Name	1st 100m/ 400m	400m time	Average Pace/ 100m	Average Pace/ 100m for last 300m	Pacing drop-off: 1st 100m vs. last 300m	Distance behind your "virtual" self based on 1st 100m	1st 100m/ 200m	200m time	Average Pace/ 100m	Pacing drop-off between your 1st and last 100m of the 200m TT	CSS Pace/ 100m	Aerobic / Anaerobic Drop-off	True Reflection?	Extra Session	Technique Advice
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
Adam Wheeler (July 14)	01:34.0	06:31.0	01:37.8	01:39.0	-00:05.0	-15	n/a	03:11.0	01:35.5	n/a	01:40.0	-00:02.3	1	En	5
Adam Wheeler (May 14)	01:30.0	06:27.0	01:36.8	01:39.0	-00:09.0	-28	n/a	03:08.0	01:34.0	n/a	01:39.5	-00:02.8	1	En	5
Adam Wheeler (Nov 13)	01:29.0	06:51.0	01:42.8	01:47.3	-00:18.3	-54	01:29.0	03:14.0	01:37.0	-00:08.0	01:48.5	-00:05.8	2	En	5
Amanda Nitschke (July 14)	01:38.0	07:08.0	01:47.0	01:50.0	-00:12.0	-34	n/a	03:31.0	01:45.5	n/a	01:48.5	-00:01.5	1	En	1
Amanda Nitschke (May 14)	01:40.0	07:15.0	01:48.8	01:51.7	-00:11.7	-32	n/a	03:32.0	01:46.0	n/a	01:51.5	-00:02.8	3	Th	6
Amanda Nitschke (Nov 13)	01:34.0	06:58.0	01:44.5	01:48.0	-00:14.0	-40	01:33.0	03:17.0	01:38.5	-00:05.5	01:50.5	-00:06.0	2	En	1
Andree Carr (May 14)	01:57.0	08:10.0	02:02.5	02:04.3	-00:07.3	-18	n/a	03:56.0	01:58.0	n/a	02:07.0	-00:04.5	3	En	1
Andree Carr (Nov 13)	01:50.0	07:40.0	01:55.0	01:56.7	-00:06.7	-17	01:52.0	03:48.0	01:54.0	-00:02.0	01:56.0	-00:01.0	5	Th	1
Andrew Graham (July 14)	01:11.0	05:02.0	01:15.5	01:17.0	-00:06.0	-24	n/a	02:22.0	01:11.0	n/a	01:20.0	-00:04.5	2	En	2
Andrew Graham (May 14)	01:13.0	05:01.0	01:15.2	01:16.0	-00:03.0	-12	n/a	02:28.0	01:14.0	n/a	01:16.5	-00:01.2	1	En	2
Andrew Graham (Nov 13)	01:13.0	05:14.0	01:18.5	01:20.3	-00:07.3	-28	01:12.0	02:28.0	01:14.0	-00:02.0	01:23.0	-00:04.5	3	Th	4
Andrew Holmes (July 14)	01:48.0	07:35.0	01:53.8	01:55.7	-00:07.7	-20	n/a	03:49.0	01:54.5	n/a	01:53.0	00:00.7	1	En	5
Andrew Holmes (May 14)	01:48.0	07:28.0	01:52.0	01:53.3	-00:05.3	-14	n/a	03:36.0	01:48.0	n/a	01:56.0	-00:04.0	4	En	5
Andrew Holmes (Nov 13)	01:45.0	07:25.0	01:51.3	01:53.3	-00:08.3	-22	01:47.0	03:38.0	01:49.0	-00:02.0	01:53.5	-00:02.3	2	Sp	5
Andrew Hunt (July 14)	01:22.0	05:40.0	01:25.0	01:26.0	-00:04.0	-14	n/a	02:48.0	01:24.0	n/a	01:26.0	-00:01.0	1	Th	2
Andrew Hunt (May 14)	01:19.0	05:49.0	01:27.3	01:30.0	-00:11.0	-38	n/a	02:47.0	01:23.5	n/a	01:31.0	-00:03.8	3	Th	2
Andy (July 14)	n/a	05:39.0	01:24.8	n/a	n/a	n/a	n/a	02:44.0	01:22.0	n/a	01:27.5	-00:02.8	1	En	5
Anka Franzmann (May 14)	n/a	07:27.0	01:51.8	n/a	n/a	n/a	n/a	03:42.0	01:51.0	n/a	01:52.5	-00:00.8	1	Th	5
Anka Franzmann (Nov 13)	01:51.0	07:39.0	01:54.8	01:56.0	-00:05.0	-13	01:47.0	03:38.0	01:49.0	-00:02.0	02:00.5	-00:05.8	4	Th	5
Anna van Hazel	01:37.0	06:51.0	01:42.8	01:44.7	-00:07.7	-22	n/a	03:18.0	01:39.0	n/a	01:46.5	-00:03.8	1	En	4
Annette Andrews	01:46.0	07:50.0	01:57.5	02:01.3	-00:15.3	-39	n/a	03:47.0	01:53.5	n/a	02:01.5	-00:04.0	1	Sp	4
Annette Van Hazel (May 14)	01:44.0	07:18.0	01:49.5	01:51.3	-00:07.3	-20	n/a	03:36.0	01:48.0	n/a	01:51.0	-00:01.5	1	Sp	5
Annette Van Hazel (Nov 13)	01:45.0	07:28.0	01:52.0	01:54.3	-00:09.3	-25	01:49.0	03:45.0	01:52.5	-00:03.5	01:51.5	00:00.5	2	Sp	5
Anthony ? (July 14)	01:33.0	06:17.0	01:34.3	01:34.7	-00:01.7	-5	n/a	02:54.0	01:27.0	n/a	01:41.5	-00:07.3	1	En	1
Anthony ? (May 14)	01:29.0	06:22.0	01:35.5	01:37.7	-00:08.7	-27	01:28.0	03:04.0	01:32.0	-00:04.0	01:39.0	-00:03.5	2	En	1
Ari Huston (May 14)	01:33.0	06:25.0	01:36.3	01:37.3	-00:04.3	-14	01:31.0	03:10.0	01:35.0	-00:04.0	01:37.5	-00:01.3	1	En	4
Ari Huston (Nov 13)	01:30.0	06:27.0	01:36.8	01:39.0	-00:09.0	-28	01:28.0	03:06.0	01:33.0	-00:05.0	01:40.5	-00:03.8	2	Th	4
Ashan Weerakody (May 14)	01:12.0	04:50.0	01:12.5	01:12.7	-00:00.7	-3	n/a	02:20.0	01:10.0	n/a	01:15.0	-00:02.5	1	En	3
Ashan Weerakody (Nov 13)	01:16.0	05:11.0	01:17.7	01:18.3	-00:02.3	-9	01:13.0	02:30.0	01:15.0	-00:02.0	01:20.5	-00:02.8	1	En	3
Barrat Luft	01:50.0	08:10.0	02:02.5	02:06.7	-00:16.7	-41	01:55.0	03:55.0	01:57.5	-00:02.5	02:07.5	-00:05.0	2	En	1
Belinda Bennett (July 14)	01:39.0	06:57.0	01:44.3	01:46.0	-00:07.0	-20	n/a	03:18.0	01:39.0	n/a	01:49.5	-00:05.2	2	En	1
Belinda Bennett (May 14)	01:37.0	06:55.0	01:43.8	01:46.0	-00:09.0	-26	n/a	03:14.0	01:37.0	n/a	01:50.5	-00:06.8	2	En	4
