

Quotient Loop (3.15km)		Monthly Time Trials: w/c 20th December 2021								
Group	Name	Start Time	Lap 1	Net	Lap 2	Net	Finish Lap 3	Net	Scratch Time	Comments
<b>Tuesday*</b>	Alan Salvage	00:00	04:00	04:00	08:41	04:41	13:19	04:38	<b>13:19</b>	New Course PB (-1m04s)
	Chris Figg-Arnold	00:05	04:17	04:12	08:59	04:42	13:22	04:23	<b>13:17</b>	New Course PB (-5s)
	Elaine Timony	00:10	04:32	04:22	09:26	04:54	14:14	04:48	<b>14:04</b>	New Course PB (-11s)
	David Brownlee	00:15	04:48	04:33	09:56	05:08	14:58	05:02	<b>14:43</b>	
	Chris Downie	00:20	05:20	05:00	11:06	05:46	16:41	05:35	<b>16:21</b>	
	Scott Cairns	00:25	05:22	04:57	10:51	05:29	16:19	05:28	<b>15:54</b>	Welcome to this Monthly Time Trial
<b>Thursday*</b>	Duncan Ball	00:00	04:08	04:08	08:43	04:35	13:05	04:22	<b>13:05</b>	Welcome to this Monthly Time Trial
	David Waldie	00:05	03:53	03:48	07:59	04:06	12:33	04:34	<b>12:28</b>	Welcome to this Monthly Time Trial
	Ross Nicol	00:10	04:09	03:59	08:43	04:34	13:04	04:21	<b>12:54</b>	
	Brian Tyndall	00:15	04:55	04:40	09:53	04:58	14:50	04:57	<b>14:35</b>	Only +1s off course PB
<i>*No recovery issues in time trials therefore no group banding &amp; everyone free to attend whichever session suits them best.</i>										
<b>Footnotes</b>										
Surprisingly mild for December and generally good conditions, a bit "damp" on Thursday though.										
Great performances Alan (-1m04s), Chris F-A (-5s) & Elaine (-11s) on new course PBs, great way to end the year.										
Commiserations Brian, missed a course PB by 1 second.										
For those who haven't done this Time Trial before, you now have your own course PBs to target.										
That was the last Time Trial for 2021, see you all suitably refreshed in 2022.										

Quotient Loop (3.15km)		Monthly Time Trials: w/c 29th November 2021									
		Start						Finish		Scratch	
Group	Name	Time	Lap 1	Net	Lap 2	Net	Lap 3	Net	Time	Comments	
<b>Tuesday*</b>	Dan McQueen	00:00	03:16	03:16	06:48	03:32	10:16	03:28	<b>10:16</b>	<b>New Mens Course Record (-9s)</b>	
	Jon McQueen	00:05	04:00	03:55	08:25	04:25	12:44	04:19	<b>12:39</b>	New Course PB (-32s)	
	Scott Stoddart	00:10	03:26	03:16	07:06	03:40	10:46	03:40	<b>10:36</b>	Welcome to this Monthly Time Trial	
	Scott Walker	00:15	03:48	03:33	07:58	04:10	12:09	04:11	<b>11:54</b>	Welcome to this Monthly Time Trial	
	Julie Hand	00:20	04:05	03:45	08:33	04:28	13:02	04:29	<b>12:42</b>	<b>New Womens Course Record (-19s)</b>	
	Zoe Fowler	00:25	04:27	04:02	09:06	04:39	13:41	04:35	<b>13:16</b>	New Course PB (-12s)	
	Chris Figg-Arnold	00:30	04:34	04:04	09:21	04:47	13:52	04:31	<b>13:22</b>	Welcome to this Monthly Time Trial	
	Elaine Timony	00:35	04:59	04:24	09:56	04:57	14:52	04:56	<b>14:17</b>	Only +2s off your course PB	
	Brian Tyndall	00:40	05:05	04:25	10:11	05:06	15:18	05:07	<b>14:38</b>	Only +4s off your course PB	
	David Brownlee	00:45	05:16	04:31	10:22	05:06	15:15	04:53	<b>14:30</b>	New Course PB (-2s)	
	Chris Downie	00:50	05:46	04:56	11:18	05:32	16:36	05:18	<b>15:46</b>	Only +10s off your course PB	
	Sarah Burthe	00:55	05:55	05:00	11:24	05:29	16:45	05:21	<b>15:50</b>	Welcome to this Monthly Time Trial	
	Fran Jones	01:00	06:15	05:15	12:00	05:45	17:27	05:27	<b>16:27</b>	Welcome to this Monthly Time Trial	
	Louise Jackson	01:05	06:16	05:11	11:52	05:36	17:28	05:36	<b>16:23</b>	Welcome to this Monthly Time Trial	
<b>Thursday*</b>	<b>CANCELLED</b>										
*No recovery issues in time trials therefore no group banding & everyone free to attend whichever session suits them best.											
<b>Footnotes</b>											
Well done Dan & Julie, improving your own course PBs and your Course Records; don't think we've had both records in one night before; CONGRATULATIONS.											
Great performances to Jon McQueen, Zoe Fowler & Dave Brownlee on your new course PBs.											
For those who haven't done this Time Trial before, you now have your own course PBs to target.											
Thursdays' Time Trial was cancelled due to icy pavements.											

