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		
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	Jessica Thorpe(1994)	5:41.87	1	Rachel Blundell(1976)	3:15.60	1	Debbie Taylor(1978)	1:33.87
2	Matthew Houghton(1993)	2.26.14	2	Lee Williams(1974)	1:18.03	2	Ashley Leech(1983)	1:33.91
3	Steve Allcock(1997)	2.33.73	3	Matthew Pearce(1975)	1:27.66	3	Vanessa Townsend(1974)	1:37.39
4	Christopher Hamer(1972)	2.39.78	4	Emily Simkinson(1989)	1:31.64	4	Gavin Simpson(1972)	1:42.55
5	Stuart Taylor(1975)	2:51.58	5	Matthew Burrows(1977)		5	Michael Stott(1967)	1:46.25
6	Carole Jepson(1985)	2:56.15				6	Stephen Easton(1976)	.
						7	Christopher Horne(1967)	
						8	Pam Lane(1962)	
						9	Jennifer Jepson(1986)	
		400m F/C						**400m F/C**
	Jessica Thorpe(1994)	5:09.32					Vanessa Townsend(1974)	6:34.53
							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)	4:10.70
			2	Grace Sharp(1998)	2:52.67			

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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 Gavin Simpson 5.40 PB

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