Ben Dundas (July 14)	01:50.0	07:34.0	01:53.5	01:54.7	-00:04.7	-12	n/a	03:31.0	01:45.5	n/a	02:01.5	-00:08.0	1	En	1
Ben Dundas (May 14)	01:45.0	07:54.0	01:58.5	02:03.0	-00:18.0	-46	n/a	03:42.0	01:51.0	n/a	02:06.0	-00:07.5	2	En	1
Ben Dundas (Nov 13)	01:47.0	07:58.0	01:59.5	02:03.7	-00:16.7	-42	01:45.0	03:40.0	01:50.0	-00:05.0	02:09.0	-00:09.5	2	En	1
Bill Carmody (May 14)	01:55.0	08:37.0	02:09.2	02:14.0	-00:19.0	-44	n/a	04:18.0	02:09.0	n/a	02:09.5	-00:00.2	3	En	1
Bill Carmody (Nov 13)	01:37.0	07:41.0	01:55.3	02:01.3	-00:24.3	-63	01:45.0	03:49.0	01:54.5	-00:09.5	01:56.0	-00:00.8	2	En	1
Bill Moody (July 14)	01:35.0	06:29.0	01:37.3	01:38.0	-00:03.0	-9	n/a	03:05.0	01:32.5	n/a	01:42.0	-00:04.8	4	En	1
Bill Moody (May 14)	01:29.0	06:19.0	01:34.8	01:36.7	-00:07.7	-24	n/a	03:03.0	01:31.5	n/a	01:38.0	-00:03.3	1	Th	1
Bill Moody (Nov 13)	01:31.0	06:27.0	01:36.8	01:38.7	-00:07.7	-24	01:28.0	03:06.0	01:33.0	-00:05.0	01:40.5	-00:03.8	2	Th	2
Bob Edwards (May 14)	01:58.0	08:18.0	02:04.5	02:06.7	-00:08.7	-21	n/a	04:03.0	02:01.5	n/a	02:07.5	-00:03.0	4	En	1
Bob Edwards (Nov 13)	01:58.0	08:05.0	02:01.3	02:02.3	-00:04.3	-11	01:51.0	03:48.0	01:54.0	-00:03.0	02:08.5	-00:07.3	2	En	1
Bonnie Tollafield (July 14)	01:52.0	07:49.0	01:57.2	01:59.0	-00:07.0	-18	n/a	03:46.0	01:53.0	n/a	02:01.5	-00:04.2	4	Th	4
Bonnie Tollafield (May 14)	01:48.0	07:42.0	01:55.5	01:58.0	-00:10.0	-26	n/a	03:48.0	01:54.0	n/a	01:57.0	-00:01.5	1	Th	6
Brian Bannon	02:02.0	08:18.0	02:04.5	02:05.3	-00:03.3	-8	n/a	03:59.0	01:59.5	n/a	02:09.5	-00:05.0	3	En	1
Bronwyn Fricke (July 14)	01:26.0	06:00.0	01:30.0	01:31.3	-00:05.3	-18	n/a	02:52.0	01:26.0	n/a	01:34.0	-00:04.0	3	En	2
Bronwyn Fricke (May 14)	01:22.0	05:48.0	01:27.0	01:28.7	-00:06.7	-23	n/a	02:52.0	01:26.0	n/a	01:28.0	-00:01.0	1	En	2
Browwyn Fricke (Nov 13)	01:22.0	06:01.0	01:30.2	01:33.0	-00:11.0	-37	01:23.0	02:54.0	01:27.0	-00:04.0	01:33.5	-00:03.2	2	Th	2
Caroline Claydon (July 14)	01:47.0	07:42.0	01:55.5	01:58.3	-00:11.3	-29	n/a	03:42.0	01:51.0	n/a	02:00.0	-00:04.5	4	En	4
Caroline Claydon (May 14)	01:42.0	07:08.0	01:47.0	01:48.7	-00:06.7	-19	n/a	03:26.0	01:43.0	n/a	01:51.0	-00:04.0	1	Sp	3
Caroline Claydon (Nov 13)	01:38.0	07:03.0	01:45.7	01:48.3	-00:10.3	-29	01:38.0	03:23.0	01:41.5	-00:03.5	01:50.0	-00:04.2	2	Th	5
Carolyn Gorrick (July 14)	n/a	05:02.0	01:15.5	n/a	n/a	n/a	n/a	02:27.0	01:13.5	n/a	01:17.5	-00:02.0	1	En	5
Carrie A (May 14)	01:35.0	06:29.0	01:37.3	01:38.0	-00:03.0	-9	n/a	03:05.0	01:32.5	n/a	01:42.0	-00:04.8	1	Th	6
Carrie A (Nov 13)	01:38.0	07:00.0	01:45.0	01:47.3	-00:09.3	-27	01:39.0	03:24.0	01:42.0	-00:03.0	01:48.0	-00:03.0	2	Th	6
Chad Marriott (July 14)	01:42.0	07:17.0	01:49.3	01:51.7	-00:09.7	-27	n/a	03:29.0	01:44.5	n/a	01:54.0	-00:04.8	4	En	1
Chad Marriott (May 14)	01:37.0	07:02.0	01:45.5	01:48.3	-00:11.3	-32	n/a	03:23.0	01:41.5	n/a	01:49.5	-00:04.0	2	En	1
Chris ?	01:23.0	05:36.0	01:24.0	01:24.3	-00:01.3	-5	n/a	02:41.0	01:20.5	n/a	01:27.5	-00:03.5	4	Th	4
Chris Foley (July 14)	01:34.0	06:26.0	01:36.5	01:37.3	-00:03.3	-10	n/a	03:07.0	01:33.5	n/a	01:39.5	-00:03.0	1	En	5
Chris Foley (May 14)	01:37.0	06:38.0	01:39.5	01:40.3	-00:03.3	-10	n/a	03:11.0	01:35.5	n/a	01:43.5	-00:04.0	3	En	5
Chris Knott (July 14)	01:40.0	07:01.0	01:45.3	01:47.0	-00:07.0	-20	n/a	03:25.0	01:42.5	n/a	01:48.0	-00:02.8	4	En	1
Chris Knott (May 14)	01:40.0	06:49.0	01:42.3	01:43.0	-00:03.0	-9	n/a	03:23.0	01:41.5	n/a	01:43.0	-00:00.7	1	En	1
Clare Hanavan (July 14)	n/a	06:07.0	01:31.8	n/a	n/a	n/a	n/a	03:00.0	01:30.0	n/a	01:33.5	-00:01.7	1	En	4
Clare Hanavan (May 14)	01:30.0	06:20.0	01:35.0	01:36.7	-00:06.7	-21	n/a	03:03.0	01:31.5	n/a	01:38.5	-00:03.5	1	En	2
Cobie Rudd (July 14)	01:40.0	07:04.0	01:46.0	01:48.0	-00:08.0	-23	n/a	03:25.0	01:42.5	n/a	01:49.5	-00:03.5	1	Sp	4
Cobie Rudd (May 14)	n/a	07:25.0	01:51.3	n/a	n/a	n/a	n/a	03:35.0	01:47.5	n/a	01:55.0	-00:03.8	3	En	6
Cobie Rudd (Nov 13)	01:43.0	07:13.0	01:48.2	01:50.0	-00:07.0	-19	n/a	03:30.0	01:45.0	n/a	01:51.5	-00:03.2	1	Th	6
Cyndy Hetrick	01:38.0	06:50.0	01:42.5	01:44.0	-00:06.0	-18	n/a	03:20.0	01:40.0	n/a	01:45.0	-00:02.5	3	En	6
David Ulbrick (July 14)	n/a	05:47.0	01:26.8	n/a	n/a	n/a	n/a	02:47.0	01:23.5	n/a	01:30.0	-00:03.2	1	Th	2
David Ulbrick	n/a	05:54.0	01:28.5	n/a	n/a	n/a	n/a	02:44.0	01:22.0	n/a	01:35.0	-00:06.5	3	En	2
