

Stepping Stones Time Trial 3 2009 Results 5/9/09

The Times Taken at TT1 are "Bench Marks" to record improvements.

DNC = (Did Not Compete)

Times Displayed in Minutes:Seconds.00

TT1 = Time Trial 1, TT2= Time Trial 2 Etc.

TD = Time Difference (Green = Reduction - Red = No Improvement)

Total Time Diff = Cumulative improvement

Name	Age	Event	50m Backstroke	50m Breaststroke	25m Butterfly	50m Freestyle	Total Improvement
Abbie Hampshire	9	TT 1	00:48.03	00:58.22	00:22.89	00:42.59	
		TT 2	DNC	DNC	DNC	DNC	
		TT 3	00:48.00	00:55.11	00:21.56	00:40.28	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.03	00:03.11	00:01.33	00:02.31	00:06.78
Adam Sayedi	13	TT 1	00:36.84	00:45.71	00:16.52	00:32.06	
		TT 2	00:36.31	00:46.34	00:16.86	00:32.13	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.53	00:00.00	00:00.00	00:00.00	00:00.53
Adam Welch	9	TT 1	00:53.39	01:14.39	00:28.73	00:49.05	
		TT 2	00:53.50	01:14.40	00:29.43	00:46.03	
		TT 3	00:53.81	01:12.81	00:24.41	00:46.71	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:01.58	00:04.32	00:03.02	00:08.92
Alice Riley	12	TT 1	00:51.03	00:51.21	00:23.13	00:43.51	
		TT 2	DNC	DNC	DNC	DNC	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Amy Cochrane	11	TT 1	00:40.43	00:49.67	DNC	DNC	
		TT 2	DNC	DNC	DNC	DNC	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Angus McCabe	12	TT 1	00:50.73	00:52.63	00:21.55	00:40.68	
		TT 2	DNC	DNC	DNC	DNC	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Anna Morris	10	TT 1	01:04.89	01:02.37	00:36.00	00:58.12	
		TT 2	01:02.70	01:03.12	00:32.59	00:55.37	
		TT 3	01:00.90	01:01.62	00:30.11	00:54.09	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:03.99	00:00.75	00:05.89	00:04.03	00:14.66
Ben Housley		TT 1	DNC	DNC	DNC	DNC	

11	TT 2	00:44.28	00:49.62	00:18.46	00:35.68	
	TT 3	DNC	DNC	DNC	DNC	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
	TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Bethany Hanson	TT 1	DNC	DNC	DNC	DNC	
12	TT 2	00:41.56	00:43.46	00:16.18	00:32.18	
	TT 3	DNC	DNC	DNC	DNC	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
	TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Bethany Lilley	TT 1	00:44.25	00:47.36	00:19.13	00:35.67	
12	TT 2	00:42.06	00:47.12	00:19.49	00:36.56	
	TT 3	00:41.62	00:47.25	00:19.12	00:35.68	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
	TD	00:02.63	00:00.11	00:00.01	00:00.00	00:02.75
Caitlin Jessop-Humphries	TT 1	00:56.73	00:58.92	00:28.80	00:42.70	
12	TT 2	00:56.56	00:58.81	00:28.36	00:43.18	
	TT 3	DNC	DNC	DNC	DNC	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
	TD	00:00.17	00:00.11	00:00.44	00:00.00	00:00.72
Charlotte Harrison	TT 1	00:56.67	01:05.58	00:25.33	00:54.48	
9	TT 2	01:01.57	01:06.84	00:25.43	00:52.27	
	TT 3	00:59.70	01:07.28	00:27.86	00:55.00	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
	TD	00:00.00	00:00.00	00:00.00	00:02.21	00:02.21
Ellie Sharp	TT 1	00:43.15	00:45.28	00:19.77	00:38.45	
12	TT 2	00:43.34	00:49.43	00:20.70	00:38.92	
	TT 3	00:42.16	00:48.45	00:19.01	00:37.39	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
	TD	00:00.99	00:00.00	00:00.76	00:01.06	00:02.81
Ellie Smith	TT 1	00:49.15	00:50.42	00:22.16	00:41.67	
12	TT 2	00:47.31	00:46.11	00:21.81	00:40.40	
	TT 3	00:46.06	00:46.09	00:21.67	00:40.45	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
	TD	00:03.09	00:04.33	00:00.49	00:01.27	00:09.18
Emily McGonigle	TT 1	00:45.59	00:58.70	00:22.21	00:42.98	
11	TT 2	00:45.71	01:01.09	00:21.71	00:43.25	
	TT 3	00:44.21	00:56.87	00:21.66	00:40.25	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
	TD	00:01.38	00:01.83	00:00.55	00:02.73	00:06.49
Esme Graham	TT 1	00:43.92	00:49.27	00:21.89	00:40.16	
11	TT 2	00:45.54	00:51.00	DNC	00:42.00	
	TT 3	DNC	DNC	DNC	DNC	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	

