

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

Name	Oct-12				Mar-12			Jan-12		
	400m	200m	Aerobic	CSS	400m	200m	CSS	400m	200m	CSS
1 Aaron Richardson	05:11.0	02:28.0	4.82%	01:21.5						
2 Adele Richards	05:33.0	02:43.0	2.10%	01:25.0						
3 Alan Millard	06:04.0	02:49.0	7.14%	01:37.5						
4 Alberto Lacchini	06:05.0	02:55.0	4.11%	01:35.0				06:00.0	02:54.0	01:33.0
5 Alison Thomson	06:18.0	03:00.0	4.76%	01:39.0						
6 Amanda Nitschke	07:55.0	03:42.0	6.53%	02:06.5	07:00.0	03:24.0	01:48.0	07:17.0	03:35.0	01:51.0
7 Andre Carr	08:04.0	03:39.0	9.50%	02:12.5						
8 Andrew Graham	05:11.0	02:28.0	4.82%	01:21.5	05:11.0	02:28.0	01:21.5	04:59.0	02:20.0	01:19.5
9 Andrew Holmes	07:13.0	03:32.0	2.08%	01:50.5	06:58.0	03:24.0	01:47.0			
10 Andrew Hunt	05:54.0	02:55.0	1.13%	01:29.5				05:44.0	02:44.0	01:30.0
11 Anna Van Hazell	06:48.0	03:19.0	2.45%	01:44.5	06:50.0	03:12.0	01:49.0	06:53.0	03:13.0	01:50.0
12 Annalee Hazell	05:41.0	02:41.0	5.57%	01:30.0				05:36.0	02:43.0	01:26.5
13 Anne Murrell	09:15.0	04:35.0	0.90%	02:20.0	09:17.0	04:36.0	02:20.5	09:27.0	04:38.0	02:24.5
14 Anne-Marie D'Arcy	06:49.0	03:18.0	3.18%	01:45.5	06:42.0	03:16.0	01:43.0	06:53.0	03:17.0	01:48.0
15 Annette Van Hazel	07:21.0	03:34.0	2.95%	01:53.5	07:35.0	03:45.0	01:55.0			
16 Ari Huston	06:26.0	03:04.0	4.66%	01:41.0	06:25.0	03:03.0	01:41.0	06:21.0	03:05.0	01:38.0
17 Asha de Vos	06:44.0	03:10.0	5.94%	01:47.0						
18 Belinda Bennett	06:47.0	03:06.0	8.60%	01:50.5	06:28.0	03:04.0	01:42.0	06:40.0	03:05.0	01:47.5
19 Ben Dundas	08:05.0	03:46.0	6.80%	02:09.5	07:55.0	03:53.0	02:01.0	07:46.0	03:35.0	02:05.5
20 Bill Carmody	07:42.0	03:41.0	4.33%	02:00.5	07:22.0	03:35.0	01:53.5	07:53.0	03:41.0	02:06.0
21 Bill Moody	06:24.0	03:01.0	5.73%	01:41.5	06:20.0	03:03.0	01:38.5	06:31.0	03:03.0	01:44.0
22 Brad ?	05:33.0	02:36.0	6.31%	01:28.5						
23 Brenton Jenke	05:37.0	02:40.0	5.04%	01:28.5						
24 Brett Pearson	05:47.0	02:40.0	7.78%	01:33.5						
26 Brian Bannon	07:20.0	03:32.0	3.64%	01:54.0	07:01.0	03:21.0	01:50.0	07:16.0	03:26.0	01:55.0
27 Bronwyn Fricke	05:41.0	02:48.0	1.47%	01:26.5						
28 Carol Lake	07:13.0	03:27.0	4.39%	01:53.0						
29 Cathy McCormick	07:03.0	03:24.0	3.55%	01:49.5						
30 Chantel Delaney	06:40.0	03:16.0	2.00%	01:42.0						
31 Chris Foley	06:34.0	03:05.0	6.09%	01:44.5	06:06.0	02:57.0	01:34.5	06:31.0	03:06.0	01:42.5
32 Chris J ?	06:29.0	02:59.0	7.97%	01:45.0						
33 Christine Lowe	06:55.0	03:20.0	3.61%	01:47.5						

GREEN = steady improvement over time; BLUE = 400m time slower than would have anticipated - see notes in Blog for details

