



Welcome to the November

Newsletter

Here's what happened in the wonderful world of Sub 7 Indoor Rowing during **October**and as always....there was plenty going on!

The Sub 7 Intra Team Challenge (ITC)

Well done to our winners of the 10 x 1' 1'r October challenge.

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

Mens Hwt (1) Warren Matthews (2) Ian Wilde (3) Mark Powell

Womens Hwt (1) Jules Hodgson (2) Tamara Pellett (3) Marjorie Roome

Mens Lwt (1) Adam Eshborn (2) Glyn Lloyd (3) Stuart Cragg

Womens Lwt (1) Amanda Madge (2) Sarita Hansen (3) Carol Woodward

This month it's **4 minutes**....as *fast* as you can go!

The Cross Team Challenge (CTC)

Well done to everyone that did their bit to support the club and entered a score for us in the CTC particularly the fastfolk in boat one that brought us home in **Silver medal** position!

<http://c2ctc.com/>

2 80 pts	Sub 7 I Pavel Shurmei (H) Isaiah Harrison (H) Warren Matthews (H)	Jens Kristian Dam (L) Elena Buryak (F)	15:46.2
9 73 pts	Sub 7 II Andy Reid Sub 7 (H) Richard Cheeseman (H) Tim Goralczyk (H)	James Howard (L) Kristi Stoddard (F)	16:27.1
14 68 pts	Sub 7 III Alex Doidge (H) Martin Vetter Berg (H) Henning Schnell (H)	Adam Eshborn (L) Jennifer Huffman (F)	16:44.4
18 64 pts	Sub 7 IV Mat Ward S7 (H) Matt Gill (H) David Scott (H)	Bergur Jensen (L) Carrie R Mackay Scull (F)	16:50.7
19 63 pts	Sub 7 V Martin Evans (H) Matt Dickie (H) Ian Wilde (H)	Thore Goralczyk (L) Sarita Kristina Hansen (F)	16:57.8
22 60 pts	Sub 7 VI Paul Peppard (H) Harry Wilkes (H) Ed Furness (H)	Rod.Chinn (L) Marie Barton (F)	17:07.5
30 52 pts	Sub 7 VII Jeroen Pasman (H) Steve Isaacson (H) Glynn Powell (H)	Arkadiusz Kieliszek (L) Amanda Magde (F)	17:22.7
33 49 pts	Sub 7 VIII Dan Lynch (H) Rick Duffield (H) Sam white HW (H)	Chris Cheeseman (L) Dee_Amon (F)	17:33.3
35 47 pts	Sub 7 IX Robert Jones (H) Craig douglass (H) Alan Thomas (H)	Stuart Cragg (L) Bluebell31 (F)	17:40.3
37 45 pts	Sub 7 X Steven Richie (H) Matthew Parkinson S7 (H) David Lewis (H)	Andy Street (L) Tamara Pellet (F)	17:44.7
43 39 pts	Sub 7 XI Mike Pearce (MPx) (H) Gert Hansen (H) JC Crilly (H)	Dimos (L) Marjorie (F)	18:04.7
	Sub 7 XII		18:14.5

47 35 pts	Ian Northcott (H) Simon Matterface (H) Richard Harenberg S7 (H)	Nigel Brockton (L) Tassana Landy (F)	
51 31 pts	Sub 7 XIII		18:21.2
	Hugh Egan (H) Gary Lewis (H) Andy Patience (H)	Lee Cutting (L) Cathy Lowe Rimov (F)	
53 29 pts	Sub 7 XIV		18:28.8
	Casey Clarke (H) Hal Appleyard01 (H) Anthony Gothard (H)	Anton Gazal (L) Clare Rainbow (F)	
58 24 pts	Sub 7 XV		18:51.7
	Richard Steventon (H) Mac McNelis (H) Anthony Barbier (H)	Alan Champion (L) Carol Woodward (F)	
72 10 pts	Sub 7 XVI		20:05.8
	Mike Pfirrmann (H) Alec Morrison (H) Mark Powell (H)	Heather Powell (L) Caroline Champion (F)	
75 7 pts	Sub 7 XVII		20:44.8
	Ray Len (H) Eddie McSharry (H) Mick Croissant (H)	Abi Dolor S7 (L) Sarah Taylor (H) (F)	
	Sub 7 XVIII		21:17.6
	Ian Hodge (H) James Thornton (H) Judith E (F)	Shelagh Allen (F)	
	Sub 7 XIX		24:42.0
	diana kornbrot (F)		

The November CTC

Sunday 11 November is the centenary of Remembrance Day (which commemorates the 1918 Armistice of the Commonwealth of Nations).

