

TIME TRIALS HELD ON 2ND MAY 1995

SURNAME	FIRST_NAME	DISTA	STROK	TIME	PO	AVG.
=====	=====	=====	=====	=====	==	=====
BRIEN	RAY	50	FLY	1:43.11	6	
BRIEN	RAY	50	FREE	0:39.18	7	
BRIEN	RAY	100	IM	1:42.53	2	5.00
DEAVIN	JILL	200	BACK	3:31.35	2	
DEAVIN	JILL	50	FREE	0:39.47	5	
DEAVIN	JILL	100	IM	1:38.85	2	3.00
GRAY	PAM	50	BRST	0:48.05	6	
GRAY	PAM	200	BACK	3:08.84	2	
GRAY	PAM	100	IM	1:32.18	5	4.33
JETSON	LYN	50	BRST	0:52.34	2	
JETSON	LYN	50	FREE	0:35.55	2	
JETSON	LYN	100	IM	1:37.08	7	3.67
MC MAHON	ALWYNNE	100	FLY	1:47.67	6	
MC MAHON	ALWYNNE	50	BRST	0:51.21	2	
MC MAHON	ALWYNNE	50	FREE	0:41.11	2	3.33
PORTE	IAN	200	BACK	3:20.74	2	
PORTE	IAN	100	IM	1:19.84	4	3.00
ROBINSON	PETER	100	IM	1:27.83	5	
ROBINSON	PETER	50	BRST	0:42.46	8	
ROBINSON	PETER	50	FREE	0:32.45	7	6.67
WOODWORTH	ROBERT	200	BACK	3:26.41	2	
WOODWORTH	ROBERT	50	FREE	0:30.52	7	
WOODWORTH	ROBERT	100	IM	1:32.45	8	5.67

SURNAME	FIRST_NAME	DISTA	STROK	TIME	PO	AVG
=====	=====	=====	=====	=====	=====	=====
BEVERIDGE	HECTOR	50	BRST	0:57.85	3	
BEVERIDGE	HECTOR	100	BACK	2:23.30	2	
BEVERIDGE	HECTOR	200	FREE	3:12.59	4	3.00
BONNER	GERRY	50	BRST	0:50.26	2	
BONNER	GERRY	50	FLY	0:46.76	2	
BONNER	GERRY	200	FREE	2:47.05	2	2.00
BRIEN	RAY	100	BACK	1:50.31	9	
BRIEN	RAY	50	FLY	0:44.99	2	
BRIEN	RAY	200	FREE	3:01.13	7	6.00
CAMERON	ANN-MARIE	50	BRST	0:48.76	2	
CAMERON	ANN-MARIE	100	BACK	1:38.06	3	
CAMERON	ANN-MARIE	50	FLY	0:41.17	2	2.33
DEAVIN	JILL	100	BACK	1:37.09	9	
DEAVIN	JILL	50	FLY	0:45.52	5	
DEAVIN	JILL	200	FREE	3:02.63	3	5.67
GRAY	PAM	50	BRST	0:46.26	4	
GRAY	PAM	100	BACK	1:33.82	2	
GRAY	PAM	50	FLY	0:40.95	3	3.00
JETSON	LYN	50	FLY	0:47.19	2	
JETSON	LYN	200	FREE	3:02.21	2	2.00
MC MAHON	ALWYNNE	200	IM	3:31.94	2	
MC MAHON	ALWYNNE	100	BACK	1:44.39	2	
MC MAHON	ALWYNNE	50	FLY	0:48.13	8	4.00
PUGH	JOHN	50	BRST	0:45.10	2	
PUGH	JOHN	100	BACK	1:34.89	3	
PUGH	JOHN	200	FREE	2:36.91	8	4.33
PUGH	JANET	200	IM	2:47.35	2	
PUGH	JANET	50	FLY	0:34.40	5	
PUGH	JANET	200	FREE	2:29.76	9	5.33
ROBINSON	CAROLYN	200	IM	3:08.88	2	
ROBINSON	CAROLYN	100	BACK	1:35.27	9	
ROBINSON	CAROLYN	50	FLY	0:39.78	4	5.00
ROBINSON	PETER	200	IM	3:15.98	2	
ROBINSON	PETER	50	FLY	0:39.01	6	
ROBINSON	PETER	200	FREE	2:53.65	2	3.33
SIMMS	IAN	200	IM	3:23.48	2	
SIMMS	IAN	100	BACK	1:36.77	2	
SIMMS	IAN	200	FREE	3:01.62	3	2.33
STANCOMBE	PAUL	50	BRST	0:54.76	2	
STANCOMBE	PAUL	100	BACK	1:59.32	8	
STANCOMBE	PAUL	200	FREE	3:33.14	3	4.33
WOODWORTH	ROBERT	100	BACK	1:20.96	3	
WOODWORTH	ROBERT	200	FREE	2:53.58	2	2.50