		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Gabrielle Smith		TT 1	00:41.93	00:49.07	00:19.14	00:36.34	
	12	TT 2	00:39.42	00:46.06	00:17.40	00:34.40	
		TT 3	00:39.25	00:47.15	00:17.52	00:34.59	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:02.68	00:03.01	00:01.74	00:01.94	00:09.37
Hannah Lund		TT 1	DNC	DNC	DNC	DNC	
	13	TT 2	00:46.78	00:51.12	00:22.56	00:41.09	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Hebe Holdsworth		TT 1	00:52.23	00:51.31	00:25.05	00:41.96	
	12	TT 2	DNC	DNC	DNC	DNC	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Henry Holdsworth		TT 1	00:44.43	00:48.02	00:18.34	00:42.39	
	10	TT 2	00:42.91	00:47.06	00:18.06	00:39.62	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:01.52	00:00.96	00:00.28	00:02.77	00:05.53
Hetty Pickles		TT 1	00:53.83	01:00.60	00:24.78	00:48.34	
	10	TT 2	00:50.73	00:58.59	00:23.43	00:47.65	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:03.10	00:02.01	00:01.35	00:00.69	00:07.15
Ilsa Graham		TT 1	00:40.53	00:46.40	00:18.16	00:35.23	
	13	TT 2	00:40.84	00:45.25	00:17.63	00:36.00	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:01.15	00:00.53	00:00.00	00:01.68
Jack Horsfall		TT 1	00:49.75	00:57.56	00:23.33	00:46.03	
	11	TT 2	00:49.45	00:56.90	00:23.62	00:45.82	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.30	00:00.66	00:00.00	00:00.21	00:01.17
Jacob Riley		TT 1	01:04.50	01:03.01	00:34.12	00:56.50	
	9	TT 2	01:03.62	01:01.75	00:31.90	00:56.71	
		TT 3	01:04.50	01:00.58	00:31.81	00:56.61	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.88	00:02.43	00:02.31	00:00.00	00:05.62
James Field		TT 1	DNC	DNC	DNC	DNC	
		TT 2	00:51.43	01:05.96	00:25.50	00:52.15	

	9	TT 3	00:50.11	01:04.00	00:27.00	00:53.25	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:01.32	00:01.96	00:00.00	00:00.00	00:03.28
James Ward		TT 1	00:47.98	00:46.48	00:22.29	00:43.73	
		TT 2	00:45.14	00:46.78	00:21.39	00:41.68	
	10	TT 3	00:45.36	00:44.28	00:20.53	00:39.32	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:02.84	00:02.20	00:01.76	00:04.41	00:11.21
Jenny Hutchinson		TT 1	00:46.09	00:51.94	00:21.71	00:41.08	
		TT 2	00:45.32	00:52.90	00:21.89	00:42.16	
	13	TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.77	00:00.00	00:00.00	00:00.00	00:00.77
Joshua Craven		TT 1	00:57.20	01:09.48	00:29.00	00:50.49	
		TT 2	00:59.34	01:04.34	00:28.78	00:53.59	
	11	TT 3	01:03.06	01:04.25	00:30.27	00:54.56	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:05.14	00:00.22	00:00.00	00:05.36
Kate Russell		TT 1	00:47.77	00:48.31	00:24.09	00:43.38	
		TT 2	00:45.96	00:48.65	00:22.15	00:40.92	
	10	TT 3	00:46.31	00:48.18	00:22.39	00:43.96	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:01.81	00:00.13	00:01.94	00:02.46	00:06.34
Katie Cochrane		TT 1	00:57.46	01:05.43	00:31.86	00:48.02	
		TT 2	00:57.53	01:06.07	00:31.00	00:48.78	
	8	TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.86	00:00.00	00:00.86
Katie Handford		TT 1	00:58.71	00:53.05	00:35.59	00:51.77	
		TT 2	01:00.34	00:56.06	00:32.53	00:53.42	
	11	TT 3	00:59.28	00:57.53	00:31.46	00:51.64	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:04.13	00:00.13	00:04.26
Kieran Belk		TT 1	DNC	DNC	DNC	DNC	
		TT 2	00:36.75	00:41.34	00:15.87	00:32.09	
	12	TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Kieran Burras		TT 1	00:55.52	01:04.29	00:28.66	00:49.65	
		TT 2	DNC	DNC	DNC	DNC	
	11	TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00

