

TIME TRIAL 01/03/2012

Athlete	Lap 1	Lap 2	Lap 3	Finish Time
P Burke	9.19	9.31	9.13	28.03
W Martison	9.17	9.22	9.35	28.14
D Marlow	9.25	9.47	9.42	28.54
P Tordoff	9.38	9.46	9.50	29.14
A Forsyth	9.50	10.09	10.09	30.08
S Barber	10.19	10.25	10.21	31.07
P Collingwood	11.16	10.29	10.06	31.39
B Watts	10.23	10.37	10.40	31.40
M Aydon	10.34	10.50	10.52	32.16
D Bullock	10.44	11.07	11.03	32.54
A Torrington	10.46	11.05	11.08	32.59
G Werrett	10.46	11.05	11.09	33.00
P Langan	10.45	11.21	11.09	33.15
S Williams	11.07	11.12	11.25	33.44
P Cooper	11.19	11.21	11.45	34.25
S Leyland	11.27	11.57	12.01	35.25
C Hibbert	11.57	12.26	12.17	36.40
D White	12.16	12.31	12.40	37.27
R Cook	12.17	12.45	12.44	37.46
C Peacock	12.28	13.08	13.24	39.00
M Johnson	12.58	13.36	13.43	40.17
MCollingwood	13.18	13.44	13.16	40.18
J Barber	13.38	13.41	13.43	41.02
K Barber	13.31	14.07	14.34	42.12
J Marlow	??	??	??	47.23
P Clements	9.10			1 Lap
B Tate	17.24			1 Lap

Apologies to Julie Marlow, I can't work out your lap times from the timekeepers sheet. Not my fault, honest.

Massive well done to both Amber and Phil who ran very well, and showed just how much regular training can improve your performance.

Well done too to Mel on her debut and also Pete on his victory. Good efforts by everyone.

PS, Advice. Don't do a 9 mile warm up, it makes it a long and tiring night. Though it does make the pie taste even better

P Collo

***Next time trial will be 05/04/12**

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