COACHING SHORTS

1994
OF THE YEAR
COACH

Stretching

Stretch before and after every session or game

Take it easy! Remember to TRAIN...DON'T STRAIN!

Remember to warm up before stretching

Ease gently into each stretch and DON'T BOUNCE!

Take time to learn the stretches needed for your sport

Coaching stretching should be a part of each training session

Help athletes learn specific stretches to suit their individual needs



The Year of the Coach is an initiative of the Australian Coaching Council Inc., a program of the Australian Sports Commission.
For more information phone (008) 84 1994

Coaches deserve recognition and accreditation

Heard At Poolside

- The regular AUSSI swimmer is like a diamond, that is a piece of coal that stuck to it.
- Practice makes progress.
- After each training session – another step to perfect fitness.
- Two robbers fleeing the scene of their crime crashed into a concrete mixing truck. Police are now looking for two hardened criminals.
- Masters Swimming must be the only sport where one looks forward to getting older to get into the next age group.

TIME TRIALS HELD ON 4/7/95

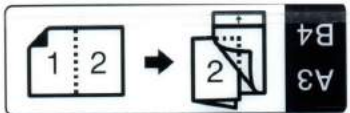
SURNAME	FIRST_NAME	DISTA	STROK	TIME
BEDFORD	KERRIE	50	FREE	0:48.66
BEDFORD	KERRIE	50	FLY	0:58.55
BEDFORD	KERRIE	100	IM	2:10.50
BRIEN	RAY	50	FREE	0:35.51
BRIEN	RAY	50	FLY	0:47.14
BRIEN	RAY	100	IM	1:42.11
CALVERLEY	CHERYL	50	FREE	0:30.25
CALVERLEY	CHERYL	50	FLY	1:07.03
CALVERLEY	CHERYL	100	IM	2:25.28
CAMERON	ANN-MARIE	50	FREE	0:34.08
CAMERON	ANN-MARIE	50	FLY	0:40.77
CAMERON	ANN-MARIE	100	IM	1:30.22
GRAY	FAM	50	FREE	0:36.24
GRAY	FAM	200	BACK	3:10.76
GRAY	FAM	100	IM	1:27.38
JETSON	LYN	50	FREE	0:35.14
JETSON	LYN	50	FLY	0:46.36
JETSON	LYN	100	IM	1:37.30
MC MAHON	ALWYNNE	50	FREE	0:40.85
MC MAHON	ALWYNNE	50	FLY	0:48.03
MC MAHON	ALWYNNE	100	IM	1:38.42
FORTE	IAN	50	FREE	0:30.37
FORTE	IAN	50	FLY	0:32.79
FORTE	IAN	100	IM	1:20.60
ROBINSON	PETER	50	FREE	0:33.14
ROBINSON	PETER	100	ERST	1:30.26
ROBINSON	PETER	100	IM	1:29.38
SIMMS	IAN	50	FREE	0:34.95
SIMMS	IAN	200	BACK	3:19.66
SIMMS	IAN	100	IM	1:30.33
STANCOMBE	PAUL	50	FREE	0:48.28
STANCOMBE	PAUL	100	BRST	2:04.06
STANCOMBE	PAUL	100	IM	1:52.02
WOODWORTH	JILL	50	FREE	0:38.22
WOODWORTH	JILL	200	BACK	3:21.27
WOODWORTH	JILL	100	IM	1:31.36
WOODWORTH	ROBERT	100	IM	1:37.45
WOODWORTH	ROBERT	50	FREE	0:30.73
WOODWORTH	ROBERT	200	BACK	3:44.30

