

130 hour swim Hour																									
Swimmers																									
1 Thursday 18-Aug 0-1am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	11 Thursday 18-Aug 10-11am		21 Thursday 18-Aug 8-9pm		31 Friday 19-Aug 6-7am	Early Morning training	41 Friday 19-Aug 4-5pm	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	51 Saturday 20-Aug 2-3am		61 Saturday 20-Aug 12-1pm		71 Saturday 20-Aug 10-11pm	James Harrison	81 Sunday 21-Aug 8-9am		91 Sunday 21-Aug 6-7pm		101 Monday 22-Aug 4-5am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	111 Monday 22-Aug 2-3pm		121 Tuesday 23-Aug 12-1am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC Naomi		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee
2 Thursday 18-Aug 1-2am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	12 Thursday 18-Aug 11-12noon		22 Thursday 18-Aug 9-10pm		32 Friday 19-Aug 7-8am	Club Session	42 Friday 19-Aug 5-6pm	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	52 Saturday 20-Aug 3-4am		62 Saturday 20-Aug 1-2pm		72 Saturday 20-Aug 11-12midnight	James Harrison	82 Sunday 21-Aug 9-10am		92 Sunday 21-Aug 7-8pm		102 Monday 22-Aug 5-6am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	112 Monday 22-Aug 3-4pm		122 Tuesday 23-Aug 1-2am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC Naomi		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee
3 Thursday 18-Aug 2-3am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	13 Thursday 18-Aug 12-1pm		23 Thursday 18-Aug 10-11pm		23 Friday 19-Aug 8-9am	Club Session	33 Friday 19-Aug 6-7pm	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	43 Saturday 20-Aug 4-5am		53 Saturday 20-Aug 2-3pm		73 Sunday 21-Aug 12-1am	James Harrison	83 Sunday 21-Aug 10-11am		93 Sunday 21-Aug 8-9pm		103 Monday 22-Aug 6-7am	Early Morning training	103 Monday 22-Aug 4-5pm		113 Tuesday 23-Aug 2-3am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC Kevin Ben	Heather Chapman Amy Ryan Harley Gavet	NRASTC		NRASTC		NRASTC Naomi		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC Naomi		NRASTC		NRASTC Kevin Ben	Heather Chapman Amy Ryan Harley Gavet Aimee
4 Thursday 18-Aug 3-4am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	14 Thursday 18-Aug 1-2pm		24 Thursday 18-Aug 11-12 pm midnight		34 Friday 19-Aug 9-10am		44 Friday 19-Aug 7-8pm	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	54 Saturday 20-Aug 5-6am		64 Saturday 20-Aug 3-4pm		74 Sunday 21-Aug 1-2am	James Harrison	84 Sunday 21-Aug 11-12 noon		94 Sunday 21-Aug 9-10pm	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	104 Monday 22-Aug 7-8am	Club Session	114 Monday 22-Aug 5-6pm		124 Tuesday 23-Aug 3-4am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC Naomi		NRASTC		NRASTC Kevin Ben	Heather Chapman Amy Ryan Harley Gavet Aimee
5 Thursday 18-Aug 4-5 am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	15 Thursday 18-Aug 2-3pm		25 Friday 19-Aug 12-1am		35 Friday 19-Aug 10-11am		45 Friday 19-Aug 8-9pm	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	55 Saturday 20-Aug 6-7am		65 Saturday 20-Aug 4-5pm	Alex Ogier and Family	75 Sunday 21-Aug 2-3am	James Harrison	85 Sunday 21-Aug 12-1pm		95 Sunday 21-Aug 10-11pm	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	105 Monday 22-Aug 8-9am	Club Session	115 Monday 22-Aug 6-7pm		125 Tuesday 23-Aug 4-5am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC Naomi		NRASTC		NRASTC Kevin Ben	Heather Chapman Amy Ryan Harley Gavet Aimee
