

www.theteamcore.com Summer Squad List & Availability

Activity Number	SWIM MON 7am	SWIM MON 9.30am	RUN MON 6pm	SWIM TUE 5.30am	SWIM TUE 6.30am	SWIM TUE 6.15pm	SWIM WED 5.30am	BIKE WED 5.50am	SWIM WED 9.30am	RUN THU 6pm
1	Matt Illingworth	Marie-Therese Hunter	Nathan Thomson	Jane Day	Ian Klasens	Matt Illingworth	Suzanne Narbey	Karlee Cannon	Belinda Bennett	Rachel Forbes
2	Olivia D Martina	Sam Poulson	James Forbes	Rachel Forbes	Hannah McKerchar	Olivia D Martina	Paul Downie	Nathan Thomson	Emmy Poulson	Nathan Thomson
3	Nimal Wickrasminghe	Belinda Bennett	Nimal Wickrasminghe	Karlee Cannon	Jeremy Buttsworth	Sarah Thomson	Andrew Hunt	Helen Buckle	Andrew Stocks	Jan Johnston
4	Bonnie Tollafeld	Jan Johnston	Stuart Murray	Nathan Thomson	Bonnie Tollafeld	Nimal Wickrasminghe	James Forbes	Andrew Holmes	Tracey Edwards	James Forbes
5	Ernie Robinson	Robyn Ahern	Helen Masson	Justine Murphy	Helen Buckle	Stuart Murray	Rachel Forbes	Judi Clemie	Felicity Bailey	Nimal Wickrasminghe
6	Liz Beeck	Emmy Poulson	Glen Blackwell	Paul Downie	Ray Steffanoni	Bill Moody	Natalia Vollrath	Matt Biddle	Mel Cooney	Helen Masson
7	Roxanne Garven	Mel Cooney	Jessica Huston	Chris Foley	Wayne Morris	Helen Masson	Joanna Fisher	Helen Masson	Roxanne Garven	Glen Blackwell
8	Mike Bowles	Roxanne Garven	Lisa Palmer	Andrew Holmes	Stuart Gicquel	David Wood	Daniel Tarborsky	Glen Blackwell	Sally Scaffidi	Michael Bowles
9	Michael Jacobsen	Sally Scaffidi	Joanna Thomson	Matt Biddle	Neil Welsh	Neil Welsh	Robyn Ahern	Roxanne Garven	Sandra Cronin	Renee Baker
10	Guy Van Hazel	Sandra Cronin	Mel Cundy	Bill Carmody	Mike Fischer	David Laidlaw	Lindsey Shepherd	Trevor Magee	Gillian Evans	Mel Cooney
11	Don Eftos	Ian Murray	Lucas Salter	John Harris	Renee Baker	Clare Hanavan	Mike Bowles	Renee Baker	Ian Murray	Tim Cooney
12	Sue-Ann Anderson	Nicole Klemm		Matt McCarney	John Edwards	Mel Cooney	Serena Wells	Jessica Huston	Julie Ponthier	Ian Murray
13	Annette Van Hazel	SJ Brummage		James Forbes	Jessica Huston	Natalia Vollrath	Alberto Lachini	Sandra Cronin	Chris Lowe	Lisa Palmer
14	Mary Tennant	Gillian Evans		Robyn Ahern	Trevor Magee	John Annear	Hannah McKerchar	Ian Murray	Nicole Klemm	Joanna Thomson
15	Tony Van Merwyk	Anne Marie D'Arcy		Peter Mannolini	Guy Van Hazel	Guy Van Hazel	Sarah Humphry	Chris Murphy	SJ Brummage	Nelson Woss
16	Andrew Hunt	Jay White		Michael Bowles	Lisa Palmer	Annette Van Hazel	Amanda Nitschke	Joanna Thomson	Natalia Vollrath	Desiree de Silva
17	Andrew Stocks	Kristy Fogarty		Suzanne Narbey	Joanna Thomson	Anne Murrell	Peter Mannolini	Mary Tennant	Anne Marie D'Arcy	Karlee Cannon
18	Adam Wheeler	Suzi		Jill Benbow	Annette Van Hazel	Andrew Stocks	Vaughan Bisschops	Lucas Salter	Paul McQueen	Lucas Salter
19	Karen Wynne	Brian		Justine Murphy	Tony Van Merwyk	Holly Taylor	Lisa Day	Mel Cundy	Kristy Fogarty	Lisa Hitchcock
20	Alberto Lachini	Suzanne W		Graham Crocker	Sally Steffanoni	Louise Jones	Georgina Good	Natalia Vollrath	Sally Howe	
21	Stuart Murray	Felicity Bailey		Mark Dutton	Nicola Holmes	Mark Dutton	Lou McGown	Liz Beeck	Suzi	
22	Rob Franklin	Kathryn Granheim		Kim Smith	Andrew Hunt	Mark Platell	Chris Foley	Andy Foggin	Brian	
23	Arie Dielsen	Fiona Miekjohn		Adam Wheeler	Loretta VanMerwyk	Jorg Kampshoff	Glen Blackwell	Lisa Palmer	Liz Beeck	
24	Natalia Vollrath	Tracey Edwards		Tim Humphry	Rob Franklin	Justin Palmer	Tim Humphry	Kirsten Buckovic	Suzanne W	
25					Amanda Nitschke			Sue-Ann Anderson		
26					Mel Cundy					
27					Fran					
28					Helen					
29					Ian Murray					
30					Kim Colero					
31					Caroline Claydon					
32					Lucas Salter					
Buffer 1	Serena Wells	Sandy Burt		Lindsey Shepherd	David Fitzpatrick	Matt Howes	Natalia Vollrath		Sam Poulson	
Buffer 2	Glen Blackwell	Robyn Ahern		Sarah Humphry	Bill Moody	Mike Hodgson	Ernie Robinson		Sandy Burt	
Buffer 3	Jill Benbow	Natalia Vollrath		Kate Bevilacqua	Kirsten Buckovic	Emily Randles			Kim Colero	
Buffer 4	Anne Murrell			Matt Lowth	Amanda Bowman				Justin Palmer	
Buffer 5	Paul McQueen			Ernie Robinson					Robyn Ahern	
Buffer 6	Mark Rayner			Bonnie Tollafeld					Sue-Ann Anderson	
Buffer 7										
Buffer 8										
Reserve 1	Vaughan Bisschops			Mark Wallis						
Reserve 2	Kim Colero			Dan Timbers						
Reserve 3	Bob Paraschiv			Serena Wells						
Reserve 4				Kay Fuller						
Reserve 5				Paul Merson						
Reserve 6										
Reserve 7										
Reserve 8										
Reserve 9										
Reserve 10										
Key:		No spaces remaining		Available - be quick!		Explanation of Buffer:				If you are on the Buffer List you can attend that session!

