

**Swim Smooth Perth CSS Tests 2012 - Detailed Alphabetically with Previous Tests in last 12 months**

Rank	Name	Jan-13				Oct-12			Mar-12			Jan-12		
		400m	200m	Aerobic	CSS	400m	200m	CSS	400m	200m	CSS	400m	200m	CSS
1	Aaron Richardson	05:26.0	02:35.0	4.91%	01:25.5	05:11.0	02:28.0	01:21.5						
2	Adele Richards	05:54.0	02:50.0	3.95%	01:32.0	05:33.0	02:43.0	01:25.0						
3	Alan Millard	06:06.0	02:55.0	4.37%	01:35.5	06:04.0	02:49.0	01:37.5						
4	Alberto Lacchini	05:59.0	02:55.0	2.51%	01:32.0	06:05.0	02:55.0	01:35.0				06:00.0	02:54.0	01:33.0
5	Alen Pezzin	06:24.0	03:07.0	2.60%	01:38.5									
6	Alison Thomson					06:18.0	03:00.0	01:39.0						
7	Amanda Nitschke	06:59.0	03:22.0	3.58%	01:48.5	07:55.0	03:42.0	02:06.5	07:00.0	03:24.0	01:48.0	07:17.0	03:35.0	01:51.0
8	Andre Carr					08:04.0	03:39.0	02:12.5						
9	Andrew Graham	05:07.0	02:31.0	1.63%	01:18.0	05:11.0	02:28.0	01:21.5	05:11.0	02:28.0	01:21.5	04:59.0	02:20.0	01:19.5
10	Andrew Holmes	07:01.0	03:28.0	1.19%	01:46.5	07:13.0	03:32.0	01:50.5	06:58.0	03:24.0	01:47.0			
11	Andrew Hunt					05:54.0	02:55.0	01:29.5				05:44.0	02:44.0	01:30.0
12	Andy Foggin	06:03.0	02:52.0	5.23%	01:35.5									
13	Anna Van Hazell	07:03.0	03:30.0	0.71%	01:46.5	06:48.0	03:19.0	01:44.5	06:50.0	03:12.0	01:49.0	06:53.0	03:13.0	01:50.0
14	Annalee Hazell					05:41.0	02:41.0	01:30.0				05:36.0	02:43.0	01:26.5
15	Anne Murrell					09:15.0	04:35.0	02:20.0	09:17.0	04:36.0	02:20.5	09:27.0	04:38.0	02:24.5
16	Anne-Marie D'Arcy					06:49.0	03:18.0	01:45.5	06:42.0	03:16.0	01:43.0	06:53.0	03:17.0	01:48.0
17	Annette Van Hazel	07:24.0	03:34.0	3.60%	01:55.0	07:21.0	03:34.0	01:53.5	07:35.0	03:45.0	01:55.0			
18	Ari Huston	06:11.0	03:05.0	0.27%	01:33.0	06:26.0	03:04.0	01:41.0	06:25.0	03:03.0	01:41.0	06:21.0	03:05.0	01:38.0
19	Asha de Vos					06:44.0	03:10.0	01:47.0						
20	Barrat	07:48.0	03:49.0	2.14%	01:59.5									