Row 11 reps of 111 metres with 1 minute rest, free drag, free rating. First rep from a standing start, next 10 as you like.

Enter your time taken to complete 1,221 metres, without the rest time.

Good Luck!

Indoor Rowers League

<https://indoorrowers.org/>

Well done to Sub 7 Mega Melt who won the October 1 mile team challenge and second team Sub 7 Monster Melt who came in 7th.

The fastest rower was again Isaiah [Harrison](#),

In the men adjusted ranking the 1st place went also to Isaiah [Harrison](#),

[Carol Woodward](#) won the womens adjusted ranking and [Dée Amon](#) took the second place

News

The Wingman competition took place at Loughborough in October, congrats to **David Scott** and **Jane Rolls George** who finished 3rd.



And well done to **Ian Wilde** and **Martin Evans** who won!



Big congrats to **Alex Doige** (who is English but currently living in Australia) who won the 1k race at the recent Australian Championships;



Records

The old fool (**Rod Chinn**) was at it again in October breaking the 12 year old British record for 1k and setting a new mark of 3:16.1 in the 60-69 Lightweight category (the "Little Old Men") but was soon put in his place as after coxing him to that his good lady wife **Carol Woodward** sat on her erg and promptly broke the world record in the Womens 60-69 Lightweight category taking a whopping great 17.4 seconds off with a time 3:43.0!

Erger of the month..... Isaiah Harrison,

Here's a video of our young superstar

<https://www.facebook.com/joa.harrison.14/videos/2217206654973147/?t=8>

Isaiah is only just 15 years old but put in a couple of tremendous performances for us last month in the CTC and Indoor Rowers League so well done Isaiah, a great "clubman" as well as a multiple world record holder!

He has every Concept 2 record in the book for 13/14 year olds and will soon be re-writing them as a 15/16 year old...then no doubt continue to do so as a 17 year old and beyond!

Isaiah also now rows on the water so I wouldn't be surprised if we see him representing the USA in the Olympics some day!

Here are Isaiahs C2 records;

<https://www.concept2.co.uk/indoor-rowers/racing/records/world?machine=1&event=All&gender=Male&age=13>

British Rowing Indoor Championships (BRIC)

This popular event is soon, on the 8th of December, so if you're within travelling distance of London and haven't got your entry in....then now is the time to do it....see you there!

The English Indoor Rowing Championships

After missing last year due to the refurbishment of the Manchester Velodrome this event is back on, with the date confirmed as Sunday the 3rd of February....so hope to see plenty of Sub 7'ers at this one too. The post race night out on the "Curry Mile" is the stuff of club legend and not to be missed!

Full Race Calendar 2018 / 19

Scottish	Motherwell	Saturday 17 th November 2018	https://www.scottish-rowing.org.uk/index.php/indoorchampionships/sirc-news
Welsh	Cardiff	Saturday 24 th November 2018	https://www.wirc.wales/
British	London	Saturday 8 th December 2018	https://www.britishrowing.org/events/events-calendar/british-rowing-indoor-championships/
Irish	Limerick	Saturday 19 th January 2019	http://www.iirc.ie/iirc-next/
European	Copenhagen, Denmark	Saturday 26 th January 2019	http://www.worldrowing.com/events/2019-european-rowing-indoor-championships/event-information
English	Manchester	Sunday 3 rd February 2019	https://indoorsportservices.co.uk/eirc/entry_form
Worlds	Long Beach, California	Sunday 24 th February 2019	https://www.concept2.com/indoor-rowers/racing/wric

If you know of any others, please let Rod and I know and we will update next month's calendar.

*That was October.....Happy rowing in
November folks*

Newsletter compiled and edited by Carol Woodward and Rod Chinn.