Quotient Loop (3.15km)		Monthly Time Trials: w/c 25th October 2021									
		Start						Finish		Scratch	
Group	Name	Time	Lap 1	Net	Lap 2	Net	Lap 3	Net	Time	Comments	
<b>Tuesday*</b>	Jon McQueen	00:00	04:10	04:10	08:40	04:30	13:11	04:31	<b>13:11</b>	New Course PB (-24s)	
	Elaine Timony	00:05	04:37	04:32	09:40	05:03	14:43	05:03	<b>14:38</b>		
	Elliot Longworth	00:10	04:41	04:31	09:55	05:14	15:11	05:16	<b>15:01</b>	Welcome to this Monthly Time Trial	
	Gilly Marshall	00:15	04:51	04:36	10:00	05:09	15:05	05:05	<b>14:50</b>		
	David Brownlee	00:20	04:58	04:38	10:13	05:15	15:16	05:03	<b>14:56</b>		
	Alan Savage	00:25	04:45	04:20	09:46	05:01	14:48	05:02	<b>14:23</b>	Welcome to this Monthly Time Trial	
	Mark Snodgrass	00:30	05:15	04:45	10:41	05:26	16:05	05:24	<b>15:35</b>		
	Chris Downie	00:35	05:33	04:58	11:13	05:40	16:43	05:30	<b>16:08</b>		
	Ruth McQueen	00:40	05:50	05:10	11:27	05:37	17:00	05:33	<b>16:20</b>		
	Laura Gray	00:45	05:50	05:05	11:09	05:19	16:31	05:22	<b>15:46</b>	New Course PB (-3s)	
<b>Thursday*</b>	Julie Hand	00:00	04:09	04:09	08:38	04:29	13:01	04:23	<b>13:01</b>	New Course PB (-5s) & Womens Course Record	
	Bryan Tyndall	00:05	04:44	04:39	09:40	04:56	14:39	04:59	<b>14:34</b>	New Course PB (-13s)	
	Claire Muir	00:10	06:13	06:03	12:45	06:32	18:55	06:10	<b>18:45</b>		
<i>*No recovery issues in time trials therefore no group banding &amp; everyone free to attend whichever session suits them best.</i>											
<b>Footnotes</b>											
Some really great performances despite the dark nights and approaching winter (still pretty mild though).											
Well done to Jon McQueen, Laura Gray, Julie Hand & Brian Tyndal on new course PBs.											
Special congratulations to Julie Hand on a new womens course record for this venue (Appologies Zoe, I had missed Julie when checking my records last month).											
So, for clarity, Male & Female Course Records are currently held by Dan McQueen (10m28s) & Julie Hand (13m01s); these are your targets folks.											
For those who haven't done this Time Trial before, you now have your own course PBs to target.											

