Training Days
9-10pm Monday
9-10pm Tuesday
9-10pm Thursday
6-7pm Sunday
If Availability Weekdays AM
5.45-6.15pm Saturday(Bike Land training)
Total Number of Hours 3

Training Days
9-10pm Monday
9-10pm Tuesday
9-10pm Thursday
6-7pm Sunday
5.45-6.15pm Saturday(Bike Land training)
Total Number of Hours 3

Training Days
9-10pm Monday
9-10pm Tuesday
9-10pm Thursday
6-7pm Sunday
5.45-6.15pm Saturday(Bike Land training)
Total Number of Hours 3

	Masters 3	**400m IM/ 200m IM**		**Masters 2**	**200m IM**		**Masters 1**	**100m IM**
1	Jessica Thorpe(1994)	5:31.77	1	Rachel Blundell(1976)	3:15.60	1	Debbie Taylor(1978)	1:33.87
2	Matthew Houghton(1993)	2.26.14	2	Matthew Pearce(1975)	3.13.97	2	Ashley Leech(1983)	1:33.91
3	Steve Allcock(1997)	2.33.73	3	Matthew Burrows(1977)		3	Gavin Simpson(1972)	1:47.95
4	Christopher Hamer(1972)	2.39.78	4			4	Michael Stott(1967)	1:49.39
5	Stuart Taylor(1975)	2:47.34				5	Stephen Easton(1976)	.
6	Carole Jepson(1985)	2:56.57				6	Christopher Horne(1967)	
						7	Emily Simkinson(1989)	1:31.64
						8	Pam Lane(1962)	
						9	Jennifer Jepson(1986)	
		400m F/C						**400m F/C**
	Jessica Thorpe(1994)	5:09.32					Michael Stott(1967)	7:07.30
	(18+ Student & Educational)			**(18+ Student & Educational)**			**(18+ Student & Educational)**	
			1	Katie Greenall(1998)	2.49.61	1	Thomas Pearce(MC)(2001)	1:58.82
			2	Grace Sharp(1998)	2:52.67			

Red Time, Last Time Trial
Blue Time, First Time Trial
Chief Coach Time Trial

PB
DQ Turns
DQ Strokes

Only One Group move per time trial,