



SWIMMING TIME TRIALS 2012 - 2014

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

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	03/03/15	28/04/15	03/08/15	12/11/15	
Will Johnston	03/03/15	20:48	20:48	02:05	00:05	02:10	04:20	02:05	04:10														20:48			
Karina Jones	21/08/12	20:52	20:52	02:05	00:05	02:10	04:20	02:05	04:10		20:52															
Jennie Oswald	17/06/13	21:07	20:20	02:07	00:05	02:12	04:23	02:07	04:13			20:20			21:07											
James Donnelly	16/12/13	21:25	21:25	02:08	00:05	02:14	04:27	02:08	04:17									21:25								
Cat Wright	16/12/13	22:12	22:12	02:13	00:05	02:18	04:36	02:13	04:26									22:12								
Zoe Arscott	28/04/15	22:17	22:17	02:14	00:05	02:19	04:37	02:14	04:27														22:17			
Dave Adler	25/08/14	22:25	22:25	02:15	00:05	02:20	04:39	02:15	04:29									22:25								
Shelley Maxwell-Smith	03/03/15	22:25	21:25	02:15	00:05	02:19	04:39	02:15	04:29									21:25			23:15	22:25				
Deb Speed	28/09/12	22:36	22:36	02:16	00:05	02:21	04:41	02:16	04:31				22:36													
Robyn How	13/10/14	23:05	20:43	02:18	00:05	02:24	04:47	02:18	04:37									20:43	23:05							
Brent Ebert	03/03/15	23:16	23:12	02:20	00:05	02:25	04:49	02:20	04:39												23:12	23:16				
Alex Mendes	28/04/15	24:04	24:04	02:24	00:05	02:29	04:59	02:24	04:49													25:25	24:04			
Gavin Sacks	14/08/12	24:33	24:33	02:27	00:05	02:32	05:05	02:27	04:55	24:33																
Rachel Craig	03/03/15	24:42	24:42	02:28	00:05	02:33	05:06	02:28	04:56													24:42				
Nick Mercer	13/10/14	24:48	24:48	02:29	00:05	02:34	05:08	02:29	04:58												24:48					
Asha Hum	28/04/15	25:15	23:20	02:31	00:05	02:37	05:13	02:31	05:03												23:20		25:15			
Ursula Maloney	29/07/13	28:50	28:50	02:53	00:05	02:58	05:56	02:53	05:46							28:50										