Quotient Loop (2 mile)		Monthly Time Trials: w/c 27th September 2021									
		Start						Finish		Scratch	
Group	Name	Time	Lap 1	Net	Lap 2	Net	Lap 3	Net	Time	Comments	
<b>Tuesday*</b>	Max Baker	00:00	04:14	04:14	08:45	04:31	13:01	04:16	<b>13:01</b>	Welcome to this Monthly Time Trial	
	Billy Dickson	00:05	04:16	04:11	08:53	04:37	13:30	04:37	<b>13:25</b>		
	Zoe Fowler	00:10	04:24	04:14	09:08	04:44	13:38	04:30	<b>13:28</b>		
	Elaine Timony	00:15	04:41	04:26	09:37	04:56	14:30	04:53	<b>14:15</b>		
	Michelle Young	00:20	05:09	04:49	10:19	05:10	15:30	05:11	<b>15:10</b>	Welcome to this Monthly Time Trial	
	Chris Downie	00:25	05:14	04:49	10:37	05:23	16:01	05:24	<b>15:36</b>	New Course PB (-1m12s)	
	David Brownlee	00:30	06:00	05:30	10:05	04:05	15:02	04:57	<b>14:32</b>	New Course PB (-1m37s)	
	Steve Watson	00:35	05:32	04:57	11:28	05:56	17:45	06:17	<b>17:10</b>	Welcome to this Monthly Time Trial	
	Mark Snodgrass	00:40	05:17	04:37	10:33	05:16	15:42	05:09	<b>15:02</b>	Welcome to this Monthly Time Trial	
	Gilly Marshall	00:45	05:19	04:34	10:15	04:56	15:17	05:02	<b>14:32</b>	New Course PB (-18s)	
	Phil Rayson	00:50	05:37	04:47	10:50	05:13	15:50	05:00	<b>15:00</b>		
	Ruth McQueen	00:55	06:07	05:12	11:41	05:34	17:00	05:19	<b>16:05</b>		
<b>Thursday*</b>	Ross Nicol	00:00	04:05	04:05	08:44	04:39	13:19	04:35	<b>13:19</b>		
	Bryan Tyndall	00:05	04:46	04:41	09:48	05:02	14:52	05:04	<b>14:47</b>	Welcome to this Monthly Time Trial	
	Claire Muir	00:10	06:09	05:59	12:31	06:22	18:43	06:12	<b>18:33</b>	New Course PB (-1m15s)	
<i>*No recovery issues in time trials therefore no group banding &amp; everyone free to attend whichever session suits them best.</i>											
<b>Footnotes</b>											
Welcome back to winter Time Trial venue at Quotient Loop (3 laps).											
This is only our third Time Trial at this venue, there were two before last Christmas, so new to everyone and course PBs for most to target											
Well done to Dave Brownlee, Chris Downie, Gilly Marshall & Claire Muir on new course PB's											
Male & Female Course Records are currently held by Dan McQueen (10m28s) & Zoe Fowler (13m28s) from last year											
What do lap times tell you, did you go off too fast or too slow, might you benefit from a different group? Speak to your coach!											

Railway (2 mile)		Monthly Time Trials: w/c 30th August 2021			
Group	Name	Start Time	Finish Time	Scratch Time	Comments
Tuesday*	Max Baker	00:00	13:36	<b>13:36</b>	Welcome to our Monthly Time Trial
	Jon McQueen	00:05	12:45	<b>12:40</b>	Welcome to our Monthly Time Trial
	Ross Nicol	00:10	13:53	<b>13:43</b>	
	Zoe Fowler	00:15	14:24	<b>14:09</b>	
	Elaine Timony	00:20	14:44	<b>14:24</b>	
	Michelle Young	00:25	15:20	<b>14:55</b>	Welcome to our Monthly Time Trial
	Tracy Philp	00:30	15:39	<b>15:09</b>	
	Elliot Longworth	00:35	15:45	<b>15:10</b>	
	Chris Downie	00:40	17:03	<b>16:23</b>	
	David Brownlee	00:45	16:04	<b>15:19</b>	New Course PB (-16s)
	Ruth McQueen	00:50	17:03	<b>16:13</b>	
	Laura Gray	00:55	16:43	<b>15:48</b>	
Thursday*	Graeme Muir	00:00	12:01	<b>12:01</b>	
	Allan Dunbar	00:05	13:50	<b>13:45</b>	
	Steve Thomas	00:10	15:22	<b>15:12</b>	Welcome to our Monthly Time Trial
	Brian Tyndall	00:15	14:52	<b>14:37</b>	
	Dyane Harvey	00:20	16:26	<b>16:06</b>	
	Emma Baird	00:25	17:35	<b>17:10</b>	
	Claire Muir	00:30	20:25	<b>19:55</b>	
<i>*No recovery issues in time trials therefore no group banding &amp; everyone free to attend whichever session suits them best.</i>					
<b>Footnotes</b>					
Afraid to say, that's the last of the summer time trials and back to winter time trials at Quotient Loop (3 laps) next month.					
Welcome to our new participants, you've all got Time Trial PB's to target next summer (always looking forward).					
Well done to Dave B (-16s) on new course PB and Elaine, only 4s off your lifetime course PB.					
Chris D, Elaine & Brian continuing to make progress, well done!					
Congratulations Graeme, a new Dad and still managing to catch some training between sleepless nights, well done.					
What do your times tell you, did you go off too fast or too slow, might you benefit from a different group? Speak to your coach!					