TIME TRIALS HELD ON 1/8/95

SURNAME	FIRST_NAME	DISTA	STROK	TIME
BARKER	LINDA	50	BRST	0:49.26
BARKER	LINDA	50	FREE	0:33.77
BARKER	LINDA	100	IM	1:37.85
BEDFORD	KERRIE	100	IM	2:07.87
BEDFORD	KERRIE	50	BRST	1:03.61
BRIEN	RAY	100	IM	1:42.11
BRIEN	RAY	100	FLY	1:46.30
BRIEN	RAY	50	FREE	0:37.76
CALVERLEY	CHERYL	100	IM	2:20.21
CALVERLEY	CHERYL	200	BACK	5:28.94
CALVERLEY	CHERYL	50	FREE	0:51.00
CAMERON	ANN-MARIE	50	BRST	0:48.00
CAMERON	ANN-MARIE	50	FREE	0:33.73
CAMERON	ANN-MARIE	100	IM	1:28.77
DURRANT	KATHY	200	IM	2:48.00
DURRANT	KATHY	100	FLY	1:20.30
DURRANT	KATHY	50	FREE	0:32.65
FOLEY	CHRISTOPHE	200	BACK	2:47.72
FOLEY	CHRISTOPHE	100	FLY	1:10.04
FOLEY	CHRISTOPHE	100	IM	1:15.68
GRAY	FAM	200	BACK	3:12.31
GRAY	FAM	50	BRST	0:46.62
GRAY	FAM	100	IM	1:26.76
JETSON	LYN	50	FREE	0:35.24
JETSON	LYN	100	IM	1:35.75
MC MAHON	ALWYNNE	50	BRST	0:51.15
MC MAHON	ALWYNNE	50	FREE	0:41.70
MC MAHON	ALWYNNE	100	IM	1:40.61
OGDEN	PHILIP	200	BACK	3:13.47
OGDEN	PHILIP	50	FREE	0:34.32
OGDEN	PHILIP	100	IM	1:31.68
OLDEN	HENK	50	BRST	0:52.34
OLDEN	HENK	50	FREE	0:47.42
PIETS	VICKI	200	BACK	3:19.35
PIETS	VICKI	50	FREE	0:35.02
PIETS	VICKI	100	IM	1:30.51
FORTE	IAN	200	BACK	3:08.79
FORTE	IAN	50	FREE	0:29.74
FORTE	IAN	100	IM	1:17.65
FUGH	JANET	200	BACK	2:55.65
FUGH	JANET	50	BRST	0:40.75
FUGH	JANET	100	IM	1:17.71
ROBINSON	PETER	50	BRST	0:40.94
ROBINSON	PETER	50	FREE	0:33.01
ROBINSON	PETER	100	IM	1:26.44
ROBINSON	CAROLYN	100	FLY	1:28.88
ROBINSON	CAROLYN	100	IM	1:27.76
RYAN	PEGGY	100	IM	2:16.73
RYAN	PEGGY	50	BRST	1:09.28
RYAN	PEGGY	50	FREE	0:42.73
SIMMS	IAN	200	BACK	3:19.12
SIMMS	IAN	50	BRST	0:43.94
SIMMS	IAN	100	FLY	1:50.87
SIMMS	IAN	50	FREE	0:34.59
SIMMS	IAN	100	IM	1:30.94
STANCOMBE	PAUL	50	BRST	0:52.29
STANCOMBE	PAUL	50	FREE	0:37.30
STANCOMBE	PAUL	100	IM	1:44.56
TURNER	PAUL	200	FREE	2:34.46
TURNER	PAUL	100	FREE	1:09.29
TURNER	PAUL	50	FREE	0:30.88
WEEKS	CERI	100	IM	1:44.09
WEEKS	CERI	50	BRST	0:50.80
WEEKS	CERI	50	FREE	0:39.53
WILLIAMS	ROB	50	BRST	0:59.49
WILLIAMS	ROB	200	FREE	4:06.28
WILLIAMS	ROB	50	FREE	0:42.47
WOODWORTH	JILL	200	BACK	3:30.36
WOODWORTH	JILL	50	FREE	0:39.17
WOODWORTH	JILL	100	IM	1:34.63
WOODWORTH	ROBERT	100	IM	1:17.78
WOODWORTH	ROBERT	200	BACK	3:10.07