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34	Clare Hanavan	06:24.0	02:58.0	7.29%	01:43.0				06:18.0	03:04.0	01:37.0
35	Debra Kempe	06:57.0	03:24.0	2.16%	01:46.5						
36	Elaine Broome	06:52.0	03:17.0	4.37%	01:47.5						
37	Eliot Cross	05:54.0	02:45.0	6.78%	01:34.5						
38	Fletcher Barr	05:29.0	02:42.0	1.52%	01:23.5						
39	Fran Waddell	08:12.0	04:00.0	2.44%	02:06.0				08:36.0	04:08.0	02:14.0
40	Gavin Cooke	10:45.0	04:55.0	8.53%	02:55.0						
41	Geoff Ivanic	06:14.0	03:01.0	3.21%	01:36.5						
42	Gillian Evans	07:10.0	03:27.0	3.72%	01:51.5	07:26.0	03:36.0	01:55.0			
43	Glenn Martinovich	06:44.0	03:17.0	2.48%	01:43.5	06:37.0	03:08.0	01:44.5	06:33.0	03:03.0	01:45.0
44	Graham Crocker	06:00.0	02:58.0	1.11%	01:31.0	06:20.0	03:00.0	01:40.0	06:03.0	02:57.0	01:33.0
45	Greg Fraser	09:05.0	04:10.0	8.26%	02:27.5						
46	Guy Van Hazel	07:32.0	03:43.0	1.33%	01:54.5	07:15.0	03:30.0	01:52.5	07:27.0	03:34.0	01:56.5
47	Gwen Lossie	05:45.0	02:44.0	4.93%	01:30.5						
48	Hedley Roost	08:13.0	03:57.0	3.85%	02:08.0						
49	Helen Buckle	07:23.0	03:38.0	1.58%	01:52.5				07:52.0	03:43.0	02:04.5
50	Jaim Hunter	06:25.0	03:06.0	3.38%	01:39.5						
51	James Millen	05:45.0	02:46.0	3.77%	01:29.5						
52	Jane Davis	07:00.0	03:22.0	3.81%	01:49.0	07:00.0	03:36.0	01:42.0	07:20.0	03:36.0	01:52.0
53	Janet Ferguson	06:57.0	03:20.0	4.08%	01:48.5				07:08.0	03:28.0	01:50.0
54	Janine Barrow	06:50.0	03:16.0	4.39%	01:47.0						
55	Janine Willis	05:52.0	02:48.0	4.55%	01:32.0	05:48.0	02:49.0	01:29.5	05:53.0	02:52.0	01:30.5
56	Jess Huston	05:50.0	02:48.0	4.00%	01:31.0	05:51.0	02:51.0	01:30.0	06:05.0	02:54.0	01:35.5
57	Jo Hayes	06:40.0	03:18.0	1.00%	01:41.0				06:31.0	03:08.0	01:41.5
58	Joel Walker	06:46.0	03:20.0	1.48%	01:43.0						
59	John Edwards	05:55.0	02:55.0	1.41%	01:30.0	05:57.0	02:58.0	01:29.5	05:45.0	02:47.0	01:29.0
60	John Elliott	06:13.0	03:00.0	3.49%	01:36.5	06:36.0	03:16.0	01:40.0	06:17.0	02:58.0	01:39.5
61	John Harris	06:05.0	03:00.0	1.37%	01:32.5				06:04.0	02:53.0	01:35.5
62	Justine Murphy	05:56.0	02:56.0	1.12%	01:30.0				05:56.0	02:50.0	01:33.0
63	Kay Fuller	06:58.0	03:19.0	4.78%	01:49.5	06:56.0	03:15.0	01:50.5			
64	Kim Annear	07:31.0	03:41.0	2.00%	01:55.0	06:54.0	03:26.0	01:44.0			
65	Kim Smith	06:20.0	02:55.0	7.89%	01:42.5						
66	Kirk Langley	05:42.0	02:43.0	4.68%	01:29.5						
67	Lauren Steinke	05:49.0	02:51.0	2.01%	01:29.0						

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

68	Lindsey Shepherd	07:52.0	03:42.0	5.93%	02:05.0	07:29.0	03:40.0	01:54.5	07:56.0	03:55.0	02:00.5
69	Lisa Franck	05:14.0	02:31.0	3.82%	01:21.5						
70	Liz Beeck	07:32.0	03:37.0	3.98%	01:57.5						
71	Liz Dundas	07:42.0	03:49.0	0.87%	01:56.5						
72	Lorraine Driscoll	08:17.0	04:08.0	0.20%	02:04.5	07:10.0	03:33.0	01:48.5	07:11.0	03:13.0	01:59.0
73	Mani Bisschops	07:05.0	03:20.0	5.88%	01:52.5						
74	Marie Wyche	09:09.0	04:30.0	1.64%	02:19.5						
75	Marie-T Hunter	06:20.0	03:00.0	5.26%	01:40.0						
76	Mark ?	07:46.0	03:47.0	2.58%	01:59.5						
77	Mark Luckin	05:39.0	02:46.0	2.06%	01:26.5						
78	Mark Wallis	05:38.0	02:38.0	6.51%	01:30.0				05:51.0	02:49.0	01:31.0
79	Martin Lodge	06:29.0	03:06.0	4.37%	01:41.5						
80	Matt Biddle	07:42.0	03:34.0	7.36%	02:04.0						
81	Matt Illingworth	06:06.0	02:56.0	3.83%	01:35.0	06:05.0	02:58.0	01:33.5	06:11.0	02:59.0	01:36.0
82	Maz ?	06:38.0	03:17.0	1.01%	01:40.5						
83	Megan Surette	06:58.0	03:18.0	5.26%	01:50.0						
84	Michael Serich	06:13.0	03:06.0	0.27%	01:33.5	06:01.0	02:52.0	01:34.5	06:20.0	02:54.0	01:43.0
85	Michele Bistrup	07:20.0	03:24.0	7.27%	01:58.0						
86	Michelle Atkins	06:16.0	03:01.0	3.72%	01:37.5						
87	Mike Fischer	07:21.0	03:34.0	2.95%	01:53.5				07:35.0	03:45.0	01:55.0
88	Mike Hodgson	07:32.0	03:39.0	3.10%	01:56.5						
89	Mitch Fogarty	05:29.0	02:32.0	7.60%	01:28.5						
90	Nicole Anson	06:35.0	03:08.0	4.81%	01:43.5						
91	Nicole Klemm	06:50.0	03:17.0	3.90%	01:46.5	06:39.0	03:11.0	01:44.0	07:11.0	03:30.0	01:50.5
92	Patrick Hollingworth	05:56.0	02:51.0	3.93%	01:32.5						
93	Paul Payne	07:59.0	03:48.0	4.80%	02:05.5						
94	Paul Robinson	06:34.0	03:09.0	4.06%	01:42.5						
95	Peter Leaver	06:09.0	02:56.0	4.61%	01:36.5						
96	Peter Mannolini	06:24.0	02:58.0	7.29%	01:43.0	06:46.0	03:07.0	01:49.5			
97	Phil Murphy	06:35.0	03:16.0	0.76%	01:39.5						
98	Pra Shilkar	08:48.0	04:09.0	5.68%	02:19.5						
99	Ray Steffanoni	06:17.0	03:00.0	4.51%	01:38.5	06:42.0	03:10.0	01:46.0			
100	Rebecca Edmonds	06:55.0	03:17.0	5.06%	01:49.0						
101	Rhys Bowen	06:24.0	03:00.0	6.25%	01:42.0						