Railway (2 mile)		Monthly Time Trials: w/c 26th July 2021					
Group	2 Mile Pace Band*	Name	Start Time	Finish Time	Scratch Time		Comments
4*	16m50s +	Dave Brownlee	00:00	16:04	16:04		
		Chris Downie	00:10	16:47	16:37		
		Mark Snodgrass	00:20	19:36	19:16		
		Lauren Hand	00:30	17:59	17:29		
		Lis Holmes	00:40	19:16	18:36		Welcome to our Monthly Time Trial
		Sonia Kumar	00:50	20:36	19:46		Welcome to our Monthly Time Trial
3*	14m40s - 16m50s	Rebecca Edden	00:00	14:34	14:34		
		Elaine Timoney	00:10	15:04	14:54		
		Brian Tyndall	00:20	15:23	15:03		
		Elliot Longworth	00:30	15:36	15:06		New Course PB
1*	12m30s -	Allan Dunbar	00:00	12:55	12:55		
		Julie Hand	00:05	13:16	13:11		New Course PB
		Scott Lynas	00:10	13:59	13:49		Welcome to our Monthly Time Trial
2*	12m30s - 14m40s		00:00	00:00	00:00		
*2 mile time bandings are equivalent to the 5K "group bands" and make allowance for the improved pace over shorter distance.							
<b>Footnotes</b>							
Welcome to our new members, you've now all got Time Trial PB's to target.							
Well done to Julie (-2s) & Elliot (-9s), new course PB's for you guys; Rebecca, only 1s off your course PB.							
Allan, Chris D, Elaine & Brian continuing to make progress and all heading in the right direction!							
What do your times tell you, did you go off too fast or too slow, might you benefit from a different group? Speak to your coach!							
<b>Note: The two mile time bandings shown provide guidance on which group you should ideally target to maximise training benefit.</b>							

Railway (2 mile)		Monthly Time Trials: w/c 28th June 2021				
Group	2 Mile Pace Band*	Name	Start Time	Finish Time	Scratch Time	Comments
<b>4*</b>	<b>16m50s +</b>	Brian Tyndal	00:00	15:08	<b>15:08</b>	
		Dave Brownlee	00:10	15:45	<b>15:35</b>	
		Lauren Hand	00:20	16:36	<b>16:16</b>	Welcome to our Monthly Time Trial
		Chris Downie	00:30	17:36	<b>17:06</b>	
<b>3*</b>	<b>14m40s - 16m50s</b>	Ross Nicol	00:00	13:32	<b>13:32</b>	
		Elaine Timoney	00:05	15:10	<b>15:05</b>	
		Laura Gray	00:10	15:57	<b>15:47</b>	
<b>1*</b>	<b>12m30s -</b>	John Gibbs	00:00	10:49	<b>10:49</b>	Not bad after Strathearn & Lairig Ghru
<b>2*</b>	<b>12m30s - 14m40s</b>		00:00	00:00	<b>00:00</b>	
<i>*2 mile time bandings are equivalent to the 5K "group bands" and make allowance for the improved pace over shorter distance.</i>						
<b>Footnotes</b>						
Slight course change, start/finish post removed so start/finish moved back to end of the east railing & turnaround forward to Bow Bridge to compensate.						
Numbers down again but we are now into the holiday season.						
Welcome Lauren, you've now got a Time Trial PB to target.						
Well done Dave B, a new course PB (-5s); Laura, Elaine & Brian, steady progress from you guys too.						
Have a look at your times, some may benefit from changing groups, have a chat with your coach but entirely your decision.						

