



Sub 7 Monthly Update

From Rod. (FR)

Hi all, this has been emailed to everyone on the 'Active' list and is a brief roundup of what's happening in the world of Sub 7 (is there any other?)

Note: when you want to click on a link you may need to press the Ctrl button on your keyboard first

First a word from the Boss

Since I took over Sub 7 in 2006 the club has seen many changes. Back then we were a cosy little bunch capped at 50 members but with only about 25 actually taking part in any meaningful way.

We move on to 2011 and January saw us take 25 out of an active membership of 96 along to Manchester to race!!, finishing the day with some great medals and the fastest overall row of the day!

How things change! ... but is the change all good? Some people have said that we've lost a certain family feeling of familiarity amongst ourselves due to our expansion that it's difficult sometimes to know who exactly all our team mates are.

It's a fair point. But look at the alternatives. To stay small and cliquy invites stagnation, which I believe, leads to a lack of motivation and challenge. I think that can be seen in some of the other teams and so we've chosen our current path.

I hope we provide something for all of our members, be it the need to rack up some serious metres, chase medals, records or just a good framework to lose weight and keep our fitness. Being involved is what counts.

I feel very proud of the club and for so many reasons.

It's a great feeling to turn up at a competition to see the great spread of our club colours, almost always dwarfing all other teams and seeing the PBs both small and large.

The medal performances and the British and World records set. everything from the daily half marathon efforts, 100k ad hoc rows, well planned tandem rows. Continuous rows ... the list goes on and on. But it's not just the epic stuff. It's the personal triumphs too.

We saw Colin Williamson become our first ever sub 6 rower a few months ago. Fantastic stuff! But these efforts have to be put into context. It's as good... if not more so, seeing some of you break 9 min, 8 and 7 min barriers for the 2k. Finally going under 45 minutes for the 10k. All our Everest's are just as epic when viewed from where we started.

So, thanks to you all for everything you've done to help the club but also for all the support you've given to those around you. A special thanks also to those who help run and organise the club which is now beyond any individual.

Jef.



The Intra Team Challenge (ITC)

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

2K.....the one we all really love. Well done Eddie for a big win with an excellent time, it's looking good for your first ever BIRC the way you're improving and that's a remarkable time for someone so new to the sport.

Warren and Richard went well for 2nd and 3rd with James coming top in the LWT's and Jen leading the ladies from Carol and Marjorie.

This month it's the HM so don't forget to get some good padding for this lovely bum numbing bit of fun!

The Cross team Challenge

<http://c2ctc.com/>

Another great showing from boat 1 who finished in Bronze position so big thanks to Carol, Rob, Pete, Casey and Matt.....but we all wish Sally a speedy recovery as she will make a big difference when she's back.

We had 3 boats in the top 10, 6 in the top 20 and 17 floated overall which equals our best ever showing so well done to all who took part and a special mention to Dylan Burge aged 6 who did his first one for us along with another good pair of performances from Lila and Ewan Howard so the youngsters are doing us proud.

In the end we were only 2 HWT males away from an 18th boat which would have set a new record so look away any fatboys that didn't do it!

The Cumulative table

<http://www.gffl.myzen.co.uk/sub7/challenges/challenge-table.html>

Don't forget that to view the up to date positions you need to click on 'Select a Month' and then click on 'Total Points' from the drop down.

One month to go and all to play for.

Posting on the Club's C2 Forum chat thread

<http://concept2.co.uk/forum/viewtopic.php?f=12&t=6380&start=66555>

This is where we all get to 'meet,' swap training ideas, a bit of banter and generally get to know each other.

If you look at it daily and post something whenever you can it helps the club to develop that 'homely' feel' that we all enjoy.

You can just make a short report on what you've done recently (I'm looking forward to Mad Matt telling us that he's rowed to the Moon and back!) but it's also a chance to make some positive comments on what someone else has done so keep reading and keep the 'well-dones' coming.



Don't forget you can set your profile to have an email sent when a new post is made which will take you to where you the post you last read which is far better than looking at the end and trying to work your way back.

Here's a guide that may help;

<http://concept2.co.uk/forum/faq.php?mode=bbcode>

The 'Active members' List

Here's the up to date list;

<http://www.gffl.myzen.co.uk/sub7/members-area/active-members-list.html>

These are all the folk who are in regular contact with the club which is generally done by posting on the chat thread, blogging, doing the CTC and ITC or letting me know by PM or email of any reasons why they can't do any challenges or rowing in general due to injury or real life getting in the way (as it has a habit of doing!).

I update the list at the end of every 4 month cycle of the ITC so could I ask anyone who's reading this that is not able to take part let me know as it will save me having to send out my 'enquiring' emails in a few weeks.

If anyone wants to come off the list it's no problem, they will of course remain members of the club and will stay on the 'All Members' list but with no expectation of any rowing or posting.

Anyone doing this can transfer back to 'active' whenever they want to get started again.....so please let me know.

Welcomes

Welcome aboard the good ship Sub 7 those who have joined us recently,

Graeme Swift	BigGraeme
Paul Wilkinson	pwilkin6
Simon Barnett	TugBoat
Jane Berridge	FilmBuff
Simon Harris	Super Si
John Stoppy	Johnstoppy
Iain Clarvis	Iain C
Leah Janss Lafond	jansslafond
Caleb Evans	Snavebelac

Just remember folks, plenty of posting on the chat thread, do both challenges every month and I'll be all sweetness and light!

A.O.B

Well done to Jenny Howse who last week set a world record for 24 hours continuous rowing, 227, 773 metres. 30-39 lwt ladies.

That's a fantastic achievement - Jen and puts shame on the folk (like me) that think this month's HM is a long way!

That's it for this month folks, happy erging y'all.