

Former Athlete Profile - (Retired) Adrian Mott

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Adrian is a well credentialled athlete with a very succesful history under his previous coach. In the last two years he has been hampered by chronic tendonosis in both hamstrings which has severely hampered his performance in those two years. In early May 2010 he contacted Nick to enquire about joining the squad. He has since joined, but is still on an extensive rehabilitation program and has just resumed very light jogging. A focus on upperbody strength and core strength will replace his running program and lower limb weights program until his rehab is further advanced. He is, and will remain a member of Essendon Athletic Club.

Pro Debut - 2004 Essendon 70m Novice.

Season 04/05

1st Essendon 70m Novice, 1st Rye 70m,

Season 05/06

1st Stawell 120m Gift

Season 06/07

1st Keilor Skins Invite.

Season 10/11

2nd Woodside 120m Gift, 2nd Stawell 120m Backmarkers Invite, 2nd Ballarat 4x200m Relay

Season 2011/2012

2nd Stonnington 100m Gift,

3rd VRTA 200m Gift, 3rd Burnie 120m Gift,

Season 2012/2013

2nd Burnie 120m Gift

3rd Stonnington 100m Backmarkers Invite