



(1K, 3R, 750m, 2.5R, 500m, 2R, 250m, 2R, 750m)

Welcome to the June Newsletter

Here's what happened in May folks....

The Sub 7 Intra Team Challenge (ITC)

<http://www.gffi.myzen.co.uk/sub7/challenges-comps/sub7-view-challenge-results>

Congratulations to our winners in the May **Half Marathon** Challenge;

Mens Hwt.....Alex Doidge

Womens Hwt.....Michelle Drake

Mens Lwt.....Rod Chinn (At the age of 60!)

Womens Lwt.....Carol Woodward (60 in 4 months!)

This month it's the dreaded '**Rugby Test**'go on, go on...you'll love it!

The CTC

We had 98 entries for the May challenge which is a bit low compared to our 234 members so if you missed last month's please do all you can to support the club and enter a score this month, it will be greatly appreciated!
Well done to everyone that did help out and had a crack at the 1992m challenge particularly the fast folk that make a terrific effort to get in the top boat that finished in an excellent 2nd place;

Andrey Priveda (H) Chandler Scheurkogel (H) Warren Matthews (H)	Bergur Jensen (L) Elena Buryak (F)
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Also in the top 10 was a great effort from those that gave their full commitment to make it into boat 2;

James Cartwright (H) Ally Cooper (H) Alex Doidge (H)	Nolan Thomas Messer (L) Anna Muehle (F)
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100k tandem relays

4 of our (nuttier?) members took part in some 100k tandem rows in a shopping Mall in Solihull (English Midlands) in aid of the Brain Tumour Charity so a big well done to **Mark Powell** and **Jonty Leese** who covered the distance in a remarkable 6:21:21.7 (1:54.4 pace) and **Hilary McNally** who with her partner Anne Atkins (who is not in Sub 7) got through it in 7:33:30.1 (2:16 pace).

These are the links to Hilary's and Mark's fundraising pages should there be any others wanting to support such a worthy cause.

<https://www.justgiving.com/fundraising/hilary-mcnally2018>

<https://www.justgiving.com/fundraising/mark-powell05>

Here's Jonty (left of picture) and Mark looking fresh as daisies despite this being after the event.



And a here's Hilary looking very happy so presumably a 'before' pic!



World Records

Isaiah Harrison improved 3 of his records, 6k in 20:05.6, 100m in 14.4 and 1k in 2:53.1. Yet more incredible times from a very talented young man (age 14).

24 Hour World Record

A Sub 7 and guests team set a new 20-29 Large Mixed Team 24hr WR of 474,134m / 1:31.1 pace at **Ian Wildes** Army Barracks in Colchester (Eastern England).

Previous record was 431,551m (1:40.1) held by a French team since 2012. They also managed to beat the fastest other listed 24hr mixed record of 445,958m {1:36.8} by a 19 and under team from the USA and go roughly 3km further than the listed Male 20-29 record of 471,653m set by a French team in 2017.

This was done with 16 men & 8 women (15 men for the most part as **Casey** unfortunately got injured quite early). The women rowed as one team in 8 x 1 hour blocks (third total time) and the men rowed as three teams of 5. All reps were 30 seconds, apart from the final hour where the men dropped down to 20 second reps.

Absolutely incredible performances from everyone involved!

Kevin Baldwin, Steven Bugg, James Cartwright, Casey Clarke, Hollie John, Steve Kamden Lewe, Jason Lee, Simon Matterface, Warren Matthews, Hilary McNally, Stewart Moss, Duncan Roy, Sam Taylor Doubtfire, Cat Trentham, Rhona Ware, Yeen Wichaisri, Ian Wilde.



British Record

Richard Cheeseman (who is not on Facebook) set a new British Record for the Half Marathon in the 60-69 Heavyweight Category with a remarkable 1:18:53.7 (1:52.2 pace!), well done Richard!

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

Club Kit

Please get orders in to **Steve Sidaway** by Sunday 17th June. The order form is in the 'Files' section of the Facebook page;

<https://www.facebook.com/groups/2402882415/files/>

That was May...Happy rowing in June folks

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