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102	Ric Cazzolli	06:32.0	03:06.0	5.10%	01:43.0	06:27.0	03:04.0	01:41.5	06:25.0	03:06.0	01:39.5
103	Rob Buckle	05:27.0	02:35.0	5.20%	01:26.0				05:38.0	02:39.0	01:29.5
104	Rob Franklyn	06:12.0	03:00.0	3.23%	01:36.0						
105	Robyn Ahern	08:20.0	04:08.0	0.80%	02:06.0	08:11.0	04:02.0	02:04.5	08:21.0	04:05.0	02:08.0
106	Robyn Elliott	08:58.0	04:25.0	1.49%	02:16.5						
107	Roxanne Garven	07:40.0	03:45.0	2.17%	01:57.5	08:10.0	04:03.0	02:03.5			
108	Rupert Holman	07:32.0	03:27.0	8.41%	02:02.5						
109	Ruth Cheng	07:32.0	03:43.0	1.33%	01:54.5						
110	Sally Steffanoni	07:38.0	03:47.0	0.87%	01:55.5	07:55.0	03:54.0	02:00.5			
111	Sam Chisholm	05:23.0	02:37.0	2.79%	01:23.0						
112	Sam Gardiner	07:23.0	03:31.0	4.74%	01:56.0						
113	Sam Poulson	06:22.0	03:01.0	5.24%	01:40.5						
114	Sarah Egan	09:18.0	04:30.0	3.23%	02:24.0						
115	Saskia Letham	06:42.0	03:16.0	2.49%	01:43.0						
116	Serena Wells	07:11.0	03:34.0	0.70%	01:48.5						
117	Shane Hunter	07:31.0	03:40.0	2.44%	01:55.5						
118	Simon Bedbrook	05:11.0	02:33.0	1.61%	01:19.0	05:06.0	02:28.0	01:19.0	05:19.0	02:38.0	01:20.5
119	Simon Wood (?)	06:58.0	03:27.0	0.96%	01:45.5						
120	Sophie Roost	07:56.0	03:27.0	13.03%	02:14.5						
121	Steve Gleeson	05:46.0	02:45.0	4.62%	01:30.5						
122	Steve Wilson	05:26.0	02:42.0	0.61%	01:22.0						
123	Stuart Gicquel	06:37.0	03:05.0	6.80%	01:46.0				06:23.0	02:59.0	01:42.0
124	Stuart Helm	05:22.0	02:31.0	6.21%	01:25.5						
126	Suzanne Narbey	05:40.0	02:49.0	0.59%	01:25.5				05:49.0	02:47.0	01:31.0
127	Suzi Scarff	05:55.0	02:53.0	2.54%	01:31.0	05:54.0	02:55.0	01:29.5	06:07.0	03:00.0	01:33.5
128	Tim Booth	07:26.0	03:31.0	5.38%	01:57.5						
129	Tim Carpenter	06:26.0	03:11.0	1.04%	01:37.5				05:56.0	02:49.0	01:33.5
130	Tim Humphry	07:49.0	03:41.0	5.76%	02:04.0	07:40.0	03:47.0	01:56.5	07:34.0	03:31.0	02:01.5
131	Todd Gardiner	07:34.0	03:25.0	9.69%	02:04.5						
132	Tracey Carroll	06:22.0	03:05.0	3.14%	01:38.5						
134	Tracey Shaw	05:43.0	02:48.0	2.04%	01:27.5						
135	Trevor Magee	06:55.0	03:20.0	3.61%	01:47.5	06:55.0	03:23.0	01:46.0	07:27.0	03:39.0	01:54.0
136	Vaughn Bisschops	06:20.0	03:01.0	4.74%	01:39.5	04:59.0	02:20.0	01:19.5	06:22.0	02:52.0	01:45.0
137	Wayne Morris	05:18.0	02:32.0	4.40%	01:23.0	05:14.0	02:29.0	01:22.5	05:12.0	02:30.0	01:21.0

GREEN = steady improvement over time; BLUE = 400m time slower than would have anticipated - see notes in Blog for details