Derek Cross (July 14)	n/a	05:25.0	01:21.2	n/a	n/a	n/a	n/a	02:35.0	01:17.5	n/a	01:25.0	-00:03.7	4	Th	2
Diane Oliver (May 14)	01:41.0	07:06.0	01:46.5	01:48.3	-00:07.3	-21	n/a	03:26.0	01:43.0	n/a	01:50.0	-00:03.5	2	En	6
Diane Oliver (Nov 13)	01:44.0	07:24.0	01:51.0	01:53.3	-00:09.3	-25	01:44.0	03:41.0	01:50.5	-00:06.5	01:51.5	-00:00.5	2	Th	6
Ed Negus (May 14)	01:37.0	06:59.0	01:44.8	01:47.3	-00:10.3	-30	01:34.0	03:17.0	01:38.5	-00:04.5	01:51.0	-00:06.2	1	En	2
Ed Negus (Nov 13)	01:43.0	07:13.0	01:48.2	01:50.0	-00:07.0	-19	n/a	03:25.0	01:42.5	n/a	01:54.0	-00:05.7	2	En	2
Elvira Strombock (July 14)	01:25.0	06:13.0	01:33.3	01:36.0	-00:11.0	-35	n/a	02:59.0	01:29.5	n/a	01:37.0	-00:03.8	2	En	4
Elvira Strombock (May 14)	01:28.0	06:05.0	01:31.3	01:32.3	-00:04.3	-14	n/a	02:54.0	01:27.0	n/a	01:35.5	-00:04.3	1	Th	4
Elvira Strombock (Nov 13)	01:27.0	06:24.0	01:36.0	01:39.0	-00:12.0	-38	01:27.0	03:05.0	01:32.5	-00:05.5	01:39.5	-00:03.5	2	Th	4
Emma ?	01:34.0	06:33.0	01:38.2	01:39.7	-00:05.7	-17	01:33.0	03:13.0	01:36.5	-00:03.5	01:40.0	-00:01.7	1	Th	4
Emmy Poulson (May 14)	01:52.0	07:59.0	01:59.8	02:02.3	-00:10.3	-26	n/a	03:52.0	01:56.0	n/a	02:03.5	-00:03.8	3	En	6
Emmy Poulson (Nov 13)	01:43.0	07:28.0	01:52.0	01:55.0	-00:12.0	-32	01:45.0	03:41.0	01:50.5	-00:05.5	01:53.5	-00:01.5	3	Th	6
Ermie Robinson (May 14)	01:44.0	07:10.0	01:47.5	01:48.7	-00:04.7	-13	n/a	03:28.0	01:44.0	n/a	01:51.0	-00:03.5	1	En	5
Ermie Robinson (Nov 13)	n/a	06:55.0	01:43.8	n/a	n/a	n/a	01:33.0	03:14.0	01:37.0	-00:04.0	01:50.5	-00:06.8	2	En	6
Gavin Cook (July 14)	01:55.0	07:50.0	01:57.5	01:58.3	-00:03.3	-9	n/a	03:46.0	01:53.0	n/a	02:02.0	-00:04.5	1	En	4
Gavin Cook (May 14)	01:59.0	08:27.0	02:06.7	02:09.3	-00:10.3	-24	n/a	04:06.0	02:03.0	n/a	02:10.5	-00:03.7	1	En	1
Geoff Ivanac (July 14)	01:29.0	06:28.0	01:37.0	01:39.7	-00:10.7	-33	n/a	03:07.0	01:33.5	n/a	01:40.5	-00:03.5	2	En	4
Georgia (July 14)	01:28.0	06:10.0	01:32.5	01:34.0	-00:06.0	-19	n/a	02:57.0	01:28.5	n/a	01:36.5	-00:04.0	2	En	4
Gina Grayson (July 14)	n/a	06:27.0	01:36.8	n/a	n/a	n/a	n/a	03:07.0	01:33.5	n/a	01:40.0	-00:03.3	6	Th	4
Graham Crocker (July 14)	01:28.0	06:01.0	01:30.2	01:31.0	-00:03.0	-10	n/a	02:58.0	01:29.0	n/a	01:31.5	-00:01.2	1	En	4
Graham Crocker (Nov 13)	01:31.0	06:20.0	01:35.0	01:36.3	-00:05.3	-17	01:30.0	03:08.0	01:34.0	n/a	01:36.0	-00:01.0	1	En	4
Greg (July 14)	n/a	06:55.0	01:43.8	n/a	n/a	n/a	n/a	03:25.0	01:42.5	n/a	01:45.0	-00:01.3	1	En	1
Guy Van Hazel (May 14)	01:43.0	07:18.0	01:49.5	01:51.7	-00:08.7	-24	n/a	03:32.0	01:46.0	n/a	01:53.0	-00:03.5	1	Sp	1
Guy Van Hazel (Nov 13)	01:44.0	07:15.0	01:48.8	01:50.3	-00:06.3	-17	01:45.0	03:31.0	01:45.5	-00:00.5	01:52.0	-00:03.3	1	En	1
Hannah McKerrchar	01:33.0	06:34.0	01:38.5	01:40.3	-00:07.3	-22	n/a	03:14.0	01:37.0	n/a	01:40.0	-00:01.5	1	Sp	4
Helen ? (July 14)	n/a	06:42.0	01:40.5	n/a	n/a	n/a	n/a	03:20.0	01:40.0	n/a	01:41.0	-00:00.5	1	Th	1
James Forbes (July 14)	01:12.0	05:12.0	01:18.0	01:20.0	-00:08.0	-31	n/a	02:32.0	01:16.0	n/a	01:20.0	-00:02.0	4	Th	4
James Forbes (May 14)	n/a	05:10.0	01:17.5	n/a	n/a	n/a	n/a	02:29.0	01:14.5	n/a	01:20.5	-00:03.0	1	Sp	4
James Forbes (Nov 13)	01:15.0	05:19.0	01:19.8	01:21.3	-00:06.3	-24	01:15.0	02:34.0	01:17.0	-00:02.0	01:22.5	-00:02.8	3	Sp	4
Jane Davis (May 14)	01:38.0	07:00.0	01:45.0	01:47.3	-00:09.3	-27	n/a	03:27.0	01:43.5	n/a	01:46.5	-00:01.5	1	En	4
Jane Davis (Nov 13)	01:42.0	07:10.0	01:47.5	01:49.3	-00:07.3	-20	01:42.0	03:30.0	01:45.0	-00:03.0	01:50.0	-00:02.5	3	Sp	6
Janet Ferguson (July 14)	01:45.0	07:26.0	01:51.5	01:53.7	-00:08.7	-23	n/a	03:36.0	01:48.0	n/a	01:55.0	-00:03.5	3	En	1
Janine Kaye (July 14)	01:38.0	06:41.0	01:40.3	01:41.0	-00:03.0	-9	n/a	03:16.0	01:38.0	n/a	01:42.5	-00:02.3	1	En	6
Janine Kaye (May 14)	01:36.0	06:46.0	01:41.5	01:43.3	-00:07.3	-22	n/a	03:05.0	01:32.5	n/a	01:50.5	-00:09.0	2	En	6
Janine Kaye (Nov 13)	01:49.0	07:48.0	01:57.0	01:59.7	-00:10.7	-27	01:44.0	03:40.0	01:50.0	-00:06.0	02:04.0	-00:07.0	2	En	2
Janine Willis (July 14)	01:22.0	05:35.0	01:23.7	01:24.3	-00:02.3	-8	n/a	02:41.0	01:20.5	n/a	01:27.0	-00:03.2	1	En	4
Janine Willis (May 14)	01:21.0	05:39.0	01:24.8	01:26.0	-00:05.0	-18	n/a	02:44.0	01:22.0	n/a	01:27.5	-00:02.8	1	Th	4
Janine Willis (Nov 13)	01:19.0	05:46.0	01:26.5	01:29.0	-00:10.0	-35	01:18.0	02:46.0	01:23.0	-00:05.0	01:30.0	-00:03.5	2	Th	4
