....Hilary Mcnally (2k)

## Duncan Roy & Ally Cooper

If you've just done a tough erg session and are feeling bad then spare a thought for fellow Sub 7'ers **Duncan Roy** and **Ally Cooper** who are busy *rowing the Atlantic*, you can go and lie down after your exertion....they just have to carry on rowing! We'll be putting reports on their progress here as they row across the Ocean....now that's some session so maybe your tough ones are not so bad after all!



## Any other business

If anyone wants me to mention anything here then please let me know, Births, marriages, Records, significant Birthdays you name it and I'll mention it!

**That's all for this month folks.....have a great rowing  
January!**

*"Fitness is not about being better than someone else...it's about being better than you used to be."*