TIME TRIALS HELD ON 29/7/95

SURNAME	FIRST_NAME	DISTA	STROK	TIME
BRIEN	RAY	100	IM	1:45.47
BRIEN	RAY	50	FLY	0:46.35
BRIEN	RAY	200	FREE	2:48.02
CAMERON	ANN-MARIE	100	IM	1:27.15
CAMERON	ANN-MARIE	100	BRST	1:44.96
CAMERON	ANN-MARIE	50	FLY	0:40.08
CLARKE	ANDREW	100	BRST	1:47.27
CLARKE	KETRINA	200	FLY	2:47.58
GRAY	FAM	100	IM	1:27.06
GRAY	FAM	50	BACK	0:39.08
GRAY	FAM	50	FLY	0:42.80
MC MAHON	ALWYNNE	100	IM	1:36.44
MC MAHON	ALWYNNE	50	FLY	0:48.24
MC MAHON	ALWYNNE	100	BRST	1:48.58
OGDEN	PHILIP	50	BACK	0:40.65
OGDEN	PHILIP	100	IM	1:34.00
OGDEN	PHILIP	50	FLY	0:39.78
PIETS	VICKI	50	BACK	0:44.10
PIETS	VICKI	100	IM	1:33.10
PIETS	VICKI	50	FLY	0:43.57
FORTE	IAN	200	FLY	2:56.56
SIMMS	IAN	100	IM	1:32.54
SIMMS	IAN	50	BACK	0:44.20
SIMMS	IAN	100	BRST	1:40.29
STANCOMBE	PAUL	50	BACK	0:54.21
STANCOMBE	PAUL	50	FLY	0:52.41
WOODWORTH	ROBERT	50	BACK	0:39.09
WOODWORTH	ROBERT	100	IM	1:21.63



A3
B4



A4
B5

TIME TRIALS HELD ON 5/9/95

SURNAME	FIRST_NAME	DISTA	STROK	TIME
BONNER	GERRY	50	BRST	0:49.85
BONNER	GERRY	50	FREE	0:30.74
BRIEN	RAY	100	IM	1:37.80
BRIEN	RAY	50	FREE	0:37.51
BRIEN	RAY	50	FLY	0:46.88
CALVERLEY	CHERYL	100	IM	2:11.42
CALVERLEY	CHERYL	100	BACK	2:39.88
CALVERLEY	CHERYL	50	FLY	1:04.72
GRAY	PAM	50	BRST	0:47.90
GRAY	PAM	100	BACK	1:28.34
JETSON	LYN	50	BRST	0:54.74
JETSON	LYN	50	FREE	0:35.42
JETSON	LYN	50	FLY	0:47.14
MC MAHON	ALWYNNE	100	IM	1:39.68
MC MAHON	ALWYNNE	50	FREE	0:40.83
MC MAHON	ALWYNNE	50	FLY	0:48.53
NEILSON	PETER	50	BRST	0:47.90
NEILSON	PETER	100	IM	1:42.28
NEILSON	PETER	50	FREE	0:40.18
FORTE	IAN	50	BRST	0:42.05
FORTE	IAN	100	IM	1:24.60
FORTE	IAN	100	BACK	1:37.81
STANCOMBE	PAUL	50	BRST	0:52.52
STANCOMBE	PAUL	100	IM	1:47.53
STANCOMBE	PAUL	50	FLY	0:49.78
WOODWORTH	ROBERT	100	IM	1:17.76
WATERS	MICHAEL	50	BRST	0:50.92
WATERS	MICHAEL	50	FREE	0:31.74
WATERS	MICHAEL	100	BACK	2:04.62

