

		Estimated Current 100m interval ability, i.e. 15 x 100m with 20s rest.	Goal 100m interval ability in 6-8 weeks	Target 400m Time Trial Result in 8 weeks	Target 1000m Time Trial Result in 10 weeks	Target 3000m Time Trial Result in 12 weeks
1	Adam Wheeler	01:37.0	01:34.6	06:35.9	16:50.4	0:54:05
2	Alberto Lachini	01:42.0	01:39.5	06:56.3	17:42.5	0:56:52
3	Amanda Nitschke	01:48.0	01:45.4	07:20.8	18:45.0	1:00:13
4	Andrew Holmes	01:48.0	01:45.4	07:20.8	18:45.0	1:00:13
5	Andrew Hunt	01:30.0	01:27.8	06:07.3	15:37.5	0:50:11
6	Andrew Stocks	01:39.0	01:36.6	06:44.1	17:11.2	0:55:12
7	Anne Marie D'Arcy	01:40.0	01:37.6	06:48.2	17:21.7	0:55:45
8	Anne Murrell	02:04.0	02:01.0	08:26.1	21:31.7	1:09:08
9	Annette Van Hazel	01:53.0	01:50.2	07:41.2	19:37.1	1:03:00
10	Arie Dielsen	01:37.0	01:34.6	06:35.9	16:50.4	0:54:05
11	Belinda Bennett	01:38.0	01:35.6	06:40.0	17:00.8	0:54:38
12	Ben	01:12.0	01:10.2	04:53.9	12:30.0	0:40:08
13	Bill Carmody	01:38.0	01:35.6	06:40.0	17:00.8	0:54:38
14	Bill Moody	01:56.0	01:53.2	07:53.5	20:08.3	1:04:40
15	Bonnie Tollafield	01:56.0	01:53.2	07:53.5	20:08.3	1:04:40
16	Brian	01:42.0	01:39.5	06:56.3	17:42.5	0:56:52
17	Bruce Matthews	?	?	?	?	?
18	Carly Innes	01:53.0	01:50.2	07:41.2	19:37.1	1:03:00
19	Cath Fletcher	?	?	?	?	?
20	Ceinwen Williams	01:18.0	01:16.1	05:18.4	13:32.5	0:43:29
21	Chris Foley	01:36.0	01:33.7	06:31.8	16:40.0	0:53:31
22	Chris Lowe	01:34.0	01:31.7	06:23.7	16:19.2	0:52:24
23	Chris Murphy	?	?	?	?	?
24	Clare Hanavan	01:34.0	01:31.7	06:23.7	16:19.2	0:52:24
25	Corinne Wholagan	01:48.0	01:45.4	07:20.8	18:45.0	1:00:13
26	Craig Scott	01:22.0	01:20.0	05:34.7	14:14.2	0:45:43
27	Dan Timbers	01:53.0	01:50.2	07:41.2	19:37.1	1:03:00
28	Daniel Tarborsky	01:52.0	01:49.3	07:37.1	19:26.7	1:02:26
29	David Fitzpatrick	01:39.0	01:36.6	06:44.1	17:11.2	0:55:12
30	David Laidlaw	02:06.0	02:02.9	08:34.3	21:52.5	1:10:15
31	David Wood	?	?	?	?	?
32	Deb Mayrhofer	?	?	?	?	?
33	Desiree de Silva	01:48.0	01:45.4	07:20.8	18:45.0	1:00:13
34	Don Eftos	01:53.0	01:50.2	07:41.2	19:37.1	1:03:00
35	Donna Todesko	02:02.0	01:59.0	08:18.0	21:10.8	1:08:01
36	Emmy Poulson	01:46.0	01:43.4	07:12.7	18:24.2	0:59:06
37	Ermie Robinson	01:47.0	01:44.4	07:16.7	18:34.6	0:59:39
38	Fran	?	?	?	?	?
39	Gail Abernethy	?	?	?	?	?
40	Geoff Wilson	01:17.0	01:15.1	05:14.3	13:22.1	0:42:56
