



Welcome to the October Newsletter

Here's what happened in **September** folks....read on.

The Sub 7 Intra Team Challenge (ITC)

Well done to our winners of the 1k September challenge.

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

Mens Hwt	(1) Warren Matthews	(2) Ian Wilde	(3) William Godding
Womens Hwt	(1) Tamara Pellet	(2) Jules Hodgson	(3) Marjorie Roome
Mens Lwt	(1) Dan Lynch	(2) Nolan Messer	(3) Glyn Lloyd
Womens Lwt	(1) Carol Woodward	(2) Tassana Landy	(3) Heather Powell

This month.... it's a fun (fun?) interval session of 10 x 1 minute with 1 minute rests....it doesn't say you can't use rolling starts after the first rep...so they are allowed!

The Cross Team Challenge (CTC)

<http://c2ctc.com/>

Thank you to everyone that did as the club asks of us all, which is to contribute to the group effort by entering a score and filling a seat. You all did your very best which is much appreciated. It wasn't a great result for us unfortunately as boat 1 finished out of the medals way down in 7th place and we only got 14 full boats floated which is a lot less than the 20 plus we would normally expect. So....if you're not mentioned below as having contributed *please, please, please* do try to make sure you can get a score in this month.....your club needs you! (If you know you are away or have a competition coming up later in the month then how about doing it at the start of the month? It's only the one row!).

Sub 7 I	9:44.7
Pavel Shurmei (H) Ally Cooper (H) Warren Matthews (H)	Dan Lynch (L) Samantha Doubtfire (F)
Sub 7 II	10:00.5
Martin Vetter Berg (H) Alex Doidge (H) Henning Schnell (H)	Adam Eshborn (L) Jules Hodgson S7 (F)
Sub 7 III	10:07.0
David Scott (H) Matt Gill (H) Martin Evans (H)	Andy Street (L) Dee_Amon (F)
Sub 7 IV	10:10.9
Marius TS (H) William Godding S7 (H) Andy Reid Sub 7 (H)	Rod.Chinn (L) Tamara Pellet (F)
Sub 7 V	10:17.1
Ian Wilde (H) Harry Wilkes (H) Kevin Baldwin (H)	Arkadiusz Kieliszek (L) Carol Woodward (F)
Sub 7 VI	10:26.4
Paul Peppard (H) Jeroen Pasman (H) Ed Furness (H)	James Howard (L) Bluebell31 (F)
Sub 7 VII	10:35.2
Sam white HW (H) Glynn Powell (H) Matthew Parkinson S7 (H)	Anton Gazal (L) Tassana Landy (F)
Sub 7 VIII	10:40.5
JC Crilly (H) Mike Pearce (MPx) (H) Rick Duffield (H)	Stuart Cragg (L) Clare Rainbow (F)
Sub 7 IX	10:53.8
Anthony Barbier (H) Hjalmar Joensen (H) Richard Harenberg S7 (H)	Dimos (L) Jane Sub George (F)
Sub 7 X	10:56.4
Casey Clarke (H) Steve Isaacson (H) Russell Chewie (H)	bojam (L) Caroline Champion (F)
Sub 7 XI	11:20.0
Gary Lewis (H) Anthony Gothard (H) David Lewis (H)	Paul Heselwood (L) Jet Ski Lady (F)
Sub 7 XII	11:28.6
Steven Richie (H) Simon Matterface (H) Alec Morrison (H)	Alan Champion (L) diana kornbrot (F)
Sub 7 XIII	11:45.4

Mat Ward S7 (H)	Jon Peck (L)
Hugh Egan (H)	Jo Rice (F)
Andy Patience (H)	
Sub 7 XIV	12:10.0
Gert Hansen (H)	Heather Powell (L)
Mac McNelis (H)	Shelagh Allen (F)
David Gillibrand (H)	

The following boats were incomplete as they needed seats filling by Lwt's and Ladies so if you're a Lwt, a lady or also a Lwt lady then you are *very* much in demand!

