SWIMMING TIME TRIALS 2012 - 2014

				PACES BASED ON 1000m TT					TIME TRIAL RESULTS											
Name	Date of most recent 1000m TT	Most Recent 1000m TT	PB	TT Pace per 100m	100m aerobic	200m aerobic	100m tempo	200m tempo	14/08/12	21/08/12	24/09/12	28/09/12	17/12/12	17/06/13	29/07/13	05/08/13	16/12/13	25/08/14	13/10/14	11/12/14
Alex Rudge	13/10/14	14:23	14:23	01:26	01:31	03:03	01:26	02:53						15:00				14:31	14:23	
Will Walker	11/12/14	14:59	14:59	01:30	01:35	03:10	01:30	03:00						15:59	15:29					14:59
Simon Hatlee	16/12/13	15:15	15:15	01:31	01:37	03:13	01:31	03:03									15:15			
Gareth Chang	11/12/14	15:23	15:23	01:32	01:37	03:15	01:32	03:05	16:14		15:47	15:39	15:30		15:56			15:36	15:25	15:23
Georgie McDonald	14/08/12	15:29	15:29	01:33	01:38	03:16	01:33	03:06	15:29											
James Plowman	17/12/12	15:40	15:40	01:34	01:39	03:18	01:34	03:08	16:32				15:40							
Marcello Mazza	11/12/14	15:42	15:42	01:34	01:39	03:18	01:34	03:08									16:41	15:51		15:42
Lydia Nicholson	24/09/12	15:48	15:48	01:35	01:40	03:20	01:35	03:10			15:48									
Mark Timbs	24/09/12	15:51	15:51	01:35	01:40	03:20	01:35	03:10			15:51									
Matt Curnow	28/09/12	16:04	16:04	01:36	01:41	03:23	01:36	03:13				16:04								
Matt Malady	11/12/14	16:07	16:07	01:37	01:42	03:23	01:37	03:13		18:02	16:34				16:17		16:11		16:15	16:07
Ian Hossack	25/08/14	16:42	16:14	01:40	01:45	03:30	01:40	03:20	16:33			16:14		17:20		17:11	16:33	16:42		
Adam Lareau	17/12/12	16:40	16:15	01:40	01:45	03:30	01:40	03:20				16:15	16:40							
Nicola Harrison	11/12/14	17:15	16:20	01:43	01:49	03:37	01:43	03:27			17:19				18:25			16:35	16:20	17:15
Matt Birch	13/10/14	16:21	16:21	01:38	01:43	03:26	01:38	03:16						16:25					16:21	
Bruce Sanderson	11/12/14	16:41	16:31	01:40	01:45	03:30	01:40	03:20	17:49			16:31						17:25	17:00	16:41
Ciara Lui	11/12/14	16:56	16:46	01:42	01:47	03:33	01:42	03:23									16:46	17:26	17:18	16:56
Kenny Grant	11/12/14	16:48	16:48	01:41	01:46	03:32	01:41	03:22										17:28	17:10	16:48
Ronan MacSweeney	28/09/12	16:55	16:55	01:42	01:47	03:33	01:42	03:23	17:54			16:55								
Dani Barclay	16/12/13	17:06	17:06	01:43	01:48	03:35	01:43	03:25						18:51	17:31		17:06			
Fran Boase	17/06/13	19:40	17:19	01:58	02:03	04:06	01:58	03:56		18:57	17:19			19:40						
Faye Fitzgibbon	11/12/14	17:38	17:22	01:46	01:51	03:42	01:46	03:32											17:22	17:38
Marijn Kamp	17/12/12	17:40	17:40	01:46	01:51	03:42	01:46	03:32	21:07			18:41	17:40							
David Stirk	16/12/13	17:42	17:42	01:46	01:51	03:42	01:46	03:32									17:42			
Jaime Hincapie	13/10/14	17:47	17:47	01:47	01:52	03:43	01:47	03:33								20:30	19:28	19:24	17:47	
Nick Glozier	16/12/13	17:55	17:55	01:47	01:53	03:45	01:47	03:35			19:50			18:52	18:50		17:55			
Amelia Maxwell	16/12/13	17:55	17:55	01:47	01:52	03:45	01:47	03:35									17:55			
