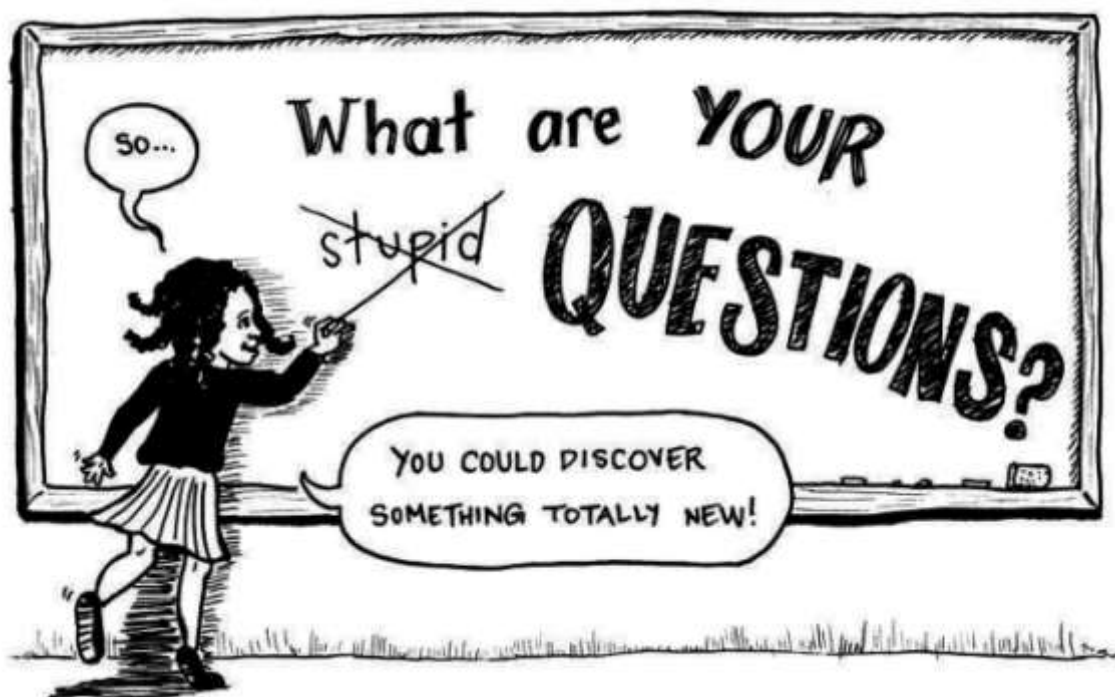




Welcome to the May Newsletter

Hi all, this is the time of year where we leave the 2017/18 erging season and start a brand new 'twelvemonth' on the C2, with all the hope and enthusiasm needed to achieve our newly set goals. Of course, to achieve any objective, a plan of how to get there is necessary and I think we are all busy making those plans. Good luck to everyone in achieving your own personal goals, which will in turn result in a more successful team standing and reputation for the *world famous Sub-7 Indoor Rowing Club*!

It can be that newer members (and some *not so new*) are unsure what's involved with being in **Sub-7**, what challenges there are, posting protocols and what the club asks of its members so here's a list of what (hopefully) we all need to do to be taking a full and active part and supporting the club....and remember....if you're not sure about something just ask....please don't "not know".....we're all friends so plenty of kind folk ready and willing to offer answers and advice to clubmates....*#Sub7family*



The CTC (Cross Team Challenge)

We ask that everyone contributes to the team effort and it's only one row a month if need be! Please make sure you know your password to enter your score (more details below).

The ITC (Intra Team Challenge)

Like the CTC we ask everyone to take part and have at least one go at it. Please make sure you know your login and password for the website (see below).

The Sub 7 Facebook page

Please post your training reports with a screenshot and how you did and felt compared to previous sessions to show where your current fitness is, etc. It helps those reading your post understand the pain you went through and to comment appropriately!

Please make sure you're making supportive and positive comments to fellow Sub 7'ers....**please don't just post your own stuff and not ever comment to others**...we all need a word of encouragement from time to time so the more you give the more you'll get back!