Jason Kennington (July 14)	n/a	05:38.0	01:24.5	n/a	n/a	n/a	n/a	02:43.0	01:21.5	n/a	01:27.5	-00:03.0	1	Th	6
Jens Bischoff (July 14)	01:31.0	06:59.0	01:44.8	01:49.3	-00:18.3	-53	n/a	03:23.0	01:41.5	n/a	01:48.0	-00:03.2	2	En	1
Jens Bischoff (May 14)	01:33.0	06:47.0	01:41.7	01:44.7	-00:11.7	-34	n/a	03:22.0	01:41.0	n/a	01:42.5	-00:00.7	1	En	1
Jens Bischoff (Nov 13)	01:33.0	07:24.0	01:51.0	01:57.0	-00:24.0	-65	01:37.0	03:31.0	01:45.5	-00:08.5	01:56.5	-00:05.5	2	En	1
Jo Hayes	01:32.0	06:28.0	01:37.0	01:38.7	-00:06.7	-21	n/a	03:02.0	01:31.0	n/a	01:43.0	-00:06.0	3	En	4
John Anderson (July 14)	01:47.0	07:38.0	01:54.5	01:57.0	-00:10.0	-26	n/a	03:37.0	01:48.5	n/a	02:00.5	-00:06.0	2	En	1
John Chipponeri (July 14)	n/a	06:03.0	01:30.8	n/a	n/a	n/a	n/a	02:58.0	01:29.0	n/a	01:32.5	-00:01.7	1	En	5
John Chipponeri (May 14)	n/a	06:11.0	01:32.7	n/a	n/a	n/a	n/a	03:04.0	01:32.0	n/a	01:33.5	-00:00.7	1	En	5
John Edwards (July 14)	01:27.0	06:05.0	01:31.3	01:32.7	-00:05.7	-19	n/a	03:00.0	01:30.0	n/a	01:32.5	-00:01.3	3	Th	4
John Edwards (May 14)	01:23.0	05:47.0	01:26.8	01:28.0	-00:05.0	-17	n/a	02:59.0	01:29.5	n/a	01:24.0	00:02.8	1	En	4
John Edwards (Nov 13)	01:27.0	06:03.0	01:30.8	01:32.0	-00:05.0	-17	01:28.0	02:59.0	01:29.5	-00:01.5	01:32.0	-00:01.3	1	Sp	4
John Elliot (May 14)	01:33.0	06:19.0	01:34.8	01:35.3	-00:02.3	-7	01:31.0	03:03.0	01:31.5	-00:00.5	01:38.0	-00:03.3	3	En	2
John Elliot (Nov 13)	01:27.0	06:03.0	01:30.8	01:32.0	-00:05.0	-17	01:28.0	02:59.0	01:29.5	-00:01.5	01:32.0	-00:01.3	1	Sp	4
John Harris (May 14)	01:30.0	06:04.0	01:31.0	01:31.3	-00:01.3	-4	n/a	02:59.0	01:29.5	n/a	01:32.5	-00:01.5	1	En	1
John Harris (Nov 13)	01:25.0	06:05.0	01:31.3	01:33.3	-00:08.3	-27	01:27.0	03:01.0	01:30.5	-00:03.5	01:32.0	-00:00.8	2	Th	1
Jo Kocick (July 14)	n/a	06:35.0	01:38.8	n/a	n/a	n/a	n/a	03:05.0	01:32.5	n/a	01:45.0	-00:06.2	1	En	4
John Muir (July 14)	n/a	05:42.0	01:25.5	n/a	n/a	n/a	n/a	02:42.0	01:21.0	n/a	01:30.0	-00:04.5	1	En	1
John Turner (July 14)	01:27.0	06:00.0	01:30.0	01:31.0	-00:04.0	-13	n/a	02:57.0	01:28.5	n/a	01:31.5	-00:01.5	1	En	4
John Turner (May 14)	01:27.0	05:56.0	01:29.0	01:29.7	-00:02.7	-9	n/a	02:55.0	01:27.5	n/a	01:30.5	-00:01.5	1	Sp	4
John Turner (Nov 13)	01:28.0	06:14.0	01:33.5	01:35.3	-00:07.3	-24	01:27.0	02:58.0	01:29.0	-00:02.0	01:38.0	-00:04.5	2	Th	4
Jonathon Considine (July 14)	01:30.0	06:16.0	01:34.0	01:35.3	-00:05.3	-17	n/a	03:01.0	01:30.5	n/a	01:37.5	-00:03.5	1	En	3
Jonathon Considine (May 14)	01:29.0	06:34.0	01:38.5	01:41.7	-00:12.7	-39	n/a	03:09.0	01:34.5	n/a	01:42.5	-00:04.0	3	En	3
Jonathon Considine (Nov 13)	01:26.0	06:07.0	01:31.8	01:33.7	-00:07.7	-25	01:27.0	02:55.0	01:27.5	-00:00.5	01:36.0	-00:04.3	2	Th	4
Jo Rees (July 14)	01:32.0	06:51.0	01:42.8	01:46.3	-00:14.3	-42	n/a	03:25.0	01:42.5	n/a	01:43.0	-00:00.3	1	Sp	4
Jo Van Rooyen (July 14)	01:36.0	06:56.0	01:44.0	01:46.7	-00:10.7	-31	n/a	03:19.0	01:39.5	n/a	01:48.5	-00:04.5	1	En	2
Jude Martindale (July 14)	01:59.0	08:06.0	02:01.5	02:02.3	-00:03.3	-8	n/a	03:53.0	01:56.5	n/a	02:06.5	-00:05.0	1	En	2
Jude Martindale (May 14)	01:57.0	08:16.0	02:04.0	02:06.3	-00:09.3	-23	02:00.0	04:00.0	02:00.0	00:00.0	02:08.0	-00:04.0	2	Th	6
Justine Murphy (May 14)	01:25.0	05:54.0	01:28.5	01:29.7	-00:04.7	-16	n/a	02:57.0	01:28.5	n/a	01:28.5	00:00.0	1	En	2
Justine Murphy (Nov 13)	n/a	05:55.0	01:28.8	n/a	n/a	n/a	n/a	02:55.0	01:27.5	n/a	01:30.0	-00:01.3	1	Sp	6
Kate Luckin (July 14)	01:30.0	06:22.0	01:35.5	01:37.3	-00:07.3	-23	n/a	03:08.0	01:34.0	n/a	01:37.0	-00:01.5	1	En	4
Kay Fuller (July 14)	01:40.0	06:54.0	01:43.5	01:44.7	-00:04.7	-14	n/a	03:24.0	01:42.0	n/a	01:45.0	-00:01.5	1	En	4
Kay Fuller (May 14)	01:42.0	07:02.0	01:45.5	01:46.7	-00:04.7	-13	n/a	03:23.0	01:41.5	n/a	01:49.5	-00:04.0	1	En	4
Kay Fuller (Nov 13)	01:36.0	06:57.0	01:44.3	01:47.0	-00:11.0	-32	01:35.0	03:16.0	01:38.0	-00:03.0	01:50.5	-00:06.3	2	En	6
Kelby Thornton (July 14)	n/a	06:42.0	01:40.5	n/a	n/a	n/a	n/a	03:19.0	01:39.5	n/a	01:41.5	-00:01.0	1	Th	4
Kim Smith (May 14)	01:32.0	06:09.0	01:32.3	01:32.3	-00:00.3	-1	n/a	03:01.0	01:30.5	n/a	01:34.0	-00:01.8	1	En	2
Kim Smith (Nov 13)	01:23.0	05:58.0	01:29.5	01:31.7	-00:08.7	-29	01:24.0	02:52.0	01:26.0	-00:02.0	01:33.0	-00:03.5	2	Th	2
