

# **4<sup>th</sup> Annual Paul Brown**

## **Torture Test**

10,000 yards in 3 hours

No rest between sets

10 x 500 8:00

10 x 200 4:00

10 x 100 2:00

20 x 50 1:00

40 x 25 :30

Collin Watts

Jacob Nurczyk

Zach O'Neill

Mike Pietrantonio

Zach Brown

Jim Bruce

Kyle Whisenhunt

Robert Henry

Christian Velasquez

June Na

Jake Buchholz

Eric Lavin

Chris Farina

Leo Roberts

Tyler Buss

Austin Eskew

Thomas Izquierdo

Derek Gorman

Joe Ryan

Ross Wuestenfeld

Thomas Pruitt

# **3<sup>rd</sup> Annual Paul Brown**

## **Torture Test**

10,000 yards in 3 hours

No rest between sets

10 x 500 8:30

10 x 200 4:00

10 x 100 2:00

20 x 50 1:00

40 x 25 :30

2007-2008 Finishers

**Jim Bruce**

**Thomas Izquierdo**

**Kyle Whisenhunt**

**Zach Brown**

**Christian Velesquez**

**Jacob Nurczyk**

**Jake Buchholz**

**Mike Petrantonio**

**Collin Watts**

**Purav Vagadia**

**Robert Henry**

**Cesar Velesquez**

**Chris Farina**

**Leo Roberts**

**2<sup>nd</sup> Annual Paul Brown  
Torture Test**

10,000 yards in 3 hours

No rest between sets

10 x 500 8:30

10 x 200 4:00

10 x 100 2:00

20 x 50 1:00

40 x 25 :30

**2006 – 2007 Finishers**

**Brian Lavin**

**Mitch Anlicker**

**Josh Izzo**

**Ryan McCormack**

**Collin Watts**

**Kyle Whisenhunt**

**Derek Gorman**

**Thomas Izquierdo**

**Purav Vagadia**

**Jim Bruce**

**Mike Petrantonio**

**Zach Brown**

**Spencer Wysocki**

**Jake Nurczyk**

**1st Annual Paul Brown  
Torture Test**

10,000 yards in 3 hours

No rest between sets

10 x 500 8:30

10 x 200 4:00

10 x 100 2:00

20 x 50 1:00

40 x 25 :30

**2005 – 2006 Finishers**

**Mark Primiano**

**Andrew Ruddy**

**Mark Aguire**

**Mitch Anlicker**

**Collin Watts**

**Ryan McCormack**

**Brian Lavin**

**Keoki Burton**