21	Barrie Eaves	07:16.0	03:23.0	6.88%	01:56.5									
22	Belinda Bennett	06:56.0	03:14.0	6.73%	01:51.0	06:47.0	03:06.0	01:50.5	06:28.0	03:04.0	01:42.0	06:40.0	03:05.0	01:47.5
23	Ben Dundas	08:01.0	03:45.0	6.44%	02:08.0	08:05.0	03:46.0	02:09.5	07:55.0	03:53.0	02:01.0	07:46.0	03:35.0	02:05.5
24	Bill Carmody					07:42.0	03:41.0	02:00.5	07:22.0	03:35.0	01:53.5	07:53.0	03:41.0	02:06.0
26	Bill Moody	06:18.0	02:57.0	6.35%	01:40.5	06:24.0	03:01.0	01:41.5	06:20.0	03:03.0	01:38.5	06:31.0	03:03.0	01:44.0
27	Bonnie Tollafield	07:41.0	03:42.0	3.69%	01:59.5									
28	Brad ?	05:32.0	02:44.0	1.20%	01:24.0	05:33.0	02:36.0	01:28.5						
29	Brenton Jenke	05:29.0	02:38.0	3.95%	01:25.5	05:37.0	02:40.0	01:28.5						
30	Brett Pearson					05:47.0	02:40.0	01:33.5						
31	Brian Bannon	07:30.0	03:30.0	6.67%	02:00.0	07:20.0	03:32.0	01:54.0	07:01.0	03:21.0	01:50.0	07:16.0	03:26.0	01:55.0
32	Bronwyn Fricke					05:41.0	02:48.0	01:26.5						
33	Carol Lake	06:50.0	03:24.0	0.49%	01:43.0	07:13.0	03:27.0	01:53.0						
34	Caroline Claydon	07:43.0	03:38.0	5.83%	02:02.5									
35	Cathy McCormick					07:03.0	03:24.0	01:49.5						
36	Chantel Delaney	06:10.0	03:03.0	1.08%	01:33.5	06:40.0	03:16.0	01:42.0						
37	Chris Foley					06:34.0	03:05.0	01:44.5	06:06.0	02:57.0	01:34.5	06:31.0	03:06.0	01:42.5
38	Chris J ?					06:29.0	02:59.0	01:45.0						
39	Chris McKinnon	05:44.0	02:42.0	5.81%	01:31.0									
40	Christine Lowe					06:55.0	03:20.0	01:47.5						
41	Clare Hanavan					06:24.0	02:58.0	01:43.0				06:18.0	03:04.0	01:37.0
42	Craig Jameson	07:40.0	03:47.0	1.30%	01:56.5									
43	Cyndy Hetrick	06:56.0	03:23.0	2.40%	01:46.5									
44	Daniel Tarborsky	07:10.0	03:30.0	2.33%	01:50.0									
45	Debra Kempe	07:18.0	03:35.0	1.83%	01:51.5	06:57.0	03:24.0	01:46.5						
46	Elaine Broome	06:29.0	03:08.0	3.34%	01:40.5	06:52.0	03:17.0	01:47.5						
47	Eliot Cross					05:54.0	02:45.0	01:34.5						