Sub 7 XVI	10:50.0
Hal Appleyard01 (H)	
Ian Northcott (H)	
Dominic Grierson (H)	
Sub 7 XVII	10:56.3
Richard Steventon (H)	
Mike Pfirrmann (H)	
John Young (H)	
Sub 7 XVIII	11:04.6
Martin Savine (H)	
Steve Carr S7 (H)	
Barry McKechnie (H)	
Sub 7 XV	11:46.9
Richard Cheeseman (H)	
Robert Jones (H)	
Ray Len (H)	
Sub 7 XIX	12:04.5
Eddie McSharry (H)	
Wazza (H)	

Indoor Rowers league

Report from **Casey Clarke**;

"Well done to everyone who put a 4 minute score in for the IRL! We were over-subscribed for Mega Melt this year, so I mainly went with adjusted score to decide who would stay where for the season. Mega Melt top the table in 1st, with Monster Melt finishing a very decent 6th.

Mega Melt: [Rod Chinn](#), [Carol Woodward](#), [Hilary McNally](#), [Dée Amon](#), [Isaiah Harrison](#), [Clare Rainbow](#), [Dan Lynch](#), [E. Michelle Drake](#), [Tassana Landy](#), [Patrick Louazel](#)

Monster Melt: [James Howard](#), [Henning Schnell](#), [Warren Matthews](#), [Diana Kornbrot](#), [Simon Matterface](#), [Eddie McSharry](#), [Paul Peppard](#), [Adam Eshborn](#), [Anthony Barbier](#), [Steve Isaacson](#).

October challenge is 1 mile (1609m) hope you all give it your best!!"

<https://indoorrowers.org/>

The Fall Team Challenge (FTC)

Here are the metres rowed, ridden (on the bike erg) and skied (on the Ski erg);

<https://log.concept2.com/team/6566/ftc/2019>

...and here's where we currently stand;

So keep logging the metres, every one helps boost our position.

Records

World records

Very well done to our members who set world records in September

- 1) **Chandler Scheurkogel**... 2k on Slides mens Hwt 17-18 in 5:55.7.
- 2) **Isaiah Harrison**.....4 mins 1337m (1:29.7 pace) 13-14 age group.
- 3) **Carol Woodward**.....4 mins 1044m (1:54.9 pace) 60-69 Lwt.
- 4) **Helena Purves**.....2k in 7:26.7 in the under 12 age group.

Chandler, Isaiah and **Helena** – these are great performances and it would help the club tremendously if you could do the **CTC** each month, if at all possible. With your contributions, I'm sure we will see ourselves back in top position!

British Records

Hilary McNally..... Womens 50-59 Hwt 4 minutes...1055m (1:53.7 pace)

Carol Woodward..... 60 minutes 13873m (2:09.7 pace), 6k 25:01.4 (2:05.1 pace) and 4 minutes 1044 (1:54.9 pace) in the Womens 60-69 Lwt

Rod Chinn..... 60 minutes 15881m (1:53.3 pace), 4 minutes 1177m (1:41.9 pace) and 6k in 21:59.6 (1:49.9 pace) in the Mens 60–69 Lwt.

Spotlight on.....Shelagh Allen



Let's put our hands together for Shelagh who is now 80 years "young" and still makes sure she contributes to the Sub 7 effort each month by never missing the CTC. She's always there month in month out filling a seat for the team!

Shelagh also regularly competes at the British and World Championships and posts on the club Facebook page. Well done Shelagh, you're a terrific role model for all of us!

Competitions

Devon Indoor Rowing Championships

Well done to Marjorie, Al and Martin.

1k - Womens Open HWT – 4th Majorie Roome 3:59.4
5k - Mens Over 50 HWT - 2nd Al Treacy 17:31.1
Mens Under 50 HWT - 7th Martin Evans 17:33.4
Womens Over 40 HWT - 3rd Majorie Roome 21:01.3

New South Wales Indoor Rowing Championships

Held on 15th September, Sub-7 was represented by **Anthony Gothard** (Ayg) and **Alex Doidge**.

1k - Alex Doidge 1st 3:08.7

2k - Alex Doidge 2nd 6:23.6

Anthony Ayg 2nd 6:59.6

Somehow, they then found the energy to take part in a relay!

Race Calendar 2018 / 19

Australian	Venue in each mainland state	Sunday 28 th October 2018	https://rowingaustralia.com.au/about-events/airc/
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
Worlds	Long Beach, California	Sunday 24 th February 2019	https://www.concept2.com/indoor-rowers/racing/wric
English	TBC (usually Manchester)	TBC Usually Feb.	https://indoorsportservices.co.uk/eirc/entry_form

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

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

Newsletter complied and edited by Carol Woodward and Rod Chinn.