



**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) Warren Matthews (H) Alex Doidge (H)	Nolan Thomas Messer (L) Anna Muehle (F)
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Boat 2

Paul Yount (H) Matt Gill (H) Ian Wilde (H)	Rod.Chinn (L) Kristi Stoddard (F)
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Boat 3

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

A handwritten log on a whiteboard showing rowing times for a 2000m race. The log is organized into columns for date, month, and time. The times show a steady improvement from 9:25 in April 2017 to 6:28.9 in June 2018. There are some annotations on the right side, including a bracketed note '6 min 30 End of June' with a checkmark, and a smiley face drawn next to the 7:06 entry.

Date	Month	Year	Time
11 th	APRIL	17	9.25
17 th	MAY	17	8.56
8 th	SEPT	17	8.46
11 th	SEPT	17	8.06
1 st	DEC	17	7.36
14 th	DEC	17	7.25
23 rd	DEC	17	7.06
26 th	JAN	18	6.53
19 th	FEB	18	6.39.8
29 th	MARCH	18	6.39.3
28 th	APRIL	18	6.34
5 th	JUNE	18	6.30.5
29 th	JUNE	18	6.28.9

6 min 30
End of June ✓

☺

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!



ESSEX
* RETIRED POLICE DOGS FUND *

HELP RAISE FUNDS FOR ERPDF

**TO BE IN WITH A CHANCE
OF WINNING A CONCEPT
2 ROWING MACHINE**

**£10 PER TICKET
£5 AFTER THAT**

EMAIL: ROW4DOGS@GMAIL.COM

That was June.....Happy rowing in July folks (and don't forget the CTC. The club is here to help you...so just one row to help the club is all it takes to pay some of that back!)

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