Kirk Langley	n/a	05:54.0	01:28.5	n/a	n/a	n/a	n/a	02:49.0	01:24.5	n/a	01:32.5	-00:04.0	3	En	2
Lindsey Shepherd (July 14)	01:56.0	08:02.0	02:00.5	02:02.0	-00:06.0	-15	n/a	03:42.0	01:51.0	n/a	02:10.0	-00:09.5	3	Th	5

Lindsay Dodd (July 14)	01:19.0	05:39.0	01:24.8	01:26.7	-00:07.7	-27	n/a	02:42.0	01:21.0	n/a	01:28.5	-00:03.7	1	En	2
Lindsay Dodd (May 14)	01:23.0	06:04.0	01:31.0	01:33.7	-00:10.7	-35	n/a	02:57.0	01:28.5	n/a	01:33.5	-00:02.5	1	Th	5
Lisa Luckin (July 14)	n/a	05:33.0	01:23.3	n/a	n/a	n/a	n/a	02:45.0	01:22.5	n/a	01:24.0	-00:00.8	1	Th	4
Liz Beeck (May 14)	01:52.0	08:06.0	02:01.5	02:04.7	-00:12.7	-31	n/a	03:51.0	01:55.5	n/a	02:07.5	-00:06.0	2	En	4
Liz Beeck (Nov 13)	01:54.0	08:15.0	02:03.8	02:07.0	-00:13.0	-32	01:57.0	04:03.0	02:01.5	-00:04.5	02:06.0	-00:02.3	3	Sp	4
Liz Dundas (May 14)	01:42.0	07:20.0	01:50.0	01:52.7	-00:10.7	-29	n/a	03:37.0	01:48.5	n/a	01:51.5	-00:01.5	1	Th	4
Liz Dundas (Nov 13)	01:44.0	07:45.0	01:56.3	02:00.3	-00:16.3	-42	01:49.0	03:51.0	01:55.5	-00:06.5	01:57.0	-00:00.8	2	Th	4
Lorraine Driscoll (May 14)	01:36.0	07:06.0	01:46.5	01:50.0	-00:14.0	-39	n/a	03:24.0	01:42.0	n/a	01:51.0	-00:04.5	2	Th	6
Lorraine Driscoll (Nov 13)	01:40.0	07:04.0	01:46.0	01:48.0	-00:08.0	-23	01:41.0	03:26.0	01:43.0	-00:02.0	01:49.0	-00:03.0	2	Th	6
Lorraine Walters	01:49.0	08:01.0	02:00.3	02:04.0	-00:15.0	-37	01:51.0	03:52.0	01:56.0	-00:05.0	02:04.5	-00:04.3	2	Th	4
Lotti Van Merwyk (May 14)	01:29.0	06:06.0	01:31.5	01:32.3	-00:03.3	-11	n/a	02:56.0	01:28.0	n/a	01:35.0	-00:03.5	1	Th	6
Lotti Van Merwyk (Nov 13)	01:27.0	06:05.0	01:31.3	01:32.7	-00:05.7	-19	01:24.0	02:52.0	01:26.0	-00:02.0	01:36.5	-00:05.2	1	En	1
Luke Cameron (July 14)	n/a	05:45.0	01:26.3	n/a	n/a	n/a	n/a	02:48.0	01:24.0	n/a	01:28.5	-00:02.3	4	En	6
Luke Cameron (May 14)	01:21.0	05:34.0	01:23.5	01:24.3	-00:03.3	-12	n/a	02:41.0	01:20.5	n/a	01:26.5	-00:03.0	1	Th	6
Luke Cameron (Nov 13)	01:23.0	05:44.0	01:26.0	01:27.0	-00:04.0	-14	n/a	02:50.0	01:25.0	n/a	01:27.0	-00:01.0	1	Sp	6
Luke (July 14)	n/a	05:19.0	01:19.8	n/a	n/a	n/a	n/a	02:37.0	01:18.5	n/a	01:21.0	-00:01.3	1	Th	3
Lynn Harrop	01:44.0	07:25.0	01:51.3	01:53.7	-00:09.7	-26	n/a	03:39.0	01:49.5	n/a	01:53.0	-00:01.8	2	En	4
Marie-Therese Hunter	01:27.0	06:12.0	01:33.0	01:35.0	-00:08.0	-26	01:28.0	03:00.0	01:30.0	-00:02.0	01:36.0	-00:03.0	1	En	4
Mark Bosistos (July 14)	01:41.0	06:56.0	01:44.0	01:45.0	-00:04.0	-12	n/a	03:17.0	01:38.5	n/a	01:49.5	-00:05.5	1	En	1
Mark Bosistos (May 14)	01:42.0	07:06.0	01:46.5	01:48.0	-00:06.0	-17	n/a	03:29.0	01:44.5	n/a	01:48.5	-00:02.0	1	En	1
Mark Bosistos (Nov 13)	01:38.0	07:08.0	01:47.0	01:50.0	-00:12.0	-34	01:36.0	03:23.0	01:41.5	-00:05.5	01:52.5	-00:05.5	2	En	1
Mark Lewis (July 14)	n/a	05:37.0	01:24.3	n/a	n/a	n/a	n/a	02:45.0	01:22.5	n/a	01:26.0	-00:01.8	1	Th	3
Mark McKenzie (July 14)	n/a	05:45.0	01:26.3	n/a	n/a	n/a	n/a	02:44.0	01:22.0	n/a	01:30.5	-00:04.3	2	En	5
Mark Wallis (July 14)	01:21.0	05:47.0	01:26.8	01:28.7	-00:07.7	-27	n/a	02:46.0	01:23.0	n/a	01:30.5	-00:03.7	1	En	1
Mark Wallis (May 14)	01:24.0	06:03.0	01:30.8	01:33.0	-00:09.0	-30	n/a	03:03.0	01:31.5	n/a	01:30.0	00:00.7	1	En	1
Mark Wallis (Nov 13)	01:18.0	05:43.0	01:25.8	01:28.3	-00:10.3	-36	01:16.0	02:36.0	01:18.0	-00:02.0	01:33.5	-00:07.7	2	En	1
Martin Flaig	01:39.0	06:47.0	01:41.7	01:42.7	-00:03.7	-11	n/a	03:16.0	01:38.0	n/a	01:45.5	-00:03.8	1	En	1
Martin Lodge (July 14)	01:30.0	06:13.0	01:33.3	01:34.3	-00:04.3	-14	n/a	03:05.0	01:32.5	n/a	01:34.0	-00:00.8	1	En	2
Martin Lodge (May 14)	n/a	06:07.0	01:31.8	n/a	n/a	n/a	n/a	02:57.0	01:28.5	n/a	01:35.0	-00:03.2	1	Th	2
Martin Lodge (Nov 13)	01:27.0	06:06.0	01:31.5	01:33.0	-00:06.0	-20	01:27.0	02:57.0	01:28.5	-00:01.5	01:34.5	-00:03.0	2	En	6
Matt Illingworth (July 14)	n/a	06:08.0	01:32.0	n/a	n/a	n/a	n/a	02:51.0	01:25.5	n/a	01:38.5	-00:06.5	6	Th	1
Megan Surette (July 14)	01:31.0	06:13.0	01:33.3	01:34.0	-00:03.0	-10	n/a	03:02.0	01:31.0	n/a	01:35.5	-00:02.3	4	En	4
Megan Surette (May 14)	01:27.0	06:06.0	01:31.5	01:33.0	-00:06.0	-20	n/a	03:01.0	01:30.5	n/a	01:32.5	-00:01.0	1	Th	4
Megan Surette (Nov 13)	01:32.0	06:24.0	01:36.0	01:37.3	-00:05.3	-17	01:30.0	03:02.0	01:31.0	-00:01.0	01:41.0	-00:05.0	1	En	5
Michael ? (July 14)	n/a	06:09.0	01:32.3	n/a	n/a	n/a	n/a	02:59.0	01:29.5	n/a	01:35.0	-00:02.8	?	?	?