Gary Maher	13/10/14	17:59	17:59	01:48	01:53	03:46	01:48	03:36	19:33						20:33				17:59	
Phil Cameron	11/12/14	18:19	18:15	01:50	01:55	03:50	01:50	03:40	21:00									18:53	18:15	18:19
Nathan Bellgrove	11/12/14	18:30	18:23	01:51	01:56	03:52	01:51	03:42								18:23	18:54		18:24	18:30
Steve Ellis	11/12/14	18:28	18:28	01:51	01:56	03:52	01:51	03:42			20:05								19:59	18:28
Anna Wilcox	13/10/14	18:30	18:30	01:51	01:56	03:52	01:51	03:42										18:41	18:30	
Faith Geraghty	11/12/14	18:41	18:41	01:52	01:57	03:54	01:52	03:44						20:03			19:42	19:38	20:29	18:41
Jeff Sapier	16/12/13	18:49	18:49	01:53	01:58	03:56	01:53	03:46									18:49			
Raymond Yeung	16/12/13	18:52	18:52	01:53	01:58	03:56	01:53	03:46									18:52			
Nick Cunningham	24/09/12	19:03	19:03	01:54	01:59	03:59	01:54	03:49			19:03									
Michael Elliott	13/10/14	19:25	19:25	01:57	02:02	04:03	01:57	03:53											19:25	
James Filmer	16/12/13	19:31	19:31	01:57	02:02	04:04	01:57	03:54									19:31			
Sarah Webb	29/07/13	19:38	19:38	01:58	02:03	04:06	01:58	03:56							19:38					
Stephanie Lowe	13/10/14	19:40	19:40	01:58	02:03	04:06	01:58	03:56											19:40	
Allan Emery	25/08/14	19:43	19:43	01:58	02:03	04:07	01:58	03:57										19:43		
Natalie Peters	16/12/13	20:02	20:02	02:00	02:05	04:10	02:00	04:00				20:16					20:02			
Jennie Oswald	17/06/13	21:07	20:20	02:07	02:12	04:23	02:07	04:13			20:20			21:07						
Tom Fowler	17/06/13	20:41	20:41	02:04	02:09	04:18	02:04	04:08						20:41						
Robyn How	13/10/14	23:05	20:43	02:18	02:24	04:47	02:18	04:37										20:43	23:05	

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Karina Jones	21/08/12	20:52	20:52	02:05	02:10	04:20	02:05	04:10		20:52										
Denise Pereira	16/12/13	21:15	21:15	02:08	02:13	04:25	02:08	04:15					21:49				21:15			
Shelley Maxwell-Smith	11/12/14	23:15	21:25	02:20	02:24	04:49	02:20	04:39									21:25			23:15
James Donnely	16/12/13	21:25	21:25	02:08	02:14	04:27	02:08	04:17									21:25			
Stacey Anton	11/12/14	21:30	21:30	02:09	02:14	04:28	02:09	04:18												21:30
Cat Wright	16/12/13	22:12	22:12	02:13	02:18	04:36	02:13	04:26									22:12			
Dave Adler	25/08/14	22:25	22:25	02:15	02:20	04:39	02:15	04:29										22:25		
Deb Speed	28/09/12	22:36	22:36	02:16	02:21	04:41	02:16	04:31				22:36								
Daniel Buttard	13/10/14	22:52	22:52	02:17	02:22	04:44	02:17	04:34											22:52	
Brent Ebert	11/12/14	23:12	23:12	02:19	02:24	04:48	02:19	04:38												23:12
Asha Hum	13/10/14	23:20	23:20	02:20	02:25	04:50	02:20	04:40											23:20	
Gavin Sacks	14/08/12	24:33	24:33	02:27	02:32	05:05	02:27	04:55	24:33											
Nick Mercer	13/10/14	24:48	24:48	02:29	02:34	05:08	02:29	04:58											24:48	
Ursula Maloney	29/07/13	28:50	28:50	02:53	02:58	05:56	02:53	05:46							28:50					