Swim Smooth Perth CSS Tests 2012 - Ranked Fastest First

		Oct-12			
	Name	400m	200m	Aerobic	CSS
1	Simon Bedbrook	05:11.0	02:33.0	1.61%	01:19.0
2	Aaron Richardson	05:11.0	02:28.0	4.82%	01:21.5
3	Andrew Graham	05:11.0	02:28.0	4.82%	01:21.5
4	Lisa Franck	05:14.0	02:31.0	3.82%	01:21.5
5	Steve Wilson	05:26.0	02:42.0	0.61%	01:22.0
6	Wayne Morris	05:18.0	02:32.0	4.40%	01:23.0
7	Sam Chisholm	05:23.0	02:37.0	2.79%	01:23.0
8	Fletcher Barr	05:29.0	02:42.0	1.52%	01:23.5
9	Adele Richards	05:33.0	02:43.0	2.10%	01:25.0
10	Stuart Moran	05:22.0	02:31.0	6.21%	01:25.5
11	Suzanne Narbey	05:40.0	02:49.0	0.59%	01:25.5
12	Rob Buckle	05:27.0	02:35.0	5.20%	01:26.0
13	Mark Luckin	05:39.0	02:46.0	2.06%	01:26.5
14	Bronwyn Fricke	05:41.0	02:48.0	1.47%	01:26.5
15	Tracey Shaw	05:43.0	02:48.0	2.04%	01:27.5
16	Brad Ravenscroft	05:33.0	02:36.0	6.31%	01:28.5
17	Brenton Jenke	05:37.0	02:40.0	5.04%	01:28.5
18	Mitch Fogarty	05:29.0	02:32.0	7.60%	01:28.5
19	Lauren Steinke	05:49.0	02:51.0	2.01%	01:29.0
20	Andrew Hunt	05:54.0	02:55.0	1.13%	01:29.5
21	James Millen	05:45.0	02:46.0	3.77%	01:29.5
22	Kirk Langley	05:42.0	02:43.0	4.68%	01:29.5
23	Annalee Hazell	05:41.0	02:41.0	5.57%	01:30.0
24	Justine Murphy	05:56.0	02:56.0	1.12%	01:30.0
25	Mark Wallis	05:38.0	02:38.0	6.51%	01:30.0
26	John Edwards	05:55.0	02:55.0	1.41%	01:30.0
27	Steve Gleeson	05:46.0	02:45.0	4.62%	01:30.5
28	Gwen Lossie	05:45.0	02:44.0	4.93%	01:30.5
29	Graham Crocker	06:00.0	02:58.0	1.11%	01:31.0
30	Jess Huston	05:50.0	02:48.0	4.00%	01:31.0
31	Suzi Scarff	05:55.0	02:53.0	2.54%	01:31.0
32	Janine Willis	05:52.0	02:48.0	4.55%	01:32.0
33	John Harris	06:05.0	03:00.0	1.37%	01:32.5
34	Patrick Hollingworth	05:56.0	02:51.0	3.93%	01:32.5
35	Brett Pearson	05:47.0	02:40.0	7.78%	01:33.5
36	Michael Serich	06:13.0	03:06.0	0.27%	01:33.5
37	Eliot Cross	05:54.0	02:45.0	6.78%	01:34.5
38	Matt Illingworth	06:06.0	02:56.0	3.83%	01:35.0
39	Alberto Lacchini	06:05.0	02:55.0	4.11%	01:35.0
40	Owen Price	06:05.0	02:54.0	4.66%	01:35.5
41	Rob Franklyn	06:12.0	03:00.0	3.23%	01:36.0
42	Geoff Ivanic	06:14.0	03:01.0	3.21%	01:36.5
43	Peter Leaver	06:09.0	02:56.0	4.61%	01:36.5
44	John Elliott	06:13.0	03:00.0	3.49%	01:36.5
45	Alan Millard	06:04.0	02:49.0	7.14%	01:37.5
46	Michelle Atkins	06:16.0	03:01.0	3.72%	01:37.5
47	Tim Carpenter	06:26.0	03:11.0	1.04%	01:37.5
48	Tracey Carroll	06:22.0	03:05.0	3.14%	01:38.5
49	Ray Steffanoni	06:17.0	03:00.0	4.51%	01:38.5
50	Alison Thomson	06:18.0	03:00.0	4.76%	01:39.0
51	Phil Murphy	06:35.0	03:16.0	0.76%	01:39.5

