New Movements Start From Monday 10th July 2017

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

	Masters 3	400m IM/ 200m IM		Masters 2	200m IM		Masters 1	100m IM
1	Matthew Houghton(1993)	2.26.14	1	Rachel Blundell(1976)	3:10.60	1	Debbie Taylor(1978)	1:33.87
2	Jessica Thorpe(1994)	2:39.28	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)	1:42.09
4	Christopher Hamer(1972)	2.39.78	4	Daniel Wade(1998)	2:55.03	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**
	Stuart Taylor(1975)	5:24.04					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)	2:03.14
			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,

Well Done Gavin Simpson 1.63 PB

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