Railway (2 mile)		Monthly Time Trials: w/c 31st May 2021					
Group	2 Mile Pace Band*	Name	Start Time	Finish Time	Scratch Time		Comments
<b>4*</b>	<b>16m50s +</b>	David Brownlee	00:00	16:10	<b>16:10</b>		
		Elliot Longworth	00:10	15:25	<b>15:15</b>		
		Rebecca Edden	00:20	14:53	<b>14:33</b>		
		Chris Downie	00:30	17:12	<b>16:42</b>		
<b>3*</b>	<b>15m00s - 16m50s</b>	Elaine Timoney	00:00	15:19	<b>15:19</b>		
		Bryan Tyndal	00:10	15:50	<b>15:40</b>		
		Phillip Rayson	00:20	16:48	<b>16:28</b>		
		Laura Gray	00:30	16:26	<b>15:56</b>		
		Ruth McQueen	00:40	16:31	<b>15:51</b>		
<b>1*</b>	<b>13m10s -</b>	John Gibbs	00:00	10:39	<b>10:39</b>		
		Ritchie Thomson	00:10	11:10	<b>11:00</b>		
<b>2*</b>	<b>13m10s - 15m00s</b>	Allan Dunbar	00:00	13:03	<b>13:03</b>		
		Ross Nicol	00:10	13:32	<b>13:22</b>		
		Craig Weldon	00:20	14:12	<b>13:52</b>		
		Billy Dickson	00:30	14:39	<b>14:09</b>		
		Jamie McCourt	00:40	15:05	<b>14:25</b>		
<i>*2 mile time bandings are equivalent to the 5K "group bands" and make allowance for the improved pace over shorter distance.</i>							
<b>Footnotes</b>							
No midges yet (thankfully) but watch out next month. Numbers down a bit as result of COVID jabs?							
Welcome to our new members and your debut in the Time Trial, you now have PB's to target.							
No course records this month but some improvements and a new course PB for Ruth, well done.							
Have a look at your times, some may benefit from changing groups, have a chat with your coach but entirely your decision.							



Railway (2 mile)		Monthly Time Trials: w/c 26th April 2021					
Group	2 Mile Pace Band*	Name	Start Time	Finish Time	Scratch Time		Comments
4*	16m50s +	Dave Brownlee	00:00	15:40	15:40		
		Scott Cairns	00:10	16:12	16:02		
		Chris Downie	00:20	17:06	16:46		
		Emma Baird	00:30	18:06	17:36		
		Judith Milligan	00:40	18:54	18:14		
		Claire Muir	00:50	19:49	18:59		
		Sylvia Hamilton	01:00	20:25	19:25		
3*	15m00s - 16m50s	Alex Nimmo	00:20	14:56	14:36		
		Mark Snodgrass	00:10	15:06	14:56		
		Elaine Timoney	00:30	16:03	15:33		
		Ruth McQueen	00:40	16:38	15:58		
		Laura Gray	00:50	16:46	15:56		
		Steve Morton	00:00		DNF		
1*	13m10s -	Dan McQueen	00:00	10:06	10:06		New Mens Course record.
		Ritchie Thomson	00:10	10:44	10:34		
		John Gibbs	00:20	11:22	11:02		
		Graeme Muir	00:30	12:11	11:41		
2*	13m10s - 15m00s	Chris Falconer	00:00	12:16	12:16		
		Ross Nicol	00:10	12:59	12:49		
		Billy Dickson	00:20	13:59	13:39		
		Steve Thomas	00:30	15:10	14:40		
<i>*2 mile time bandings are equivalent to the 5K "group bands" and make allowance for the improved pace over shorter distance.</i>							
<b>Footnotes</b>							
Excellent performances all round and hope everyone enjoyed the change of scenery (no midges yet thankfully).							
We have used this "Summer Handicap" course for a few years now so most of you will already have course PB's to compare.							
For those who haven't done the course previously, you now have PBs to target.							
Congratulations to Dan McQueen in setting a new Course PB and record of 10m06s.							
Looking at times, some of you may benefit from changing groups, have a chat with your coach but entirely your decision.							