6 Thursday 18-Aug 5-6am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	16 Thursday 18-Aug 3-4pm		26 Friday 19-Aug 1-2am		36 Friday 19-Aug 11-12 Noon		46 Friday 19-Aug 9-10pm	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	56 Saturday 20-Aug 7-8am		66 Saturday 20-Aug 5-6pm		76 Sunday 21-Aug 3-4am		86 Sunday 21-Aug 1-2pm		96 Sunday 21-Aug 11-12 midnight	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	106 Monday 22-Aug 9-10am		116 Monday 22-Aug 7-8pm		126 Tuesday 23-Aug 5-6am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC Kevin Ben	Heather Chapman Amy Ryan Harley Gavet Aimee
7 Thursday 18-Aug 6-7am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	17 Thursday 18-Aug 4-5pm	0	27 Friday 19-Aug 2-3am		37 Friday 19-Aug 12-1pm		47 Friday 19-Aug 10-11pm	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	57 Saturday 20-Aug 8-9am		67 Saturday 20-Aug 6-7pm		77 Sunday 21-Aug 4-5am		87 Sunday 21-Aug 2-3pm		97 Monday 22-Aug 12-1am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	107 Monday 22-Aug 10-11am		117 Monday 22-Aug 8-9pm		127 Tuesday 23-Aug 6-7am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC Kevin Ben	Heather Chapman Amy Ryan Harley Gavet Aimee
8 Thursday 18-Aug 7-8am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	18 Thursday 18-Aug 5-6pm		28 Friday 19-Aug 3-4am		38 Friday 19-Aug 1-2pm		48 Friday 19-Aug 11-12 midnight	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	58 Saturday 20-Aug 9-10am	Marsh Family	68 Satrday 20-Aug 7-8pm	James Harrison	78 Sunday 21-Aug 5-6am	Lou Marley Teshie Dave Marley	88 Sunday 21-Aug 3-4pm		98 Monday 22-Aug 1-2am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	108 Monday 22-Aug 11-12 noon		118 Monday 22-Aug 9-10pm	Chip Ciprian	128 Tuesday 23-Aug 7-8am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC Shirley		NRASTC		NRASTC Lou		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC Kevin Ben	Heather Chapman Amy Ryan Harley Gavet Aimee
9 Thursday 18-Aug 8-9am		19 Thursday 18-Aug 6-7pm	Club Session	29 Friday 19-Aug 4-5am		39 Friday 19-Aug 2-3pm		49 Saturday 20-Aug 12-1am		59 Saturday 20-Aug 10-11am		69 Saturday 20-Aug 8-9pm	James Harrison	79 Sunday 21-Aug 6-7am		89 Sunday 21-Aug 4-5pm		99 Monday 22-Aug 2-3am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	109 Monday 22-Aug 12-1pm		119 Monday 22-Aug 10-11pm	Chip Ciprian	129 Tuesday 23-Aug 8-9 am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC		NRASTC Naomi		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC		NRASTC Kevin Ben	Heather Chapman Amy Ryan Harley Gavet Aimee
10 Thursday 18-Aug 9-10am		20 Thursday 18-Aug 7-8pm	Club Session	30 Friday 19-Aug 5-6am	Sarah Whitchurch Hutch Len Sheppard Trish Mc Dermott	40 Friday 19-Aug 3-4pm		50 Saturday 20-Aug 1-2am		60 Saturday 20-Aug 11-12 noon		70 Saturday 20-Aug 9-10pm	James Harrison	80 Sunday 21-Aug 7-8am		90 Sunday 21-Aug 5-6pm		100 Monday 22-Aug 3-4am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd Heather Chapman	110 Monday 22-Aug 1-2pm		120 Monday 22-Aug 11-12 midnight	Chip Ciprian Lou Marley Teshie	130 Tuesday 23-Aug 9-10 am	Kevin Penney Ben Lowndes Callum Penney Sorchia Todd
NRASTC		NRASTC Naomi		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC		NRASTC Kevin Ben	Amy Ryan Harley Gavet Aimee	NRASTC		NRASTC Lou		NRASTC Kevin Ben	Heather Chapman Amy Ryan Harley Gavet Aimee