TOTALS: DISTANCE 2,000
 POINTS 148

TIME TRIALS HELD ON 3 OCTOBER 1995

SURNAME	FIRST_NAME	DISTA	STROK	TIME
BREIER	SARAH	100	FREE	1:31.47
BREIER	SARAH	100	IM	1:39.77
BRIEN	RAY	100	FREE	1:24.16
BRIEN	RAY	50	FLY	0:47.28
BRIEN	RAY	100	IM	1:47.09
CALVERLEY	CHERYL	100	FREE	1:52.07
CALVERLEY	CHERYL	50	BACK	1:13.01
CALVERLEY	CHERYL	100	IM	2:16.18
GRAY	PAM	100	BRST	1:40.26
GRAY	PAM	100	IM	1:33.72
JETSON	LYN	100	FREE	1:20.48
JETSON	LYN	50	BACK	0:44.30
JETSON	LYN	100	IM	1:34.30
MC MAHON	ALWYNNE	100	BRST	1:47.38
MC MAHON	ALWYNNE	100	IM	1:37.07
SIMMS	IAN	100	FREE	1:19.08
SIMMS	IAN	50	BACK	0:41.47
SIMMS	IAN	50	FLY	0:46.00
SIMMS	IAN	100	BRST	1:41.57
SIMMS	IAN	100	IM	1:29.55
STANCOMBE	PAUL	100	FREE	1:24.18
STANCOMBE	PAUL	100	BRST	1:56.55
STANCOMBE	PAUL	100	IM	1:48.17
WOODWORTH	JILL	100	FREE	1:26.41
WOODWORTH	JILL	50	BACK	0:46.54
WOODWORTH	JILL	100	IM	1:36.50
WOODWORTH	ROBERT	100	IM	1:19.55
WOODWORTH	ROBERT	50	BACK	0:36.06



TIME TRIALS HELD ON 3TH DECEMBER 1995

SURNAME	FIRST_NAME	DISTA	STROK	TIME	PO
BEVERIDGE	HECTOR	200	FREE	3:08.92	7
BEVERIDGE	HECTOR	50	BRST	0:59.53	1
BRIEN	RAY	200	IM	3:47.90	2
BRIEN	RAY	100	FREE	1:22.82	4
BRIEN	RAY	50	FLY	0:47.28	2
GRAY	PAM	200	BACK	3:17.77	4
GRAY	PAM	50	BRST	0:47.29	7
GRAY	PAM	50	BACK	0:40.71	4
GRAY	PAM	100	BRST	1:40.26	2
JETSON	LYN	200	FREE	2:58.35	9
JETSON	LYN	100	IM	1:38.58	8
JETSON	LYN	50	FLY	0:45.88	4
JETSON	LYN	50	BACK	0:44.30	9
MC MAHON	ALWYNNE	50	BRST	0:50.42	2
MC MAHON	ALWYNNE	50	BACK	0:46.62	7
SIMMS	IAN	200	FREE	2:54.79	9
SIMMS	IAN	50	BRST	0:46.65	2
SIMMS	IAN	100	FREE	1:19.37	4
SIMMS	IAN	50	BACK	0:42.69	2
SIMMS	IAN	50	FLY	0:41.00	2
SIMMS	IAN	100	BRST	1:41.57	6
STANCOMBE	PAUL	50	BRST	0:53.56	6
STANCOMBE	PAUL	50	BACK	0:55.18	2
WOODWORTH	ROBERT	100	IM	1:23.99	7
WOODWORTH	ROBERT	50	BACK	0:37.03	9
WOODWORTH	JILL	50	BACK	0:48.87	3
WOODWORTH	JILL	50	BACK	0:48.54	4
WOODWORTH	JILL	200	FREE	3:09.09	2

TIME TRIALS HELD ON 4TH DECEMBER 1995

SURNAME	FIRST_NAME	DISTA	STROK	TIME	PO
BEVERIDGE	HECTOR	50	BRST	1:00.89	7
BEVERIDGE	HECTOR	100	FREE	1:26.92	7
BRIEN	RAY	100	FREE	1:22.91	7
BRIEN	RAY	50	FLY	0:49.52	2
CALVERLEY	CHERYL	100	IM	2:25.70	8
CALVERLEY	CHERYL	100	FREE	1:48.15	2
CALVERLEY	CHERYL	50	FLY	1:05.70	4
GRAY	PAM	50	BRST	0:46.40	7
GRAY	PAM	50	FLY	0:38.78	5
HUNNERUP	DAVID	50	BRST	0:53.91	2
HUNNERUP	DAVID	100	FREE	1:41.87	2
JETSON	LYN	100	IM	1:36.08	8
JETSON	LYN	50	BRST	0:53.92	3
JETSON	LYN	50	FLY	0:46.41	9
JETSON	LYN	50	BRST	0:49.11	7
MC MAHON	ALWYNNE	50	FLY	0:47.02	9
MC MAHON	ALWYNNE	100	IM	2:04.57	2
STANCOMBE	PAUL	50	BRST	0:54.07	6
STANCOMBE	PAUL	50	FLY	0:56.47	2
WINZENBERG	WENDY	100	IM	1:44.59	2
WINZENBERG	WENDY	100	FREE	1:29.82	2
WINZENBERG	WENDY	50	FLY	0:46.15	2