Swim Smooth Perth CSS Tests 2012 - Ranked Fastest First

52	Vaughn Bisschops	06:20.0	03:01.0	4.74%	01:39.5
53	Jaim Hunter	06:25.0	03:06.0	3.38%	01:39.5
54	Marie-T Hunter	06:20.0	03:00.0	5.26%	01:40.0
55	Sam Poulson	06:22.0	03:01.0	5.24%	01:40.5
56	Maz ?	06:38.0	03:17.0	1.01%	01:40.5
57	Ari Huston	06:26.0	03:04.0	4.66%	01:41.0
58	Jo Hayes	06:40.0	03:18.0	1.00%	01:41.0
59	Bill Moody	06:24.0	03:01.0	5.73%	01:41.5
60	Martin Lodge	06:29.0	03:06.0	4.37%	01:41.5
61	Rhys Bowen	06:24.0	03:00.0	6.25%	01:42.0
62	Chantel Delaney	06:40.0	03:16.0	2.00%	01:42.0
63	Kim Smith	06:20.0	02:55.0	7.89%	01:42.5
64	Paul Robinson	06:34.0	03:09.0	4.06%	01:42.5
65	Ric Cazzolli	06:32.0	03:06.0	5.10%	01:43.0
66	Clare Hanavan	06:24.0	02:58.0	7.29%	01:43.0
67	Joel Walker	06:46.0	03:20.0	1.48%	01:43.0
68	Peter Mannolini	06:24.0	02:58.0	7.29%	01:43.0
69	Saskia Letham	06:42.0	03:16.0	2.49%	01:43.0
70	Nicole Anson	06:35.0	03:08.0	4.81%	01:43.5
71	Glenn Martinovich	06:44.0	03:17.0	2.48%	01:43.5
72	Anna Van Hazell	06:48.0	03:19.0	2.45%	01:44.5
73	Chris Foley	06:34.0	03:05.0	6.09%	01:44.5
74	Chris J ?	06:29.0	02:59.0	7.97%	01:45.0
75	Anne-Marie D'Arcy	06:49.0	03:18.0	3.18%	01:45.5
76	Simon Wood (?)	06:58.0	03:27.0	0.96%	01:45.5
77	Stuart Gicquel	06:37.0	03:05.0	6.80%	01:46.0
78	Debra Kempe	06:57.0	03:24.0	2.16%	01:46.5
79	Nicole Klemm	06:50.0	03:17.0	3.90%	01:46.5
80	Janine Barrow	06:50.0	03:16.0	4.39%	01:47.0
81	Asha de Vos	06:44.0	03:10.0	5.94%	01:47.0
82	Christine Lowe	06:55.0	03:20.0	3.61%	01:47.5
83	Trevor Magee	06:55.0	03:20.0	3.61%	01:47.5
84	Elaine Broome	06:52.0	03:17.0	4.37%	01:47.5
85	Janet Ferguson	06:57.0	03:20.0	4.08%	01:48.5
86	Serena Wells	07:11.0	03:34.0	0.70%	01:48.5
87	Jane Davis	07:00.0	03:22.0	3.81%	01:49.0
88	Rebecca Edmonds	06:55.0	03:17.0	5.06%	01:49.0
89	Cathy McCormick	07:03.0	03:24.0	3.55%	01:49.5
90	Kay Fuller	06:58.0	03:19.0	4.78%	01:49.5
91	Megan Surette	06:58.0	03:18.0	5.26%	01:50.0
92	Andrew Holmes	07:13.0	03:32.0	2.08%	01:50.5
93	Belinda Bennett	06:47.0	03:06.0	8.60%	01:50.5
94	Gillian Evans	07:10.0	03:27.0	3.72%	01:51.5
95	Helen Buckle	07:23.0	03:38.0	1.58%	01:52.5
96	Mani Bisschops	07:05.0	03:20.0	5.88%	01:52.5
97	Carol Lake	07:13.0	03:27.0	4.39%	01:53.0
98	Annette Van Hazel	07:21.0	03:34.0	2.95%	01:53.5
99	Mike Fischer	07:21.0	03:34.0	2.95%	01:53.5
100	Brian Bannon	07:20.0	03:32.0	3.64%	01:54.0
101	Guy Van Hazel	07:32.0	03:43.0	1.33%	01:54.5
102	Ruth Cheng	07:32.0	03:43.0	1.33%	01:54.5
103	Kim Annear	07:31.0	03:41.0	2.00%	01:55.0
104	Sally Steffanoni	07:38.0	03:47.0	0.87%	01:55.5

Swim Smooth Perth CSS Tests 2012 - Ranked Fastest First

105	Shane Hunter	07:31.0	03:40.0	2.44%	01:55.5
106	Sam Gardiner	07:23.0	03:31.0	4.74%	01:56.0
107	Liz Dundas	07:42.0	03:49.0	0.87%	01:56.5
108	Mike Hodgson	07:32.0	03:39.0	3.10%	01:56.5
109	Tim Booth	07:26.0	03:31.0	5.38%	01:57.5
110	Liz Beeck	07:32.0	03:37.0	3.98%	01:57.5
111	Roxanne Garven	07:40.0	03:45.0	2.17%	01:57.5
112	Michele Bistrup	07:20.0	03:24.0	7.27%	01:58.0
113	Mark ?	07:46.0	03:47.0	2.58%	01:59.5
114	Bill Carmody	07:42.0	03:41.0	4.33%	02:00.5
115	Rupert Holman	07:32.0	03:27.0	8.41%	02:02.5
116	Matt Biddle	07:42.0	03:34.0	7.36%	02:04.0
117	Tim Humphry	07:49.0	03:41.0	5.76%	02:04.0
118	Lorraine Driscoll	08:17.0	04:08.0	0.20%	02:04.5
119	Todd Gardiner	07:34.0	03:25.0	9.69%	02:04.5
120	Lindsey Shepherd	07:52.0	03:42.0	5.93%	02:05.0
121	Paul Payne	07:59.0	03:48.0	4.80%	02:05.5
122	Fran Waddell	08:12.0	04:00.0	2.44%	02:06.0
123	Robyn Ahern	08:20.0	04:08.0	0.80%	02:06.0
124	Amanda Nitschke	07:55.0	03:42.0	6.53%	02:06.5
125	Hedley Roost	08:13.0	03:57.0	3.85%	02:08.0
126	Ben Dundas	08:05.0	03:46.0	6.80%	02:09.5
127	Andre Carr	08:04.0	03:39.0	9.50%	02:12.5
128	Sophie Roost	07:56.0	03:27.0	13.03%	02:14.5
129	Robyn Elliott	08:58.0	04:25.0	1.49%	02:16.5
130	Marie Wyche	09:09.0	04:30.0	1.64%	02:19.5
131	Pra Shilkar	08:48.0	04:09.0	5.68%	02:19.5
132	Anne Murrell	09:15.0	04:35.0	0.90%	02:20.0
133	Sarah Egan	09:18.0	04:30.0	3.23%	02:24.0
134	Greg Fraser	09:05.0	04:10.0	8.26%	02:27.5
135	Gavin Cooke	10:45.0	04:55.0	8.53%	02:55.0