Michael Japp (July 14)	01:25.0	05:49.0	01:27.3	01:28.0	-00:03.0	n/a	n/a	02:47.0	01:23.5	n/a	01:31.0	-00:03.8	1	En	1
Michael Japp (May 14)	01:23.0	05:54.0	01:28.5	01:30.3	-00:07.3	-25	n/a	02:54.0	01:27.0	n/a	01:30.0	-00:01.5	1	En	1
Michelle (July 14)	01:41.0	06:56.0	01:44.0	01:45.0	-00:04.0	-12	n/a	03:24.0	01:42.0	n/a	01:46.0	-00:02.0	1	En	1
Mike Scott (July 14)	01:32.0	07:00.0	01:45.0	01:49.3	-00:17.3	-50	n/a	03:06.0	01:33.0	n/a	01:57.0	-00:12.0	2	En	1
Mike Scott (May 14)	01:44.0	07:20.0	01:50.0	01:52.0	-00:08.0	-22	n/a	03:32.0	01:46.0	n/a	01:54.0	-00:04.0	2	En	1
Myles Kennington (July 14)	n/a	06:09.0	01:32.3	n/a	n/a	n/a	n/a	02:56.0	01:28.0	n/a	01:36.5	-00:04.3	1	Th	2
Nathan Thomson (July 14)	01:39.0	06:41.0	01:40.3	01:40.7	-00:01.7	-5	n/a	03:07.0	01:33.5	n/a	01:47.0	-00:06.8	1	En	6
Nathan Thomson (May 14)	01:38.0	06:52.0	01:43.0	01:44.7	-00:06.7	-19	n/a	03:15.0	01:37.5	n/a	01:48.5	-00:05.5	1	En	6
Nathan Thomson (Nov 13)	01:40.0	06:51.0	01:42.8	01:43.7	-00:03.7	-11	01:32.0	03:14.0	01:37.0	-00:05.0	01:48.5	-00:05.8	1	En	6
Neil Fletcher	01:26.0	06:02.0	01:30.5	01:32.0	-00:06.0	-20	01:25.0	02:54.0	01:27.0	-00:02.0	01:34.0	-00:03.5	1	Th	2
Nick Muir (July 14)	n/a	06:03.0	01:30.8	n/a	n/a	n/a	n/a	02:53.0	01:26.5	n/a	01:35.0	-00:04.3	6	En	6
Nick Muir (May 14)	01:27.0	06:00.0	01:30.0	01:31.0	-00:04.0	-13	n/a	02:55.0	01:27.5	n/a	01:32.5	-00:02.5	1	Th	6
Nicole Anson (July 14)	n/a	06:13.0	01:33.3	n/a	n/a	n/a	n/a	02:51.0	01:25.5	n/a	01:41.0	-00:07.8	6	En	1
Nicole Klemm (July 14)	01:40.0	06:48.0	01:42.0	01:42.7	-00:02.7	-8	n/a	03:17.0	01:38.5	n/a	01:45.5	-00:03.5	1	En	4
Nicole Klemm (May 14)	01:47.0	07:04.0	01:46.0	01:45.7	00:01.3	4	n/a	03:26.0	01:43.0	n/a	01:49.0	-00:03.0	1	Th	6
Pat Hollingworth	01:25.0	05:48.0	01:27.0	01:27.7	-00:02.7	-9	n/a	02:46.0	01:23.0	n/a	01:31.0	-00:04.0	1	Th	4
Paul Blackburne	01:22.0	05:50.0	01:27.5	01:29.3	-00:07.3	-25	n/a	02:43.0	01:21.5	n/a	01:33.5	-00:06.0	3	En	1
Paul Newsome (July 14)	01:11.0	04:45.0	01:11.2	01:11.3	-00:00.3	-1	01:09.0	02:20.0	01:10.0	n/a	01:12.5	-00:01.3	1	En	4
Paul Newsome	01:13.0	05:04.0	01:16.0	01:17.0	-00:04.0	-16	01:11.0	02:27.0	01:13.5	-00:02.5	01:18.5	-00:02.5	1	En	4
Paul Payne (July 14)	01:50.0	07:46.0	01:56.5	01:58.7	-00:08.7	-22	n/a	03:44.0	01:52.0	n/a	02:01.0	-00:04.5	2	En	1
Paul Payne (May 14)	01:52.0	08:18.0	02:04.5	02:08.7	-00:16.7	-40	n/a	04:07.0	02:03.5	n/a	02:05.5	-00:01.0	2	En	1
Paul Payne (Nov 13)	01:45.0	07:32.0	01:53.0	01:55.7	-00:10.7	-28	01:42.0	03:31.0	01:45.5	-00:03.5	02:00.5	-00:07.5	2	En	1
Peter Annear (July 14)	01:29.0	06:14.0	01:33.5	01:35.0	-00:06.0	-19	n/a	02:58.0	01:29.0	n/a	01:38.0	-00:04.5	1	Th	2
Peter Mannolini	01:30.0	06:21.0	01:35.3	01:37.0	-00:07.0	-22	n/a	02:58.0	01:29.0	n/a	01:41.5	-00:06.2	2	Th	6
Ray Steffanoni (July 14)	01:31.0	06:13.0	01:33.3	01:34.0	-00:03.0	-10	n/a	03:02.0	01:31.0	n/a	01:35.5	-00:02.3	1	En	4
Ray Steffanoni (May 14)	n/a	06:23.0	01:35.8	n/a	n/a	n/a	n/a	03:08.0	01:34.0	n/a	01:38.0	-00:01.8	1	En	2
Ray Steffanoni (Nov 13)	01:31.0	06:20.0	01:35.0	01:36.3	-00:05.3	-17	01:29.0	03:03.0	01:31.5	-00:02.5	01:38.5	-00:03.5	2	Th	4
Renee Baker (July 14)	n/a	05:30.0	01:22.5	n/a	n/a	n/a	n/a	02:44.0	01:22.0	n/a	01:23.0	-00:00.5	1	Th	2
Renee Waller (July 14)	n/a	05:45.0	01:26.3	n/a	n/a	n/a	n/a	02:39.0	01:19.5	n/a	01:33.0	-00:06.8	1	En	4
Renee Waller	01:30.0	06:15.0	01:33.8	01:35.0	-00:05.0	-16	n/a	02:57.0	01:28.5	n/a	01:39.0	-00:05.2	3	En	4
Renee Webster ? (July 14)	01:32.0	06:39.0	01:39.8	01:42.3	-00:10.3	-31	na/	03:23.0	01:41.5	n/a	01:38.0	00:01.7	?	?	?
Renee Webster	01:51.0	07:13.0	01:48.2	01:47.3	00:03.7	10	01:38.0	03:20.0	01:40.0	-00:02.0	01:56.5	-00:08.2	3	Th	6
Rhian Chin (July 14)	01:46.0	07:25.0	01:51.3	01:53.0	-00:07.0	-19	n/a	03:39.0	01:49.5	n/a	01:53.0	-00:01.8	4	Th	1
Rhian Chin (May 14)	01:46.0	07:18.0	01:49.5	01:50.7	-00:04.7	-13	n/a	03:38.0	01:49.0	n/a	01:50.0	-00:00.5	1	En	1
Rhian Chin (Nov 13)	01:43.0	07:13.0	01:48.2	01:50.0	-00:07.0	-19	n/a	03:33.0	01:46.5	n/a	01:50.0	-00:01.7	2	Th	1
Ric C (May 14)	01:37.0	06:42.0	01:40.5	01:41.7	-00:04.7	-14	n/a	03:15.0	01:37.5	n/a	01:43.5	-00:03.0	1	En	1
Ric C (Nov 13)	01:35.0	06:45.0	01:41.3	01:43.3	-00:08.3	-25	01:37.0	03:19.0	01:39.5	-00:02.5	01:43.0	-00:01.7	2	En	1
Richard Kelso-Marsh (July 14)	01:36.0	07:02.0	01:45.5	01:48.7	-00:12.7	-36	n/a	03:20.0	01:40.0	n/a	01:51.0	-00:05.5	2	En	1
Riki Shinozuka	n/a	05:18.0	01:19.5	n/a	n/a	n/a	n/a	02:30.0	01:15.0	n/a	01:24.0	-00:04.5	2	Th	2
Rob Franklyn (July 14)	n/a	06:02.0	01:30.5	n/a	n/a	n/a	n/a	02:58.0	01:29.0	n/a	01:32.0	-00:01.5	1	En	1
Rob Franklyn (May 14)	01:27.0	06:03.0	01:30.8	01:32.0	-00:05.0	-17	n/a	02:56.0	01:28.0	n/a	01:33.5	-00:02.7	1	En	1
Rob Franklyn (Nov 13)	01:29.0	06:12.0	01:33.0	01:34.3	-00:05.3	-17	01:30.0	03:05.0	01:32.5	-00:02.5	01:33.5	-00:00.5	1	Th	4
Robyn Ahern (July 14)	01:44.0	07:10.0	01:47.5	01:48.7	-00:04.7	-13	n/a	03:19.0	01:39.5	n/a	01:55.5	-00:08.0	1	En	6
Robyn Ahern (May 14)	01:42.0	07:20.0	01:50.0	01:52.7	-00:10.7	-29	n/a	03:33.0	01:46.5	n/a	01:53.5	-00:03.5	1	En	2
Robyn Ahern (Nov 13)	01:46.0	07:27.0	01:51.8	01:53.7	-00:07.7	-21	01:47.0	03:31.0	01:45.5	00:01.5	01:58.0	-00:06.3	2	En	6
Robyn Brooks (July 14)	01:34.0	06:40.0	01:40.0	01:42.0	-00:08.0	-24	n/a	03:13.0	01:36.5	n/a	01:43.5	-00:03.5	2	En	1
Ron Sammut (July 14)	n/a	06:05.0	01:31.3	n/a	n/a	n/a	n/a	03:02.0	01:31.0	n/a	01:31.5	-00:00.3	1	Sp	1
Rory Thomson (July 14)	01:26.0	06:07.0	01:31.8	01:33.7	-00:07.7	-25	n/a	02:56.0	01:28.0	n/a	01:35.5	-00:03.7	2	En	6