Laura Paterson		TT 1	00:45.17	00:49.84	00:21.42	00:38.32	
	14	TT 2	00:43.62	00:50.56	DNC	00:38.37	
		TT 3	00:43.28	00:51.26	00:20.46	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:01.89	00:00.00	00:00.96	00:00.00	00:02.85
Laura Hope		TT 1	00:45.78	00:50.53	00:21.67	00:40.05	
	12	TT 2	00:45.46	00:48.46	DNC	00:37.25	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.32	00:02.07	00:00.00	00:02.80	00:05.19
Lauren Hanson		TT 1	00:48.78	00:56.03	00:23.96	00:44.08	
	10	TT 2	00:49.15	00:56.51	00:23.25	00:41.06	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.71	00:03.02	00:03.73
Lewis Taylor		TT 1	DNC	DNC	DNC	DNC	
	10	TT 2	01:01.80	01:20.31	00:38.48	00:59.34	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Lewis Overton-Barratt		TT 1	00:53.30	01:07.87	00:36.92	00:54.40	
	11	TT 2	00:55.86	01:06.28	00:29.11	00:52.15	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:01.59	00:07.81	00:02.25	00:11.65
Lucy Goodfellow		TT 1	00:57.92	01:17.17	00:33.21	01:04.30	
	8	TT 2	00:57.67	01:14.59	00:32.18	00:57.77	
		TT 3	00:59.77	01:14.41	00:33.61	01:01.37	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.25	00:02.76	00:01.03	00:06.53	00:10.57
Matthew Ward		TT 1	01:01.43	01:04.50	00:30.16	00:49.00	
	10	TT 2	DNC	01:03.81	DNC	00:51.53	
		TT 3	DNC	01:05.46	DNC	00:52.32	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.69	00:00.00	00:00.00	00:00.69
Millie Sharp		TT 1	00:53.59	01:15.42	00:26.62	00:49.71	
	10	TT 2	00:52.68	01:13.07	00:24.81	00:47.52	
		TT 3	00:51.71	01:09.71	00:23.15	00:49.78	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:01.88	00:05.71	00:03.47	00:02.19	00:13.25
Molly O'Toole		TT 1	01:10.06	01:10.48	00:32.95	01:01.70	
	9	TT 2	01:08.34	01:08.48	00:31.06	00:56.62	
		TT 3	01:11.77	01:12.34	00:31.73	00:59.22	