Monday 7am Swim Smooth Perth Squad Groupings

	Lane 3	Lane 2	Lane 1
1	Matt Illingworth	Rupert Holman	Con Kramer
2	Michelle Atkins	Annette Van Hazell	Don Eftos
3	Saskia Letham	Guy Can Hazell	Sarah Egan
4	Martin Lodge	Kim Annear	Gavin Cooke
5	Lester	Gillian Evans	Liz Beeck
6	Shaun Delaney	Jane Davis	Paul Chambers
7	Ric Cazzolli	Ian Murray	
8	Owen Price		

Monday / Wednesday / Friday 9.30am Swim Smooth Perth Squad

M / W / F 9.30am

	Name	400m	200m	Aerobic	CSS	Lane Allocation	CSS Pace for lane	Good leader
1	Brad Ravenscroft	05:33.0	02:36.0	6.31%	01:28.5	3 - Group # 1	1:28/100m	Sprints = Brad. Endurance = Brad
2	Gwen Lossie	05:45.0	02:44.0	4.93%	01:30.5			
3	Suzi Scarff	05:55.0	02:53.0	2.54%	01:31.0			
4	Peter Leaver	06:09.0	02:56.0	4.61%	01:36.5			
5	John Elliott	06:13.0	03:00.0	3.49%	01:36.5	3 - Group # 2	1:36/100m	Sprints = Marie, John, Rhys. Endurance = John, Cyndy
6	Marie-T Hunter	06:20.0	03:00.0	5.26%	01:40.0			
7	Rhys Bowen	06:24.0	03:00.0	6.25%	01:42.0			
8	Ric Cazzolli	06:32.0	03:06.0	5.10%	01:43.0			
9	Saskia Letham	06:42.0	03:16.0	2.49%	01:43.0	2	1:45/100m	Sprints = Anne-Marie, Nicole. Endurance = Anne-Marie, Nicole
10	Anne-Marie D'Arcy	06:49.0	03:18.0	3.18%	01:45.5			
11	Debra Kempe	06:57.0	03:24.0	2.16%	01:46.5			
12	Nicole Klemm	06:50.0	03:17.0	3.90%	01:46.5			
13	Janet Ferguson	06:57.0	03:20.0	4.08%	01:48.5			
14	Jane Davis	07:00.0	03:22.0	3.81%	01:49.0			
15	Cathy McCormick	07:03.0	03:24.0	3.55%	01:49.5			
16	Belinda Bennett	06:47.0	03:06.0	8.60%	01:50.5			
17	Gillian Evans	07:10.0	03:27.0	3.72%	01:51.5	1 - Group # 1	1:56/100m	Sprints = Liz. Endurance = Liz
18	Helen Buckle	07:23.0	03:38.0	1.58%	01:52.5			
19	Brian Bannon	07:20.0	03:32.0	3.64%	01:54.0			
20	Liz Beeck	07:32.0	03:37.0	3.98%	01:57.5			
21	Roxanne Garven	07:40.0	03:45.0	2.17%	01:57.5	1 - Group # 2	2:16/100m	Greg
22	Michele Bistrup	07:20.0	03:24.0	7.27%	01:58.0			
23	Andre Carr	08:04.0	03:39.0	9.50%	02:12.5	1 - Group # 3	2:48/100m	Gavin
24	Robyn Elliott	08:58.0	04:25.0	1.49%	02:16.5			
25	Greg Fraser	09:05.0	04:10.0	8.26%	02:27.5			
26	Gavin Cooke	10:45.0	04:55.0	8.53%	02:55.0			

