

CTC - 555m / 111m / 444m / 777m / 333m 222m / 666m - 1:10 Rest Between each Rep

Welcome to the July Newsletter

Here's what happened in June folks....despite the heat!

The Sub 7 Intra Team Challenge (ITC)

Well done to our winners in the June "Rugby Test".

Female Lwt.....Tassana Landy

Male Hwt......Warren Matthews

Female Hwt.....Yvonne Apitz

Male LWT......Nolan Messer

The CTC

The summer months are proving a little unpopular for erging by the look of it as we only had 87 of our members support the club by taking part....hopefully some cooler weather will see numbers rise. Please remember folks that we do ask *everyone* to have a go and help the team effort by filling a seat, it's only one row a month so go on...be brave...your club needs you-hoooo, especially this month as **Sub-7** chose the challenge!

http://c2ctc.com/

Well done to the fast folk who made the extra effort to row so hard and fill our top 3 boats;

Boat 1

Andrey Priveda (H)	Nolan Thomas Messer (L)
Warren Matthews (H)	Anna Muehle (F)
Alex Doidge (H)	

Boat 2

Paul Yount (H)	Rod.Chinn (L)	
Matt Gill (H)	Kristi Stoddard (F)	
Ian Wilde (H)	· ·	

Boat 3

Paul Peppard (H) Mat Ward S7 (H) David Scott (H)	Chris Cheeseman (L) Jennifer Huffman (F)
David Scott (11)	

World Record

Gianluigi Barone and **Francesco Vendetti** took part in an Italian, mixed, large, **24 hour**, age 30/39, world record team. The record was set on 24th June when they rowed an impressive 428502 metres (1:40.8 pace!). The Previous record was 378.474 meters so they smashed it!

Well done Gianluigi and Francesco!



Also, our own young star **Chiara De Felice** set a new age 13/14 world record for the HM with a time of 1:35:04.3 (2:15.1 pace)...amazing!



Club Records

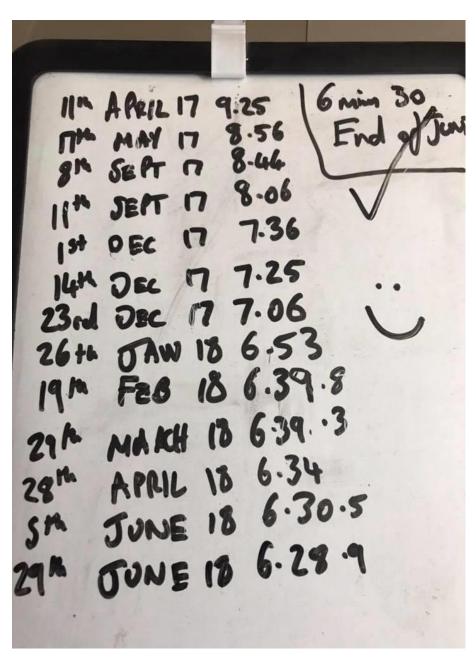
Here are the best performances on record in Sub 7, if you' ve done a better one and want to claim a record then please let **James Davis** or **Dan Lynch** know.

https://drive.google.com/drive/folders/1-JzdoNXObqRDR53loGpOPZ_H1gfP_0k2?usp=sharing

Worthy mention (Rower of the Month?)

How about **Andy Reid** then!

He's gone from **9:25** for 2k to under **6:30** in a year...that's some improvement....well done **Andy**!



Charity Support

How would you like to win a Model D with PM4!?

Ian Wilde is raising funds for a local Police Dog charity (after re-homing a Police Dog a couple of years ago) and is selling raffle tickets for £10 (£5 per ticket after that) so please help if you can...who knows....you could save on gym membership by winning your own torture machine!



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