GREEN = big improvement since October 2012

**Swim Smooth Perth CSS Tests 2012 - Detailed Alphabetically with Previous Tests in last 12 months**

48	Emma Brunning	05:46.0	02:48.0	2.89%	01:29.0										
49	Emmy Poulson	06:49.0	03:20.0	2.20%	01:44.5										
50	Fletcher Barr					05:29.0	02:42.0	01:23.5							
51	Fran Waddell					08:12.0	04:00.0	02:06.0				08:36.0	04:08.0	02:14.0	
52	Gavin Cooke					10:45.0	04:55.0	02:55.0							
53	Gavin McKay	05:32.0	02:39.0	4.22%	01:26.5										
54	Geoff Ivanic	05:52.0	02:44.0	6.82%	01:34.0	06:14.0	03:01.0	01:36.5							
55	Georgina Fuller	06:01.0	02:54.0	3.60%	01:33.5										
56	Gillian Evans					07:10.0	03:27.0	01:51.5	07:26.0	03:36.0	01:55.0				
57	Glenn Martinovich					06:44.0	03:17.0	01:43.5	06:37.0	03:08.0	01:44.5	06:33.0	03:03.0	01:45.0	
58	Graham Crocker	06:10.0	03:01.0	2.16%	01:34.5	06:00.0	02:58.0	01:31.0	06:20.0	03:00.0	01:40.0	06:03.0	02:57.0	01:33.0	
59	Greg Fraser					09:05.0	04:10.0	02:27.5							
60	Guy Crawford	04:59.0	02:26.0	2.34%	01:16.5										
61	Guy Van Hazel	07:33.0	03:38.0	3.75%	01:57.5	07:32.0	03:43.0	01:54.5	07:15.0	03:30.0	01:52.5	07:27.0	03:34.0	01:56.5	
62	Gwen Lossie					05:45.0	02:44.0	01:30.5							
63	Hedley Roost					08:13.0	03:57.0	02:08.0							
64	Helen Buckle					07:23.0	03:38.0	01:52.5				07:52.0	03:43.0	02:04.5	
65	Helen Mackay	06:53.0	03:22.0	-99.60%	01:45.5										
66	Helen McKinnon	08:29.0	04:05.0	3.73%	02:12.0										
67	Jaim Hunt	06:41.0	03:19.0	0.75%	01:41.0	06:25.0	03:06.0	01:39.5							
68	James Forbes	05:15.0	02:34.0	2.22%	01:20.5										
69	James Millen					05:45.0	02:46.0	01:29.5							
70	Jane Davis	07:15.0	03:31.0	2.99%	01:52.0	07:00.0	03:22.0	01:49.0	07:00.0	03:36.0	01:42.0	07:20.0	03:36.0	01:52.0	
71	Janet Ferguson					06:57.0	03:20.0	01:48.5				07:08.0	03:28.0	01:50.0	
72	Janine Barrow					06:50.0	03:16.0	01:47.0							
73	Janine Willis	06:03.0	02:58.0	1.93%	01:32.5	05:52.0	02:48.0	01:32.0	05:48.0	02:49.0	01:29.5	05:53.0	02:52.0	01:30.5	
74	Jess Huston	05:58.0	02:57.0	1.12%	01:30.5	05:50.0	02:48.0	01:31.0	05:51.0	02:51.0	01:30.0	06:05.0	02:54.0	01:35.5	
75	Jill Benbow	07:48.0	03:45.0	3.85%	02:01.5										
76	Jo Hayes					06:40.0	03:18.0	01:41.0				06:31.0	03:08.0	01:41.5	
77	Jo Van Rooyen	07:06.0	03:26.0	3.29%	01:50.0										
78	Joel Jameson	05:31.0	02:38.0	4.53%	01:26.5										
79	Joel Walker					06:46.0	03:20.0	01:43.0							
80	John Edwards	06:05.0	02:52.0	5.75%	01:36.5	05:55.0	02:55.0	01:30.0	05:57.0	02:58.0	01:29.5	05:45.0	02:47.0	01:29.0	
81	John Elliott	06:23.0	03:03.0	4.44%	01:40.0	06:13.0	03:00.0	01:36.5	06:36.0	03:16.0	01:40.0	06:17.0	02:58.0	01:39.5	
82	John Harris					06:05.0	03:00.0	01:32.5				06:04.0	02:53.0	01:35.5	
83	John Turner	06:19.0	03:07.0	1.32%	01:36.0										
84	Justine Murphy	05:44.0	02:56.0	-2.33%	01:24.0	05:56.0	02:56.0	01:30.0				05:56.0	02:50.0	01:33.0	
85	Kate Bevilaqua	05:16.0	02:32.0	3.80%	01:22.0										
86	Kay Fuller	07:09.0	03:19.0	7.23%	01:55.0	06:58.0	03:19.0	01:49.5	06:56.0	03:15.0	01:50.5				
87	Kim Annear	06:51.0	03:12.0	6.57%	01:49.5	07:31.0	03:41.0	01:55.0	06:54.0	03:26.0	01:44.0				
88	Kim B	06:39.0	03:15.0	2.26%	01:42.0										
89	Kim R	08:46.0	04:14.0	3.42%	02:16.0										
90	Kim Smith					06:20.0	02:55.0	01:42.5							
91	Kirk Langley	05:45.0	02:44.0	4.93%	01:30.5	05:42.0	02:43.0	01:29.5							
92	Kristy Robinson	06:53.0	03:22.0	-99.62%	01:45.5										
93	Lauren Jones	06:04.0	03:00.0	1.10%	01:32.0										
94	Lauren Steinke	05:58.0	02:53.0	3.35%	01:32.5	05:49.0	02:51.0	01:29.0							
95	Lindsey Shepherd	07:31.0	03:38.0	3.33%	01:56.5	07:52.0	03:42.0	02:05.0	07:29.0	03:40.0	01:54.5	07:56.0	03:55.0	02:00.5	