Tuesday / Friday 5.30am Swim Smooth Perth Squad

Tue / Fri 5.30am

	Name	400m	200m	Aerobic	CSS	Lane Allocation	CSS Pace for lane	Good leader
1	Simon Bedbrook	05:11.0	02:33.0	1.61%	01:19.0	4 - Group # 1	1:19/100m	Sprints = Aaron, Andrew, Forbsey. Endurance = Forbsey, Simon
2	Aaron Richardson	05:11.0	02:28.0	4.82%	01:21.5			
3	Andrew Graham	05:11.0	02:28.0	4.82%	01:21.5			
4	Lisa Franck	05:14.0	02:31.0	3.82%	01:21.5			
5	Steve Wilson	05:26.0	02:42.0	0.61%	01:22.0			
6	Adele Richards	05:33.0	02:43.0	2.10%	01:25.0	4 - Group # 2	1:25/100m	Sprints = Stuart. Endurance = Stuart, Anna-lee, Adele
7	Stuart Moran	05:22.0	02:31.0	6.21%	01:25.5			
8	Suzanne Narbey	05:40.0	02:49.0	0.59%	01:25.5			
9	Bronwyn Fricke	05:41.0	02:48.0	1.47%	01:26.5			
10	Lauren Steinke	05:49.0	02:51.0	2.01%	01:29.0			
11	Kirk Langley	05:42.0	02:43.0	4.68%	01:29.5			
12	Annalee Hazell	05:41.0	02:41.0	5.57%	01:30.0	3	1:30/100m	Sprints = Mark, Brett. Endurance = Janine, Justine
13	Mark Wallis	05:38.0	02:38.0	6.51%	01:30.0			
14	Justine Murphy	05:56.0	02:56.0	1.12%	01:30.0			
15	Steve Gleeson	05:46.0	02:45.0	4.62%	01:30.5			
16	Graham Crocker	06:00.0	02:58.0	1.11%	01:31.0			
17	Janine Willis	05:52.0	02:48.0	4.55%	01:32.0			
18	John Harris	06:05.0	03:00.0	1.37%	01:32.5			
19	Brett Pearson	05:47.0	02:40.0	7.78%	01:33.5			
20	Geoff Ivanic	06:14.0	03:01.0	3.21%	01:36.5			
21	Alan Millard	06:04.0	02:49.0	7.14%	01:37.5			
22	Jaim Hunter	06:25.0	03:06.0	3.38%	01:39.5			
23	Kim Smith	06:20.0	02:55.0	7.89%	01:42.5	2	1:40/100m	Sprints = Clare, Peter. Endurance = Clare
24	Paul Robinson	06:34.0	03:09.0	4.06%	01:42.5			
25	Clare Hanavan	06:24.0	02:58.0	7.29%	01:43.0			
26	Peter Mannolini	06:24.0	02:58.0	7.29%	01:43.0			
27	Glenn Martinovich	06:44.0	03:17.0	2.48%	01:43.5			
28	Anna Van Hazell	06:48.0	03:19.0	2.45%	01:44.5			
29	Chris Foley	06:34.0	03:05.0	6.09%	01:44.5			
30	Simon Wood (?)	06:58.0	03:27.0	0.96%	01:45.5			
31	Christine Lowe	06:55.0	03:20.0	3.61%	01:47.5			
32	Serena Wells	07:11.0	03:34.0	0.70%	01:48.5			
33	Rebecca Edmonds	06:55.0	03:17.0	5.06%	01:49.0			
34	Kay Fuller	06:58.0	03:19.0	4.78%	01:49.5			
35	Shane Hunter	07:31.0	03:40.0	2.44%	01:55.5			
36	Mark ?	07:46.0	03:47.0	2.58%	01:59.5			
37	Bill Carmody	07:42.0	03:41.0	4.33%	02:00.5			
38	Matt Biddle	07:42.0	03:34.0	7.36%	02:04.0			
39	Lindsey Shepherd	07:52.0	03:42.0	5.93%	02:05.0			
40	Robyn Ahern	08:20.0	04:08.0	0.80%	02:06.0			
41	Amanda Nitschke	07:55.0	03:42.0	6.53%	02:06.5	1 - Group # 2	2:16/100m	Equal split
42	Pra Shilkar	08:48.0	04:09.0	5.68%	02:19.5			
43	Greg Fraser	09:05.0	04:10.0	8.26%	02:27.5			

Tuesday / Friday 6.30am Swim Smooth Perth Squad

Tue / Fri 6.30am

	Name	400m	200m	Aerobic	CSS	Lane Allocation	CSS Pace for lane	Good leader
1	Wayne Morris	05:18.0	02:32.0	4.40%	01:23.0	4 - Group # 1	1:23-1:28/100m depending on who is there	Sprints = Wayne. Endurance = Wayne
2	Rob Buckle	05:27.0	02:35.0	5.20%	01:26.0			
3	Tracey Shaw	05:45.0	02:50.0	1.45%	01:27.5			
4	Brenton Jenke	05:37.0	02:40.0	5.04%	01:28.5			
5	Andrew Hunt	05:54.0	02:55.0	1.13%	01:29.5			
6	John Edwards	05:55.0	02:55.0	1.41%	01:30.0			
7	Jess Huston	05:50.0	02:48.0	4.00%	01:31.0	4 - Group # 2	1:31/100m	Sprints = Jess. Endurance = Jess
8	Patrick Hollingworth	05:56.0	02:51.0	3.93%	01:32.5			
9	Michael Serich	06:13.0	03:06.0	0.27%	01:33.5			
10	Alberto Lacchini	06:05.0	02:55.0	4.11%	01:35.0			
11	Matt Illingworth	06:06.0	02:56.0	3.83%	01:35.0			
12	Rob Franklyn	06:12.0	03:00.0	3.23%	01:36.0			
13	Tim Carpenter	06:26.0	03:11.0	1.04%	01:37.5	3	1:38/100m	Sprints = Ray, Alison, Bill and Chris J. Endurance = Ray, Alison
14	Ray Steffanoni	06:17.0	03:00.0	4.51%	01:38.5			
15	Alison Thomson	06:18.0	03:00.0	4.76%	01:39.0			
16	Vaughn Bisschops	06:20.0	03:01.0	4.74%	01:39.5			
17	Phil Murphy	06:35.0	03:16.0	0.76%	01:39.5			
18	Ari Huston	06:26.0	03:04.0	4.66%	01:41.0			
19	Jo Hayes	06:40.0	03:18.0	1.00%	01:41.0			
20	Martin Lodge	06:29.0	03:06.0	4.37%	01:41.5			
21	Bill Moody	06:24.0	03:01.0	5.73%	01:41.5			
22	Nicole Anson	06:35.0	03:08.0	4.81%	01:43.5			
23	Chris J ?	06:29.0	02:59.0	7.97%	01:45.0			
24	Stuart Gicquel	06:37.0	03:05.0	6.80%	01:46.0			
25	Asha de Vos	06:44.0	03:10.0	5.94%	01:47.0			
26	Trevor Magee	06:55.0	03:20.0	3.61%	01:47.5			
27	Megan Surette	06:58.0	03:18.0	5.26%	01:50.0	2	1:50/100m	Sprints = Megan, Mani. Endurance = Andrew, Megan
28	Andrew Holmes	07:13.0	03:32.0	2.08%	01:50.5			
29	Mani Bisschops	07:05.0	03:20.0	5.88%	01:52.5			
30	Annette Van Hazel	07:21.0	03:34.0	2.95%	01:53.5			
31	Mike Fischer	07:21.0	03:34.0	2.95%	01:53.5			
32	Guy Van Hazel	07:32.0	03:43.0	1.33%	01:54.5			
33	Kim Annear	07:31.0	03:41.0	2.00%	01:55.0			
34	Sally Steffanoni	07:38.0	03:47.0	0.87%	01:55.5			
35	Sam Gardiner	07:23.0	03:31.0	4.74%	01:56.0			
36	Liz Dundas	07:42.0	03:49.0	0.87%	01:56.5			
37	Tim Booth	07:26.0	03:31.0	5.38%	01:57.5			
38	Tim Humphry	07:49.0	03:41.0	5.76%	02:04.0	1 - Group # 1	2:00/100m	Sprints = Todd, Endurance = Todd
39	Todd Gardiner	07:34.0	03:25.0	9.69%	02:04.5			
40	Lorraine Driscoll	08:17.0	04:08.0	0.20%	02:04.5			
41	Paul Payne	07:59.0	03:48.0	4.80%	02:05.5			
42	Fran Waddell	08:12.0	04:00.0	2.44%	02:06.0			
43	Hedley Roost	08:13.0	03:57.0	3.85%	02:08.0			
44	Ben Dundas	08:05.0	03:46.0	6.80%	02:09.5			
45	Sophie Roost	07:56.0	03:27.0	13.03%	02:14.5			
46	Anne Murrell	09:15.0	04:35.0	0.90%	02:20.0	1 - Group # 2	2:16/100m	Anne