41	Georgina Good	01:42.0	01:39.5	06:56.3	17:42.5	0:56:52
42	Gillian Evans	01:58.0	01:55.1	08:01.6	20:29.2	1:05:47
43	Glen Blackwell	01:36.0	01:33.7	06:31.8	16:40.0	0:53:31
44	Graham Crocker	01:30.0	01:27.8	06:07.3	15:37.5	0:50:11
45	Guy Van Hazel	01:55.0	01:52.2	07:49.4	19:57.9	1:04:07
46	Hannah McKerchar	?	?	?	?	?
47	Helen Buckle	01:52.0	01:49.3	07:37.1	19:26.7	1:02:26
48	Helen Masson	02:02.0	01:59.0	08:18.0	21:10.8	1:08:01
49	Holly Taylor	01:52.0	01:49.3	07:37.1	19:26.7	1:02:26
50	Ian Klasens	01:44.0	01:41.5	07:04.5	18:03.3	0:57:59
51	Ian Murray	01:47.0	01:44.4	07:16.7	18:34.6	0:59:39
52	James Forbes	01:18.0	01:16.1	05:18.4	13:32.5	0:43:29
53	Jan Johnston	?	?	?	?	?
54	Jane Day	01:35.0	01:32.7	06:27.8	16:29.6	0:52:58
55	Jason Hope	?	?	?	?	?
56	Jay White	02:02.0	01:59.0	08:18.0	21:10.8	1:08:01
57	Jeremy Buttsworth	01:34.0	01:31.7	06:23.7	16:19.2	0:52:24
58	Jessica Huston	01:51.0	01:48.3	07:33.1	19:16.3	1:01:53
59	Jill Benbow	01:56.0	01:53.2	07:53.5	20:08.3	1:04:40
60	Joanna Thomson	01:58.0	01:55.1	08:01.6	20:29.2	1:05:47
61	Joe Kierath	01:15.0	01:13.2	05:06.1	13:01.3	0:41:49
62	John Annear	01:39.0	01:36.6	06:44.1	17:11.2	0:55:12
63	John Edwards	01:22.0	01:20.0	05:34.7	14:14.2	0:45:43
64	John Harris	01:33.0	01:30.7	06:19.6	16:08.7	0:51:51
65	Judi Clemie	02:00.0	01:57.1	08:09.8	20:50.0	1:06:54
66	Julie	?	?	?	?	?
67	Julie Ponthier	02:32.0	02:28.3	10:20.4	26:23.3	1:24:44
68	Justin Palmer	01:22.0	01:20.0	05:34.7	14:14.2	0:45:43
69	Justine Murphy	01:31.0	01:28.8	06:11.4	15:47.9	0:50:44
70	Karlee Cannon	01:28.0	01:25.9	05:59.2	15:16.7	0:49:04
71	Kathryn Granheim	?	?	?	?	?
72	Kathy Philips	?	?	?	?	?
73	Kelly Wood	?	?	?	?	?
74	Kim Smith	01:28.0	01:25.9	05:59.2	15:16.7	0:49:04
75	Kirsten B	01:49.0	01:46.3	07:24.9	18:55.4	1:00:46
76	Kirsti Hansen	02:22.0	02:18.5	09:39.6	24:39.2	1:19:10
77	Kristy Fogarty	01:29.0	01:26.8	06:03.3	15:27.1	0:49:37
78	Lindsey Shepherd	?	?	?	?	?
79	Lisa Day	01:52.0	01:49.3	07:37.1	19:26.7	1:02:26
80	Lisa Delaurentis	01:18.0	01:16.1	05:18.4	13:32.5	0:43:29
81	Lisa Hitcock	?	?	?	?	?
82	Lisa Palmer	01:34.0	01:31.7	06:23.7	16:19.2	0:52:24
83	Liz Beeck	02:00.0	01:57.1	08:09.8	20:50.0	1:06:54
84	Loretta VanMerwyk	01:24.0	01:22.0	05:42.9	14:35.0	0:46:50
85	Lou McGown	?	?	?	?	?
86	Louise Jones	01:58.0	01:55.1	08:01.6	20:29.2	1:05:47