Roxanne Garven (May 14)	01:57.0	08:09.0	02:02.3	02:04.0	-00:07.0	-17	n/a	03:53.0	01:56.5	n/a	02:08.0	-00:05.7	3	En	6
Roxanne Garven (Nov 13)	01:51.0	07:40.0	01:55.0	01:56.3	-00:05.3	-14	01:50.0	03:39.0	01:49.5	00:00.5	02:00.5	-00:05.5	2	Th	6
Rupert Holman (May 14)	01:34.0	06:40.0	01:40.0	01:42.0	-00:08.0	-24	01:36.0	03:15.0	01:37.5	-00:01.5	01:42.5	-00:02.5	2	En	6
Rupert Holman (Nov 13)	01:32.0	06:34.0	01:38.5	01:40.7	-00:08.7	-26	01:32.0	03:16.0	01:38.0	-00:06.0	01:39.0	-00:00.5	2	En	6
Ruth Chang (July 14)	n/a	07:30.0	01:52.5	n/a	n/a	n/a	n/a	03:41.0	01:50.5	n/a	01:54.5	-00:02.0	1	Th	1
Ruth Chang (May 14)	n/a	07:38.0	01:54.5	n/a	n/a	n/a	n/a	03:38.0	01:49.0	n/a	02:00.0	-00:05.5	1	Th	1
Ryan ?	01:37.0	07:04.0	01:46.0	01:49.0	-00:12.0	-34	01:36.0	03:20.0	01:40.0	-00:04.0	01:52.0	-00:06.0	2	En	4
Sally Hollis	n/a	06:23.0	01:35.8	n/a	n/a	n/a	n/a	02:59.0	01:29.5	n/a	01:42.0	-00:06.3	3	En	4
Sally Scaffidi	01:27.0	05:52.0	01:28.0	01:28.3	-00:01.3	-5	01:26.0	02:49.0	01:24.5	00:01.5	01:31.5	-00:03.5	3	En	4
Sally Steffanoni (July 14)	01:50.0	07:45.0	01:56.3	01:58.3	-00:08.3	-22	n/a	03:47.0	01:53.5	n/a	01:59.0	-00:02.8	4	En	4
Sally Steffanoni (May 14)	n/a	07:38.0	01:54.5	n/a	n/a	n/a	n/a	03:45.0	01:52.5	n/a	01:56.5	-00:02.0	1	En	4
Sally Steffanoni (Nov 13)	01:47.0	07:32.0	01:53.0	01:55.0	-00:08.0	-21	01:47.0	03:39.0	01:49.5	-00:02.5	01:56.5	-00:03.5	2	Sp	4
Sarah Humphry (July 14)	01:26.0	06:03.0	01:30.8	01:32.3	-00:06.3	-21	n/a	02:52.0	01:26.0	n/a	01:35.5	-00:04.8	2	En	4
Saskia Letham (July 14)	01:40.0	06:48.0	01:42.0	01:42.7	-00:02.7	-8	n/a	03:17.0	01:38.5	n/a	01:45.5	-00:03.5	3	Th	4
Saskia Letham (May 14)	01:34.0	06:36.0	01:39.0	01:40.7	-00:06.7	-20	n/a	03:13.0	01:36.5	n/a	01:41.5	-00:02.5	3	En	4
Saskia Letham (Nov 13)	01:37.0	06:34.0	01:38.5	01:39.0	-00:02.0	-6	01:35.0	03:12.0	01:36.0	-00:01.0	01:41.0	-00:02.5	3	Sp	4
Sean Webb (July 14)	n/a	06:03.0	01:30.8	n/a	n/a	n/a	n/a	02:56.0	01:28.0	n/a	01:33.5	-00:02.7	6	Th	6
Sean Webb (May 14)	01:20.0	05:38.0	01:24.5	01:26.0	-00:06.0	-21	n/a	02:48.0	01:24.0	n/a	01:25.0	-00:00.5	1	Th	6
Sean Webb (Nov 13)	01:29.0	06:18.0	01:34.5	01:36.3	-00:07.3	-23	01:28.0	03:06.0	01:33.0	-00:05.0	01:36.0	-00:01.5	2	Th	2
Shane Hunter (July 14)	01:34.0	06:30.0	01:37.5	01:38.7	-00:04.7	-14	n/a	03:12.0	01:36.0	n/a	01:39.0	-00:01.5	1	En	1
Shane Hunter (May 14)	01:38.0	06:44.0	01:41.0	01:42.0	-00:04.0	-12	n/a	03:15.0	01:37.5	n/a	01:44.5	-00:03.5	1	En	2
Shane Hunter (Nov 13)	n/a	06:39.0	01:39.8	n/a	n/a	n/a	01:31.0	03:08.0	01:34.0	-00:03.0	01:45.5	-00:05.8	2	En	1
Shelley (July 14)	01:25.0	05:40.0	01:25.0	01:25.0	00:00.0	0	n/a	02:45.0	01:22.5	n/a	01:27.5	-00:02.5	1	Th	3
Simon Bedbrook (July 14)	01:15.0	05:09.0	01:17.3	01:18.0	-00:03.0	-12	n/a	02:30.0	01:15.0	n/a	01:19.5	-00:02.3	1	En	2
Simon Bedbrook (May 14)	01:21.0	05:35.0	01:23.7	01:24.7	-00:03.7	-13	n/a	02:43.0	01:21.5	n/a	01:26.0	-00:02.2	1	En	2
Simon Bedbrook (Nov 13)	01:21.0	05:33.0	01:23.3	01:24.0	-00:03.0	-11	01:17.0	02:39.0	01:19.5	-00:02.5	01:27.0	-00:03.8	1	Th	4
Simon O (July 14)	01:30.0	06:15.0	01:33.8	01:35.0	-00:05.0	-16	n/a	03:00.0	01:30.0	n/a	01:37.5	-00:03.8	3	En	4
Steph (July 14)	n/a	05:48.0	01:27.0	n/a	n/a	n/a	n/a	02:50.0	01:25.0	n/a	01:29.0	-00:02.0	1	Th	3
Stijn Zoethout (May 14)	01:33.0	06:23.0	01:35.8	01:36.7	-00:03.7	-11	n/a	03:04.0	01:32.0	n/a	01:39.5	-00:03.8	1	En	1
Stijn Zoethout (Nov 13)	01:33.0	06:30.0	01:37.5	01:39.0	-00:06.0	-18	01:32.0	03:09.0	01:34.5	-00:02.5	01:40.5	-00:03.0	1	Th	2
Stuart Moran (July 14)	01:14.0	05:10.0	01:17.5	01:18.7	-00:04.7	-18	n/a	02:28.0	01:14.0	n/a	01:21.0	-00:03.5	1	En	6
Stuart Moran (May 14)	01:14.0	05:22.0	01:20.5	01:22.7	-00:08.7	-32	n/a	02:34.0	01:17.0	n/a	01:24.0	-00:03.5	2	En	6
Sue Oldham (July 14)	02:01.0	08:07.0	02:01.8	02:02.0	-00:01.0	-2	n/a	03:56.0	01:58.0	n/a	02:05.5	-00:03.7	1	Th	6
Sue Oldham (May 14)	01:54.0	07:50.0	01:57.5	01:58.7	-00:04.7	-12	n/a	03:40.0	01:50.0	n/a	02:05.0	-00:07.5	1	Sp	6
Sue Oldham (Nov 13)	01:58.0	08:11.0	02:02.8	02:04.3	-00:06.3	-15	01:54.0	03:53.0	01:56.5	-00:02.5	02:09.0	-00:06.2	4	En	6
Suzanne Narbey (July 14)	n/a	05:39.0	01:24.8	n/a	n/a	n/a	n/a	02:44.0	01:22.0	n/a	01:27.5	-00:02.8	1	En	4
Suzi Scarff (July 14)	01:24.0	05:38.0	01:24.5	01:24.7	-00:00.7	-2	01:22.0	02:48.0	01:24.0	-00:02.0	01:25.0	-00:00.5	1	En	6
Suzi Scarff (May 14)	01:24.0	05:38.0	01:24.5	01:24.7	-00:00.7	-2	01:25.0	02:48.0	01:24.0	00:01.0	01:25.0	-00:00.5	1	En	1
Suzi Scarff (Nov 13)	01:24.0	05:49.0	01:27.3	01:28.3	-00:04.3	-15	01:24.0	02:53.0	01:26.5	-00:02.5	01:28.0	-00:00.8	3	Sp	6
Tim Booth (May 14)	01:41.0	07:15.0	01:48.8	01:51.3	-00:10.3	-29	n/a	03:29.0	01:44.5	n/a	01:53.0	-00:04.3	2	Th	5
Tim Booth (Nov 13)	01:41.0	07:18.0	01:49.5	01:52.3	-00:11.3	-31	01:41.0	03:28.0	01:44.0	-00:03.0	01:55.0	-00:05.5	2	En	5
Tim Humphry (July 14)	01:52.0	07:49.0	01:57.2	01:59.0	-00:07.0	-18	n/a	03:46.0	01:53.0	n/a	02:01.5	-00:04.2	4	En	5
Tim Silbert (July 14)	01:37.0	06:49.0	01:42.3	01:44.0	-00:07.0	-21	n/a	03:17.0	01:38.5	n/a	01:46.0	-00:03.7	1	En	1
Todd Gardiner (July 14)	n/a	07:09.0	01:47.3	n/a	n/a	n/a	n/a	03:34.0	01:47.0	n/a	01:47.5	-00:00.3	1	En	4
Todd Gardiner	01:46.0	07:20.0	01:50.0	01:51.3	-00:05.3	-15	n/a	03:35.0	01:47.5	n/a	01:52.5	-00:02.5	1	Th	4
Trevor Magee (July 14)	01:35.0	06:27.0	01:36.8	01:37.3	-00:02.3	-7	n/a	03:07.0	01:33.5	n/a	01:40.0	-00:03.3	1	En	6