It's about **Unity** so let's **all** do this crazy sport together...#**Sub7family!**

The April 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.

Only 16 boats floated last month, we usually get well over 20 so if you missed it please make every effort to contribute this month if you can. It doesn't always have to be a flat-out effort if the challenge doesn't fit your current training. A slower piece will still help float a boat.

Well done to the 5 that made such a big effort to get in the top boat...

Andrey Priveda (H) Paul Yount (H) Warren Matthews (H)	Jens Kristian Dam (L) Anna Muehle (F)
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Here's this month's challenge, save the link then you can check the instructions before you row it;

<http://c2ctc.com/>

The April Intra Team Challenge (ITC)

Congratulations to our winners in April's 10k challenge:

Womens Lwt.....(1) Sarita Hansen (2) Carol Woodward (3) Tina O'Sullivan

Mens Lwt.....(1) Adam Eshborn (2) Rod Chinn (3) Arkadiusz Kieliszek

Womens Hwt.....(1) Steph Joyce (2) Yvonne Apitz (3) Michelle Drake

Mens Hwt.....(1) Alex Doidge (2) Warren Matthews (3) Stewart Moss

The **ITC** 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 **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.

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.

Indoor Rowers League

Congratulations to “**Sub 7 Mega Melt**” for winning the 4th edition of the 8 on 8 Indoor Rowers League competition!

Fantastic efforts from everyone throughout the season to bring home the win!

Rod Chinn, Tina O Sullivan, Clare Rainbow, Isaiah Harrison, Hilary McNally, Toby Lunn, Warren Matthews, Susan Young, Diana Kornbrot, Dée Amon. 🏆🏆🏆🏆🏆🏆🏆🏆🏆🏆

The IRL will begin again in September.

Race Results

Just Row (Manchester)

Some great results for Sub-7 in this gruelling annual competition which went as follows:-

500m - 2'30" rest

750m - 2:30" rest

1000m - 12'30" rest

350m - 9' rest

12 mins row (with last 3 mins counting as separate points)

Male Open Masters.....1st Warren Matthews

Male Masters Lightweight.....3rd Dennis Mason

Women's Hwt open.....1st Anna Muehle



Warren Matthews (centre)



Anna Muehle (centre)



Denis Mason (left)

Midlands Indoor Rowing Championships

Susan Young did the 2k in 8:29.5 to win Bronze in the 50-59 HWT and LWT combined. Well done Susan.

World Records

Yvonne Apitz...4 mins 1157m 1:43.7 and 5k....on slides....19:9.8. That's 12 World records set in the last 2 years!

Isaiah Harrison...1 hour row. Isaiah beat the 13-14 y/o record by over 700 metres. The old record had stood since 2009! He pulled 16,717 metres at 1:47.6 pace.....plus... broke his own 13-14 y/o 500m record with in 1:20.7...and the 100 in 14.6 seconds. Not content with that, he then broke the 4 minutes WR with a distance of 1331 metres.

Isaiah now hold the WR for ALL distances across his age group!

Chiara De Felice Villalon.....Set a new girls 13-14 year olds record in the Marathon with time of 3:31:51.3.

It's great to see our younger team members achieving such success and I'm sure we will all be watching their progress closely in the coming season.

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

(You may need to cut 'n' paste the link into your browser)

Awards

Congratulations to *Chief Inspector Yvonne Apitz* (on the left) for gaining a podium finish out of 50 nominated German police officers who were most successful in their sport in 2017.



World erg challenge

Sub-7 finished a very respectably 10th in the World Erg Challenge, which is a tally of all metres rowed and entered in the C2 Logbook by the 89 registered Sub-7 members during the period March 15 – April 15. An amazing 11 million metres!

<https://log.concept2.com/challenges/wec/2018/teams>

Sub-7 Training day

For those within travelling distance of the South East of England please remember the club "Training Day" on **Saturday the 9th of June** hosted by **Rod and Carol** at their local village hall in East Sussex **TN22 4AG**

<http://highhurstwoodvillagehall.com/>



Happy rowing in May folks

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