GREEN = big improvement since October 2012

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96	Lisa Franck	05:50.0	02:45.0	5.71%	01:32.5	05:14.0	02:31.0	01:21.5							
97	Lisa Palmer	06:38.0	03:06.0	6.53%	01:46.0										
98	Liz Beeck					07:32.0	03:37.0	01:57.5							
99	Liz Dundas	07:08.0	03:30.0	1.87%	01:49.0	07:42.0	03:49.0	01:56.5							
100	Lorraine Driscoll					08:17.0	04:08.0	02:04.5	07:10.0	03:33.0	01:48.5	07:11.0	03:13.0	01:59.0	
101	Luke Chambers	05:47.0	02:50.0	2.02%	01:28.5										
102	Mani Bisschops					07:05.0	03:20.0	01:52.5							
103	Marie Wyche	08:03.0	03:50.0	4.76%	02:06.5	09:09.0	04:30.0	02:19.5							
104	Marie-T Hunter	06:12.0	02:57.0	4.84%	01:37.5	06:20.0	03:00.0	01:40.0							
105	Marisa	06:25.0	03:08.0	2.34%	01:38.5										
106	Mark ?					07:46.0	03:47.0	01:59.5							
107	Mark Bosisto	07:28.0	03:32.0	5.36%	01:58.0										
108	Mark Luckin					05:39.0	02:46.0	01:26.5							
109	Mark Wallis	05:50.0	02:49.0	3.43%	01:30.5	05:38.0	02:38.0	01:30.0				05:51.0	02:49.0	01:31.0	
110	Martin Lodge					06:29.0	03:06.0	01:41.5							
111	Matt Biddle					07:42.0	03:34.0	02:04.0							
112	Matt Illingworth	06:13.0	03:01.0	2.95%	01:36.0	06:06.0	02:56.0	01:35.0	06:05.0	02:58.0	01:33.5	06:11.0	02:59.0	01:36.0	
113	Maz ?					06:38.0	03:17.0	01:40.5							
114	Megan Surette	06:53.0	03:10.0	7.99%	01:51.5	06:58.0	03:18.0	01:50.0							
115	Michael Serich	06:13.0	02:52.0	7.77%	01:40.5	06:13.0	03:06.0	01:33.5	06:01.0	02:52.0	01:34.5	06:20.0	02:54.0	01:43.0	
116	Michele Bistrup	07:27.0	03:29.0	6.49%	01:59.0	07:20.0	03:24.0	01:58.0							
117	Michelle Atkins					06:16.0	03:01.0	01:37.5							
118	Michelle Newsome	06:10.0	02:58.0	3.78%	01:36.0										
119	Mike Fischer	07:01.0	03:23.0	3.56%	01:49.0	07:21.0	03:34.0	01:53.5				07:35.0	03:45.0	01:55.0	
120	Mike Hodgson					07:32.0	03:39.0	01:56.5							
121	Mitch Fogarty					05:29.0	02:32.0	01:28.5							
122	Nathan Thomson	06:58.0	03:28.0	0.48%	01:45.0										
123	Nicole Anson	06:09.0	03:00.0	2.44%	01:34.5	06:35.0	03:08.0	01:43.5							
124	Nicole Klemm					06:50.0	03:17.0	01:46.5	06:39.0	03:11.0	01:44.0	07:11.0	03:30.0	01:50.5	
126	Pam Criddle	06:02.0	02:53.0	4.42%	01:34.5										
127	Patrick Hollingworth					05:56.0	02:51.0	01:32.5							
128	Paul Payne	07:39.0	03:35.0	6.32%	02:02.0	07:59.0	03:48.0	02:05.5							
129	Paul Robinson					06:34.0	03:09.0	01:42.5							
130	Pene Newitt	06:15.0	03:04.0	1.87%	01:35.5										
131	Peter Leaver	06:01.0	02:50.0	5.82%	01:35.5	06:09.0	02:56.0	01:36.5							
132	Peter Mannolini					06:24.0	02:58.0	01:43.0	06:46.0	03:07.0	01:49.5				
134	Phil Murphy					06:35.0	03:16.0	01:39.5							
135	Pra Shilkar					08:48.0	04:09.0	02:19.5							
136	Ray Steffanoni	06:04.0	02:56.0	3.30%	01:34.0	06:17.0	03:00.0	01:38.5	06:42.0	03:10.0	01:46.0				
137	Rebecca Edmonds	07:01.0	03:27.0	1.66%	01:47.0	06:55.0	03:17.0	01:49.0							
138	Renee Baker	05:53.0	02:47.0	5.38%	01:33.0										
139	Rhys Bowen					06:24.0	03:00.0	01:42.0							
140	Ric Cazzolli					06:32.0	03:06.0	01:43.0	06:27.0	03:04.0	01:41.5	06:25.0	03:06.0	01:39.5	
141	Rob Buckle					05:27.0	02:35.0	01:26.0				05:38.0	02:39.0	01:29.5	
142	Rob Franklyn	06:30.0	02:58.0	8.72%	01:46.0	06:12.0	03:00.0	01:36.0							
143	Robyn Ahern	08:08.0	03:47.0	6.97%	02:10.5	08:20.0	04:08.0	02:06.0	08:11.0	04:02.0	02:04.5	08:21.0	04:05.0	02:08.0	
144	Robyn Elliott					08:58.0	04:25.0	02:16.5							
145	Roxanne Garven					07:40.0	03:45.0	01:57.5	08:10.0	04:03.0	02:03.5				

