New Movements Start From Monday 10th December 2018

Training Days
9-10pm Monday
9-10pm Tuesday
9-10pm Thursday
6-7pm Sunday
If Availability Weekdays AM

Total Number of Hours 3

	Masters 3	400m IM/ 200m IM
1	Jessica Thorpe(1994)	5:47.46
2	Matthew Houghton(1993)	2.26.14
3	Steve Allcock(1997)	2.33.73
4	Christopher Hamer(1972)	2.39.78
5	Stuart Taylor(1975)	2:51.58
6	Carole Jepson(1985)	2:56.15
	400m F/C	
	Jessica Thorpe(1994)	5:14.38
	(18+ Student & Educational)	

Training Days
9-10pm Monday
9-10pm Tuesday
9-10pm Thursday
6-7pm Sunday

Total Number of Hours 3

	Masters 2	200m IM
1	Rachel Blundell(1976)	3:15.60
2	Lee Williams(1974)	1:16.15
3	Matthew Pearce(1975)	1:38.81
4	Emily Simkinson(1989)	1:31.64
5	Matthew Burrows(1977)	
	(18+ Student & Educational)	
1	Katie Greenall(1998)	2.49.61

Training Days
9-10pm Monday
9-10pm Tuesday
9-10pm Thursday
6-7pm Sunday

Total Number of Hours 3

	Masters 1	100m IM
1	Debbie Taylor(1978)	1:33.87
2	Ashley Leech(1983)	1:33.91
3	Vanessa Townsend(1974)	1:37.39
4	Gavin Simpson(1972)	1:42.55
5	Michael Stott(1967)	1:46.25
6	Christopher Horne(1967)	.
7	Pam Lane(1962)	
8	Jennifer Jepson(1986)	
9	Elaine Fitchie	
	400m F/C	
	Vanessa Townsend(1974)	6:34.53
	Michael Stott(1967)	7:07.30
	(18+ Student & Educational)	
1	Thomas Pearce(MC)(2001)(BR 1 H	4:05.80

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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,

Well Done Thomas Pearce 4.90 sec PB

Most Improved 400m/200m/100m IM Time (Master)