Tuesday / Thursday 6.30pm Swim Smooth Perth Squad

Tue / Thu 6.30pm

	Name	400m	200m	Aerobic	CSS	Lane Allocation	CSS Pace for lane	Good leader
1	Sam Chisholm	05:23.0	02:37.0	2.79%	01:23.0	3	1:23/100m	Sprints = Mitch. Endurance = Sam, Rob
2	Fletcher Barr	05:29.0	02:42.0	1.52%	01:23.5			
3	Rob Buckle	05:27.0	02:35.0	5.20%	01:26.0			
4	Mitch Fogarty	05:29.0	02:32.0	7.60%	01:28.5			
5	James Millen	05:45.0	02:46.0	3.77%	01:29.5			
6	Brett Pearson	05:56.0	02:48.0	5.62%	01:34.0	2 - Group # 1	1:34/100m	Sprints = Eliot. Endurance = Brett
7	Eliot Cross	05:54.0	02:45.0	6.78%	01:34.5			
8	Owen Price	06:05.0	02:54.0	4.66%	01:35.5			
9	Michelle Atkins	06:16.0	03:01.0	3.72%	01:37.5			
10	Tracey Carroll	06:22.0	03:05.0	3.14%	01:38.5			
11	Sam Poulson	06:22.0	03:01.0	5.24%	01:40.5	2 - Group # 2	1:47/100m	Equal Split
12	Janine Barrow	06:50.0	03:16.0	4.39%	01:47.0			
13	Elaine Broome	06:52.0	03:17.0	4.37%	01:47.5			
14	Carol Lake	07:13.0	03:27.0	4.39%	01:53.0	1 - Group # 1	1:53/100m	Sprints = Rupert. Endurance = Carol
15	Mike Hodgson	07:32.0	03:39.0	3.10%	01:56.5			
16	Rupert Holman	07:32.0	03:27.0	8.41%	02:02.5			
17	Marie Wyche	09:09.0	04:30.0	1.64%	02:19.5	1 - Group # 2	2:19/100m	Marie

Wednesday 5.30am Swim Smooth Perth Squad Groupings

	Lane 4	Lane 3	Lane 2	Lane 1 - Group # 1	Lane 1 - Group # 2
	Intervals range from 1:20/100m to 1:28/100m	Intervals range from 1:25/100m to 1:33/100m	Intervals range from 1:30/100m to 1:38/100m	Intervals range from 1:40/100m to 1:48/100m and 2:12/100m to 2:20/100m	Intervals range from 1:54/100m to 2:02/100m
1	Aaron Richardson	Adele Richards	Lauren Steinke	Chris Foley	Kim Annear
2	James Forbes	Kirk Langley	Mark Wallis	Glenn Martinovich	Lorraine Driscoll
3	Luke Burton	Anna-lee Hazell	Chris Owens	Peter Mannolini	Dan Tarborsky
4	Andrew Graham	Tracey Shaw	Pam Criddle	Shaun Delaney	Ruth Cheng
5	Gary Couanis	Mark Lewise	Pat Hollingworth	Joel Walker	Tommie
6	Lisa Frank	Renee Baker	Clare Hanavan	Maz	
7	Stuart Moran	Luke Cameron	Chantel Delaney	John Turner	
8	Wayne Morris	Steve Gleeson	Sean Webb		
9	Mark Luckin			Sarah Egan	