GREEN = big improvement since October 2012

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146	Rupert Holman	06:45.0	03:22.0	0.25%	01:41.5	07:32.0	03:27.0	02:02.5												
147	Ruth Cheng					07:32.0	03:43.0	01:54.5												
148	Sally Scaffidi	05:41.0	02:46.0	2.64%	01:27.5															
149	Sally Steffanoni	07:23.0	03:34.0	3.39%	01:54.5	07:38.0	03:47.0	01:55.5	07:55.0	03:54.0	02:00.5									
150	Sam Chisholm					05:23.0	02:37.0	01:23.0												
151	Sam Gardiner	07:20.0	03:35.0	2.27%	01:52.5	07:23.0	03:31.0	01:56.0												
152	Sam Poulson					06:22.0	03:01.0	01:40.5												
153	Sandra Cronin	09:50.0	04:38.0	5.76%	02:36.0															
154	Sarah Egan					09:18.0	04:30.0	02:24.0												
155	Sarah Humphry	06:05.0	02:53.0	5.21%	01:36.0															
156	Saskia Letham	06:43.0	03:12.0	4.71%	01:45.5	06:42.0	03:16.0	01:43.0												
157	Sean Webb	06:51.0	03:12.0	6.57%	01:49.5															
158	Serena Wells	07:19.0	03:34.0	2.51%	01:52.5	07:11.0	03:34.0	01:48.5												
159	Shane Hunter	07:25.0	03:26.0	7.42%	01:59.5	07:31.0	03:40.0	01:55.5												
160	Shaun Delaney	06:09.0	02:58.0	3.52%	01:35.5															
161	Simon	07:40.0	03:37.0	5.65%	02:01.5															
162	Simon Bedbrook					05:11.0	02:33.0	01:19.0	05:06.0	02:28.0	01:19.0	05:19.0	02:38.0	01:20.5						
163	Simon Wood (?)					06:58.0	03:27.0	01:45.5												
164	Sophie Roost					07:56.0	03:27.0	02:14.5												
165	Stephanie	06:20.0	03:03.0	3.68%	01:38.5															
166	Steve Gleeson	05:49.0	02:53.0	0.86%	01:28.0	05:46.0	02:45.0	01:30.5												
167	Steve Wilson					05:26.0	02:42.0	01:22.0												
168	Stuart Gicquel					06:37.0	03:05.0	01:46.0				06:23.0	02:59.0	01:42.0						
169	Stuart Helm					05:22.0	02:31.0	01:25.5												
170	Stuart Moran	05:14.0	02:28.0	5.73%	01:23.0															
171	Suzanne Narbey	06:00.0	02:58.0	1.11%	01:31.0	05:40.0	02:49.0	01:25.5				05:49.0	02:47.0	01:31.0						
172	Suzi Scarff	05:48.0	02:53.0	0.57%	01:27.5	05:55.0	02:53.0	01:31.0	05:54.0	02:55.0	01:29.5	06:07.0	03:00.0	01:33.5						
173	Tim Booth	07:06.0	03:18.0	7.04%	01:54.0	07:26.0	03:31.0	01:57.5												
174	Tim Carpenter					06:26.0	03:11.0	01:37.5				05:56.0	02:49.0	01:33.5						
175	Tim Humphry	07:56.0	03:50.0	3.36%	02:03.0	07:49.0	03:41.0	02:04.0	07:40.0	03:47.0	01:56.5	07:34.0	03:31.0	02:01.5						
176	Tim Stokes	06:53.0	03:22.0	-99.61%	01:45.5															
177	Todd Gardiner					07:34.0	03:25.0	02:04.5												
178	Tony Mazza	06:47.0	03:12.0	5.65%	01:47.5															
179	Tracey Carroll	05:59.0	02:53.0	3.62%	01:33.0	06:22.0	03:05.0	01:38.5												
180	Tracey Shaw					05:43.0	02:48.0	01:27.5												
181	Trevor Magee	06:53.0	03:22.0	2.18%	01:45.5	06:55.0	03:20.0	01:47.5	06:55.0	03:23.0	01:46.0	07:27.0	03:39.0	01:54.0						
182	Troy Morrison	08:04.0	03:45.0	7.02%	02:09.5															
183	Vaughn Bisschops					06:20.0	03:01.0	01:39.5	04:59.0	02:20.0	01:19.5	06:22.0	02:52.0	01:45.0						
184	Wayne Morris					05:18.0	02:32.0	01:23.0	05:14.0	02:29.0	01:22.5	05:12.0	02:30.0	01:21.0						

GREEN = big improvement since October 2012