TIME TRIAL 02/08/2012

Athlete	August 2011Time	Finish Time
W Martison		26.23
P Collingwood	27.53	27.17
P Burke		27.44
P Tordoff		29.54
S Williams	31.45	31.41
B Watts	33.08	31.54
C Hibbett		32.54
A Torrington	36.12	33.18
G Werrett		33.19
P Langan		34.07
G Goodwin	40.05 (3laps)	35.37
S Leyland	39.55	36.45
M Johnson		37.03
C Peacock		38.14
R Cook	37.32	38.29
P Smith		39.06
D White		42.45

Twas nice that this years ‘summers day’ coincided with the time trial. I can’t believe that people were complaining about the heat!! How very English.

There were some good performances on the night, especially Wayne’s swift 26 minute showing. It appears that if you integrate speed work within your training, then your times will improve. Here’s me thinking it was all down to a touch of rocket science. Well Done Wayne.

It was also good to see Craig, Dennis and Graham Goodwin back on the roads. Lets hope we see them injury free for a long time now.

The evening had threatened to end on sour note, with no ‘chip butties’ or ‘finger a fudge’, but then an Angel descended in the form of Julie Marlow, with chocolate buns aplenty. Many Thanks to Julie, they were FABULOUS

PS, I’ve put the times of those runners who ran the August 2011 Time Trial, so you can chart your 12 months progress/demise.

See you next month

P Collo

Next time trial will be 06/09/12

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