87	Lucas Salter	01:58.0	01:55.1	08:01.6	20:29.2	1:05:47
88	Marie-Therese Hunter	01:35.0	01:32.7	06:27.8	16:29.6	0:52:58
89	Mark Dutton	?	?	?	?	?
90	Mark McNally	01:56.0	01:53.2	07:53.5	20:08.3	1:04:40
91	Mark Platell	01:36.0	01:33.7	06:31.8	16:40.0	0:53:31
92	Mark Scanlon	01:13.0	01:11.2	04:58.0	12:40.4	0:40:42
93	Mark Wallis	01:37.0	01:34.6	06:35.9	16:50.4	0:54:05
94	Mary Tennant	02:15.0	02:11.7	09:11.0	23:26.3	1:15:16
95	Matt Biddle	01:57.0	01:54.1	07:57.6	20:18.8	1:05:14
96	Matt Howes	01:34.0	01:31.7	06:23.7	16:19.2	0:52:24
97	Matt Illingworth	01:29.0	01:26.8	06:03.3	15:27.1	0:49:37
98	Matt McCarney	01:35.0	01:32.7	06:27.8	16:29.6	0:52:58
99	Mel Cooney	01:43.0	01:40.5	07:00.4	17:52.9	0:57:25
100	Mel Cundy	01:42.0	01:39.5	06:56.3	17:42.5	0:56:52
101	Mel Watson	01:46.0	01:43.4	07:12.7	18:24.2	0:59:06
102	Melissa Murphy	?	?	?	?	?
103	Michael Bowles	01:39.0	01:36.6	06:44.1	17:11.2	0:55:12
104	Mike Fischer	01:59.0	01:56.1	08:05.7	20:39.6	1:06:21
105	Mike Hodgson	02:04.0	02:01.0	08:26.1	21:31.7	1:09:08
106	Natalia Vollrath	01:38.0	01:35.6	06:40.0	17:00.8	0:54:38
107	Nathan Jones	01:25.0	01:22.9	05:46.9	14:45.4	0:47:23
108	Nathan Thomson	01:56.0	01:53.2	07:53.5	20:08.3	1:04:40
109	Neil Welsh	?	?	?	?	?
110	Nelson Woss	?	?	?	?	?
111	Nicola Holmes	01:21.0	01:19.0	05:30.6	14:03.8	0:45:09
112	Nicole Klemm	01:47.0	01:44.4	07:16.7	18:34.6	0:59:39
113	Nimal Wickramasinghe	01:44.0	01:41.5	07:04.5	18:03.3	0:57:59
114	Olivia D Martina	01:37.0	01:34.6	06:35.9	16:50.4	0:54:05
115	Paul Downie	01:33.0	01:30.7	06:19.6	16:08.7	0:51:51
116	Peter Mannolini	01:36.0	01:33.7	06:31.8	16:40.0	0:53:31
117	Rachel Forbes	01:30.0	01:27.8	06:07.3	15:37.5	0:50:11
118	Ray Steffanoni	01:36.0	01:33.7	06:31.8	16:40.0	0:53:31
119	Renee Baker	01:42.0	01:39.5	06:56.3	17:42.5	0:56:52
120	Renee de Voogd	01:38.0	01:35.6	06:40.0	17:00.8	0:54:38
121	Rob Franklin	01:38.0	01:35.6	06:40.0	17:00.8	0:54:38
122	Rob Newman	01:46.0	01:43.4	07:12.7	18:24.2	0:59:06
123	Robyn Ahern	01:56.0	01:53.2	07:53.5	20:08.3	1:04:40
124	Robyn McWaters	?	?	?	?	?
125	Roxanne Garven	01:57.0	01:54.1	07:57.6	20:18.8	1:05:14
126	Sally Howe	01:52.0	01:49.3	07:37.1	19:26.7	1:02:26
127	Sally Scaffidi	01:24.0	01:22.0	05:42.9	14:35.0	0:46:50
128	Sally Steffanoni	01:53.0	01:50.2	07:41.2	19:37.1	1:03:00
129	Sam Poulson	?	?	?	?	?
130	Sandra Cronin	02:12.0	02:08.8	08:58.8	22:55.0	1:13:35
131	Sandy Burt	?	?	?	?	?
132	Sarah Thomson	01:52.0	01:49.3	07:37.1	19:26.7	1:02:26
133	Sharon Goldstone	02:06.0	02:02.9	08:34.3	21:52.5	1:10:15
134	SJ Brummage	01:39.0	01:36.6	06:44.1	17:11.2	0:55:12
135	Stuart Gicquel	01:42.0	01:39.5	06:56.3	17:42.5	0:56:52
136	Stuart Murray	01:59.0	01:56.1	08:05.7	20:39.6	1:06:21
137	Sue-Ann Anderson	?	?	?	?	?
138	Suzanne Laidlaw	01:40.0	01:37.6	06:48.2	17:21.7	0:55:45
139	Suzanne Narbey	01:32.0	01:29.8	06:15.5	15:58.3	0:51:17
140	Suzanne Williams	01:48.0	01:45.4	07:20.8	18:45.0	1:00:13
141	Suzi	01:27.0	01:24.9	05:55.1	15:06.3	0:48:30
142	Tim Cooney	01:41.0	01:38.5	06:52.2	17:32.1	0:56:18
143	Tim Humphry	01:57.0	01:54.1	07:57.6	20:18.8	1:05:14
144	Todd Skipworth	01:08.0	01:06.3	04:37.6	11:48.3	0:37:55
145	Tony Van Merwyk	01:25.0	01:22.9	05:46.9	14:45.4	0:47:23
146	Tracey Edwards	01:35.0	01:32.7	06:27.8	16:29.6	0:52:58
147	Trevor Magee	01:35.0	01:32.7	06:27.8	16:29.6	0:52:58
148	Ursula Muhsfeldt	?	?	?	?	?
149	Vera Sistenich	?	?	?	?	?
150	Wayne Morris	01:24.0	01:22.0	05:42.9	14:35.0	0:46:50