Trevor Magee (May 14)	01:35.0	06:46.0	01:41.5	01:43.7	-00:08.7	-26	n/a	03:19.0	01:39.5	n/a	01:43.5	-00:02.0	1	En	6
Trevor Magee (Nov 13)	01:34.0	06:43.0	01:40.8	01:43.0	-00:09.0	-27	01:32.0	03:13.0	01:36.5	-00:04.5	01:45.0	-00:04.2	2	Th	6
Vaughn (July 14)	n/a	05:32.0	01:23.0	n/a	n/a	n/a	n/a	02:39.0	01:19.5	n/a	01:26.5	-00:03.5	1	En	5
Wayne Morris (July 14)	01:18.0	05:12.0	01:18.0	01:18.0	00:00.0	0	n/a	02:33.0	01:16.5	n/a	01:19.5	-00:01.5	1	En	1
Wayne Morris (May 14)	01:17.0	05:14.0	01:18.5	01:19.0	-00:02.0	-8	n/a	02:31.0	01:15.5	n/a	01:21.5	-00:03.0	1	Th	1

E: Pacing Drop-off 1st 100m vs. last 300m:

<2.0	Elite Level Pacing
2.0-4.9	Good Age-Group Standard Pacing
5.0-7.9	Average Squad Swimmer Pacing
8.0-12.9	Your Pacing is Really Holding You Back!
>13.0	Your Pacing Needs Some SERIOUS attention!

M: True Reflection of Your Current Ability?

1	Yes, well done!
2	No, your pacing is the main cause for concern here. Don't cry - act now & do something about it!
3	No, you were sick, injurred, on the comeback-trail or got cold during the test
4	No, you were simply having an off day - don't panic, we all have them!

5	No, your were using a pull buoy, wetsuit or fins - these items will seriously skew your results, be warned!
6	No, held up in lane on Wednesday 530am - suggest a re-test

N: Can You Fit An Extra Session In By Yourself Per Week, If So, This Type Of Session Would Be Recommended For You:

En	Endurance: 10 x 400m with 30s rest. Do 4 @ CSS+6", 3 @ CSS+5", 2 @ CSS +4", 1 @ CSS+3". Reduce each stage by 1s/100m every 2 weeks
Th	Threshold: 4 x 100m, 1 x 200m, 4 x 100m, 1 x 300m, 4 x 100m, 1 x 400m - all at CSS pace with 1 beep recovery (set at 25m interval)
Sp	Speed: 6 x 50m "all-out" effort +30s rest between each, 3 x 100m "all-out" effort +45s rest between each. Now repeat all with fins.

O: Technique Advice - Things For You To Be Working On In Your Stroke For Better Efficiency:

1	**Exhalation / Relaxation / Body Position:** focus on controlling your breathing with deep sighs/exhalation. **Drill:** 6/1/6 & Breathe Every 5 with control
USEFUL LINKS:	**http://www.swimsmooth.com/breathing.html and http://www.swimsmooth.com/swimming-balance.html**
2	**Cross-overs / Sweep Under Body:** focus on good alignment / posture by not allowing hands to extend across midline upon entry. **Drill:** Side Kick / Javelin
USEFUL LINKS:	**http://www.feelforthewater.com/search?q=posture**
3	**Hand Entry:** focus on avoiding a thumb-first entry into the water and/or applying the brakes as you reach forwards. **Drill:** Freestyler/Agility Paddles & Sculling
USEFUL LINKS:	**http://www.swimsmooth.com/injury.php**
4	**Catch & Pull:** focus on developing a better feel for the water with a bent elbow pull through. **Drill:** Sculling, Doggy Paddle, Fists, Agility Paddles
USEFUL LINKS:	**http://www.feelforthewater.com/search?q=Becky**
5	**Rhythm & Timing:** your stroke rate is a little slow and/or erratic. **Drill:** Use a Tempo Trainer in Mode 3 to focus on consistency of rhythm
USEFUL LINKS:	**http://www.feelforthewater.com/search?q=overglider**
6	**Rotation / Recovery:** you're quite stiff/rigid in your back/shoulders. Rotate to 45º-60º on each stroke and use a higher/straighter arm recovery. **Drill:** Broken Arrow
USEFUL LINKS:	**http://www.swimsmooth.com/rotation.html**

Column Glossary:

A	The time you took to complete the 1st 100m during the 400m Time Trial (TT), in 80% of the case, WAY too fast! Even a 400m swim needs to be paced properly!
B	Your total 400m, adjusted for any starting delays etc
C	Your average pace per 100m for the 400m Time Trial - note how much this varies to your 1st 100m in most cases!
D	The average pace per 100m for the last 300m of the 400m TT, this obviously varies massively with your 100m time if you set off too quick! How much are you losing?
E	The time differential in seconds between your 1st 100m and the average pace of the last 300m of the 400m TT.
F	The above result demonstrated in the actual distance you would have been behind your "virtual" self had you maintained your pace properly. Some people are >50m!
G	The time you took to complete the 1st 100m during the 200m TT. This pace will often be slower than Column A if you really blew-up on the 400m TT!
H	Your total 200m, adjusted for any starting delays etc
I	Your average pace per 100m for the 200m Time Trial.
J	Pacing drop-off between your 1st and last 100m of the 200m TT in seconds.
K	Your newly calculated CSS pace - before you get disappointed though, see Column M, especially with regards Pace Awareness.
L	Your Aerobic:Anaerobic Ratio: the lower the number,typically the better at long distance freestyle you are & the higher the number the more endurance work you need
M	Is this a true reflection on your current ability or more a reflection on: pacing, sickness/injury, an off day, use of pull buoy etc?
N	If you could fit one extra Solo swim session in per week, this would be your recommendation: from **Endurance** (>5.0), **Threshold** (2.5-4.9), **Speed** (<2.5)*.
O	1 of 6 technique pointers from what the coaches have observed in your stroke over the last 2-3 weeks.
n/a	Data not available - very sorry, something mucked up during the timing process - let me know if you want a re-trial! Cobie did, times 3! :-)
*	Any swimmer whose session suggestion in Column N is listed in **RED** has been manipulated by Paul if he felt the general rules shouldn't apply to your specific situ