



Here's what happened in the "cuddly" world of Sub 7 in February folks...busy as ever!

We are a Virtual/online club but every now and again some of us actually get together in real life which is always good fun with this year's **World Championships** in Alexandria near Washington DC in the **USA** being a case in point. There were medals, records and as happens with real life meetings, plenty of *cuddles!* (little Lwt me being picked up like a kids toy by the gigantic **Pavel** being the biggest.....although the ones **James Heberlein** gave out to all Sub 7'ers he met ran it close so well done **James**, you're a lovely guy....and being able to put an arm round **Elena** after all these years was an absolute honour!

If reading this helps inspire you to enter a competition next season then all good.....hope to see you at one of them.....**gotta** love a **cuddle**.....***#Sub7family!***



From the left, Bergur, Sarita, Pavel, Rod, Elena, Carol, Stewart, Jens.

The February 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, by doing it if they possibly can.

In **February** we finished a rather disappointing 3rd as we were only one tenth of a second behind the team in second place which allowed that team to get a one point lead over us in the **annual competition** with only 2 months left to go....so if you think you can help Boat One, do please do everything you can to make room for a good go at the CTC in your schedule, if at all possible....**your club needs you-hoo!**

A big well done to the fast folk that gave their all for the team though, so thanks are due to; **Pavel Shurmei, Warren Matthews, Walter Zagzebski, Bergur Jensen** and **Anna Muehle**.

Overall we floated **22 boats** which was **7 more** than our nearest rival but 3 boats were left in the dock as they needed **Lightweights** and with around **235** members that's only around half the **#Sub7family** actually **contributing**, so if you missed last month do please try to support the club by filling a seat this month....it doesn't have to be flat out....we're not proud....we're grateful for **anything!**

Here's this month's challenge, save the link then you can check the instructions before you row it;

<http://c2ctc.com/>

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 February winners in the 30r20spm challenge;

Women Hwt..... Anna Muehle.....7,625 metres

Mens Hwt..... Stewart Moss.....8,428 metres

Womens Lwt.....Sarita Christina Hansen..... 7,222 metres

Mens Lwt.....Bergur Robert Dam Jensen8,086

The ITC can be accessed via this link (have your **Username and Password** to hand...press Ctrl as well as clicking 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 5k, free rate, as fast as you can!

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.

Race Results

The World Rowing Indoor Championships

This photo montage by Ian Wilde really gives the 'flavour' of the event;
<https://www.youtube.com/watch?v=eKE5zfx1XN0&feature=youtu.be>

Only the 2k' races were given 'World Championship status'.

Gold Medals ...were won by..... **Anna Meuhle, Carol Woodward, Elena Buryak, Marjorie Roome, Jens Kristian Dam, Clare Rainbow and James Heberlein.**

Silver Medals.....Rod Chinn, Sean Gaffney,

Bronze Medal..... Dan Lynch

Others that competed with great distinction were;

Al Treacy, Giles Piggott, Nigel Brockton, Stewart Moss, Fiona Gaffney, Sarita Kristina Hansen and Bergur Jensen

Well done everyone...you did the club proud!

World Record

In her race at the world championships **Elena Buryak** achieved a fantastic new 30-39 world record time of 6:26.1....well done **Elena!**

Army League

The results have just been released for the 2017/18 Army indoor rowing league which run pretty much the same as the indoor rowing league with a different challenge each month. In the 40-55 heavyweight category there were 129

entries and in 2nd place was **Matt Rawlinson**, in 4th place **Ian Wilde** and 7th place for **Rob Jones**. **Craig Dougie Douglass** was 38th in the open class.

CRASH-B's in Boston

Hammer winners were **Sean Gaffney** and **James Hebblerlein** with a Silver medal going to **Dan Lynch**. **Fiona Gaffney** also competed giving her all, as always, and new member **David Juffre** also raced with great distinction.... So congratulations to all who took part and flew the club flag with such great pride!



German Championships

3 Sub 7 members took part in the relay and took the Gold medal so well done to **Heinz**, **Dee** and **Henning** !



French Champs

5th Magnus Kack....6:59.8

Indianapolis Indoor Rowing Championship

Mike Pfirman.. PB by 6.3 seconds. 7:11.7

SLC IRC

Steve Isaacson.... 6:47.9.

New Jersey State Champs

John Crilly...7:01.8

Tassana Landy.....8:11.7

Peninsula IRC

Morgan McGrath defied injury to pick up a Silver!

Italian Championship

Gianluigi Baroni...1k ...4th in a PB of 3:23.3

Club records

James Davis has done a great job of compiling the a list of the club records, they can be found in the 'Files' section of the club facebook page so do please have a look and let us know about any additions or revisions;

<https://www.facebook.com/groups/2402882415/10156052887902416/>

Starnberg

Susan Young won the women's 50-54 lwt 30 minutes championship in Starnberg Germany recently with 6946 metres (2:09.6 pace) and a massive 543 metres ahead of 2nd place...**well done Susan.**

British Record

100k**David Lewis** and **Mac Mckettlebell** took part in an annual Intelligence Corps British Army competition called the Steele-Mortimer Trophy. A mixed team of 10 with at least 3 females rowing 100km as fast as possible. The team won it for the second consecutive year with a time of 5 hrs 37 mins which is a small team **British record.**



This is the cup they won

Duncan Roy

<https://www.facebook.com/duncan.roy.9/videos/10155313899343321/>

Congratulations to **Duncan Roy** and his crew who have just successfully rowed 3,500 miles across the Atlantic!

Upcoming events

Here's a good page for upcoming competitions;

<https://www.facebook.com/groups/608574735882761/>

Here's a competition on the C2 Website accessed through your logbooks;

Mud Season Madness

March 1–31

Row or ski
5000 meters a
day for 25 days
in March to
meet the basic
Mud Season
Challenge! Kick
it up a notch
and row or ski

10,000 meters or more for 25 days in
March to meet the advanced Mud Season
Madness Challenge.



Club Facebook page tips

- 1) **Got a question?** Chances are it's been asked before over the years so if you put the key words into the searchbox (to the left of the page) then the relevant information will probably come up....there you go....you can be an expert on **Sub 7** very quickly!
- 2) **Have a look in the 'Files' section** (on the left of the page), there's some great info there;

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

And finally....a good laugh!

<https://youtu.be/IhJQp-q1Y1s?list=RDlhJQp-q1Y1s>

Happy rowing in March folks

.....and don't *forget*.....to do....the CTC...the ITC.....*post* on the club facebook page..... cuddle a **Sub 7'er**.....and keep being *great!*

#Sub7family

Carol and Rod.