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Activity Number	SWIM	SWIM	SWIM	BIKE	SWIM
	FRI 5.30am	FRI 6.30am	FRI 9.30am	SAT 6.30am	SAT 1pm
1	Jane Day	Ian Klasens	Sharon Goldstone	Karlee Cannon	Rachel Forbes
2	Rachel Forbes	Matt Ilingworth	Belinda Bennett	Nathan Thomson	Olivia D Martina
3	Karlee Cannon	Olivia D Martina	Emmy Poulson	Judi Clemie	Katrina Mercer
4	Nathan Thomson	Hannah McKerchar	Tracey Edwards	Stuart Murray	Matt McCarney
5	Sarah Humphry	Bonnie Tollafield	Fiona Mieklejohn	Helen Masson	Tim Humphry
6	Paul Downie	Stuart Murray	Liz Beeck	Glen Blackwell	Robyn McWaters
7	Chris Foley	Ray Steffanoni	Roxanne Garven	Roxanne Garven	Stuart Murray
8	Andrew Holmes	Helen Masson	Mel Cooney	Helen Buckle	Bill Moody
9	Matt Biddle	Stuart Gicquel	Kathryn Granheim	Neil Welsh	Roxanne Garven
10	Bill Carmody	Trevor Magee	Gillian Evans	Renee Baker	Mike Bowles
11	Kim Smith	Mike Fischer	Nicole Klemm	Sally Scaffidi	Trevor Magee
12	John Harris	Renee Baker	SJ Brummage	Trevor Magee	Suzanne Narbey
13	Matt McCarney	John Edwards	Ian Murray	Sandra Cronin	Renee Baker
14	James Forbes	Jessica Huston	Sue-Ann Anderson	Ian Murray	Sally Scaffidi
15	Robyn Ahern	Clare Hanavan	Mary Tennant	Chris Murphy	Natalia Vollrath
16	Peter Mannolini	Ian Murray	Anne Marie D'Arcy	Lisa Palmer	Ian Murray
17	Ermie Robinson	Jill Benbow	Marie-Therese Hunter	Joanna Thomson	Chris Lowe
18	Bill Moody	Guy Van Hazel	Suzi	Sue-Ann Anderson	John Annear
19	Mike Bowles	Lisa Palmer	Brian	Tim Humphry	Don Eftos
20	Daniel Tarborsky	Don Eftos	Suzanne W	Desiree de Silva	Graham Crocker
21	Suzanne Narbey	Joanna Thomson	Justin Palmer	Lucas Salter	Kate Bevilaqua
22	Georgina Good	Annette Van Hazel	Sandy Burt	Mel Cundy	Kristy Fogarty
23	Justine Murphy	Tony Van Merwyk	Robyn Ahern		Tony Van Merwyk
24	Graham Crocker	Sally Steffanoni	Natalia Vollrath		Rob Franklin
25		Desiree de Silva			Alberto Lachini
26		Sally Howe			Hannah McKerchar
27		Andrew Hunt			Caitlin Hunt
28		Loretta VanMerwyk			Paul McQueen
29		Amanda Nitschke			Mark Platell
30		Jeremy Buttsworth			Lisa Palmer
31		Helen Buckle			Wayne Morris
32		Wayne Morris			Jay White
Buffer 1	Matt Howes	Mel Cundy	Sally Scaffidi		Lucas Salter
Buffer 2	Sarah Thomson	Holly Taylor			Mike Hodgson
Buffer 3	Chris Lowe	Kim Colero			Serena Wells
Buffer 4	John Annear	Rob Franklin			Emily Randles
Buffer 5	Adam Wheeler	Fran			
Buffer 6	Tim Humphry	Helen			
Buffer 7		Caroline Claydon			
Buffer 8		Lucas Salter			
Reserve 1	Lisa Day	Glen Blackwell			
Reserve 2	Lindsey Shepherd	Natalia Vollrath			
Reserve 3	Lou McGown	Lisa Hitchcock			
Reserve 4	Kate Bevilaqua	Mark Rayner			
Reserve 5	Serena Wells	David Fitzpatrick			
Reserve 6	Renee Baker				
Reserve 7	Jill Benbow				
Reserve 8	Katrina Mercer				
Reserve 9	Dan Timbers				
Reserve 10					
Key:	If you are on the Reserve List you cannot attend that session until contacted. Please email Paul if this seems to be an error!				