

### **TIME TRIAL 01/08/2013**

| Athlete       | Last Month | Finish Time |
|---------------|------------|-------------|
| A Ball        | 27.00      | 27.35       |
| A Forsyth     |            | 29.15       |
| P Collingwood |            | 29.32       |
| D O'Grady     | 29.33      | 29.55       |
| C Scargill    | 30.31      | 30.06       |
| D Marlow      | 31.44      | 31.16       |
| I Randall     | 30.23      | 31.16       |
| G Werrett     |            | 32.13       |
| P Tordoff     | 29.56      | 32.21       |
| M Pearce      |            | 33.18       |
| A Torrington  | 33.00      | 33.54       |
| C Hibbert     |            | 34.18       |
| P Cooper      | 34.10      | 36.21       |
| S Pearson     | 32.34      | 38.47       |
| A Roper       |            | 39.01       |
| D White       |            | 40.42       |
| S Leyland     | 39.42      | 41.12       |

I suspect that that was the hottest Time Trial to date and I don't just mean the sight of Danj in his post race sailor's outfit!!!

Not a particularly good night for fast times, though a big slap on the back to Duncan and Craig for improving on last months performances.

Another new starter on the time trial scene was Amanda Roper. ADRC welcome's Amanda and looks forward to those running times tumbling. We now have written evidence of your starting point!!

The performance of the month must go to Fez. If he'd been a horse he would have been shot months ago (certainly not put out to stud). He's never let injury problems get in the way of his attendance at the club and it was great to see him running hard and very well too.

Graham Goodwin did 2 x winter time trial laps in 12.11 and 13.41 = 25.32

Words don't exist to describe what a thrill it was to have our great friend Dave Bullock back at the time trial and the pub, while looking as well as we've seen for many many months. Brilliant, Fab, Fantastic, you see, the words don't do it justice.

P Collo

\*\*\*Next time trial will be 05/09/13\*\*

PS, never forget either that the time trial was in fact Dave Bullock's idea. So the next time you are hating every step of the first Thursday in the month, DAVE'S TO BLAME!!

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