		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:01.72	00:02.00	00:01.89	00:05.08	00:10.69
Olivia Dewhurst		TT 1	DNC	DNC	DNC	DNC	
	10	TT 2	00:58.40	01:15.90	00:36.65	00:57.09	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Paige Almack		TT 1	00:39.05	00:42.43	00:17.67	00:34.84	
	13	TT 2	DNC	DNC	DNC	DNC	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Peter Almack		TT 1	00:52.67	01:05.65	00:28.09	00:49.43	
	10	TT 2	00:54.84	01:03.02	00:26.18	00:48.82	
		TT 3	00:54.03	01:01.07	00:26.31	00:47.50	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:04.58	00:01.91	00:01.93	00:08.42
Rhys Watson		TT 1	00:42.39	00:48.84	00:18.32	00:37.64	
	11	TT 2	00:43.18	00:47.27	00:17.81	00:37.31	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:01.57	00:00.51	00:00.33	00:02.41
Robert Harker		TT 1	DNC	DNC	00:21.17	00:42.81	
	9	TT 2	00:51.12	01:00.90	00:23.21	00:41.73	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:01.08	00:01.08
Robert Scaife		TT 1	00:52.88	01:08.14	00:28.35	00:50.86	
	11	TT 2	00:53.87	01:08.21	00:28.03	00:46.18	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.32	00:04.68	00:05.00
Rosemary Tawn		TT 1	00:52.09	00:51.68	00:24.07	00:41.25	
	13	TT 2	DNC	DNC	DNC	DNC	
		TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Ryan Allen		TT 1	00:49.09	00:59.81	00:28.50	00:46.61	
	9	TT 2	00:46.81	00:59.65	00:24.80	00:40.06	
		TT 3	00:44.70	00:54.29	00:22.59	00:38.46	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:04.39	00:05.52	00:05.91	00:08.15	00:23.97
Sally Handford		TT 1	00:43.46	00:48.09	00:22.16	00:39.29	

		TT 2	00:45.34	00:47.58	00:21.84	00:40.53	
	13	TT 3	00:44.28	00:48.64	00:22.93	00:39.65	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.51	00:00.32	00:00.00	00:00.83
Sam Hilton		TT 1	00:52.98	00:59.00	00:22.93	00:42.59	
		TT 2	00:54.37	00:56.13	00:23.71	00:41.56	
	12	TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:02.87	00:00.00	00:01.03	00:03.90
Sophia Sayedi		TT 1	00:42.93	00:47.77	00:19.03	00:38.06	
		TT 2	00:45.36	00:48.95	00:21.09	00:41.20	
	11	TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Sophie Ling		TT 1	00:52.67	00:51.81	00:24.21	00:49.56	
		TT 2	00:49.02	00:47.68	00:22.18	00:47.03	
	12	TT 3	00:50.64	00:48.43	00:22.81	00:46.36	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:03.65	00:04.13	00:02.03	00:03.20	00:13.01
Tabitha Holdsworth		TT 1	00:50.56	00:51.63	00:21.12	00:41.65	
		TT 2	00:49.59	00:51.64	00:21.43	00:42.87	
	9	TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:00.97	00:00.00	00:00.00	00:00.00	00:00.97
Taylor Barrett		TT 1	00:43.51	00:44.80	00:16.75	00:32.53	
		TT 2	00:41.56	00:43.98	00:16.81	00:31.75	
	13	TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:01.95	00:00.82	00:00.00	00:00.78	00:03.55
Toby Barlow		TT 1	00:55.39	00:57.61	00:31.34	00:45.68	
		TT 2	00:54.00	00:56.58	00:30.59	00:44.96	
	10	TT 3	00:52.22	00:57.59	00:30.96	00:45.55	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:03.17	00:01.03	00:00.75	00:00.72	00:05.67
Tom Russell		TT 1	00:54.06	00:58.02	00:24.57	00:50.27	
		TT 2	00:52.68	00:57.71	00:25.26	00:51.29	
	9	TT 3	00:50.82	01:00.42	00:25.73	00:51.70	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
		TD	00:03.24	00:00.31	00:00.00	00:00.00	00:03.55
Tom Storr		TT 1	00:44.46	00:52.89	00:21.79	00:39.76	
		TT 2	DNC	DNC	DNC	DNC	
	12	TT 3	DNC	DNC	DNC	DNC	
		TT 4	00:00.00	00:00.00	00:00.00	00:00.00	

	TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
Tom Watson	TT 1	00:39.09	00:47.84	00:18.05	00:33.51	
	TT 2	DNC	DNC	DNC	DNC	
12	TT 3	DNC	DNC	DNC	DNC	
	TT 4	00:00.00	00:00.00	00:00.00	00:00.00	
	TD	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
