

Yardage Report for October 2010

	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
ALLEN, DAVID								
SSC NATIONAL ELITE S								
27/09/2010		4300M	3600M	4200M	4200M	5600M		
	5200M	A		A	A			27,100M
04/10/2010	4200M	4300M	4200M	6000M	4800M	Meet	Meet	
5 weeks: 88,700	A	A			A		Meet	23,500M
Weekly Avg: 17,740M								
11/10/2010		5200M	4100M	4700M	5200M	A		
	A	A		A	A			19,200M
18/10/2010	A	6000M	3700M	4600M	4600M	A	Meet	
	A	A		A	A			18,900M
25/10/2010	A	A	A	A	A	Meet	Meet	
	A	A		A	A			NA
ALLEN, LEAH								
SSC NATIONAL ELITE S								
27/09/2010		4300M	3600M	4200M	4200M	5600M		
	5200M	A		A	A			27,100M
04/10/2010	4200M	4300M	4200M	6000M	4800M	Meet	Meet	
5 weeks: 93,300	A	A			A		Meet	23,500M
Weekly Avg: 18,660M								
11/10/2010		5200M	4100M	4700M	5200M	A		
	A	A		A	A			19,200M
18/10/2010	4600M	6000M	3700M	4600M	4600M	A	Meet	
	A	A		A	A			23,500M
25/10/2010	A	A	A	A	A	Meet	Meet	
	A	A		A	A			NA
BEAVIS, NARELLE								
SSC NATIONAL ELITE S								
27/09/2010		A	3600M	4200M	4200M	A		
	A	3700M		A	A			15,700M
04/10/2010	4200M	4300M	4200M	6000M	A	A	A	
5 weeks: 101,100	A	A			A		A	18,700M
Weekly Avg: 20,220M								
11/10/2010		5200M	4100M	4700M	5200M	A		
	A	A		A	A			19,200M
18/10/2010	4600M	6000M	3700M	A	4600M	A		
	A	5000M		A	A			23,900M
25/10/2010	4600M	4200M	6400M	4300M	4100M	A		
	A	A		A	A			23,600M
GRECH, ADRIANNA								
SSC NATIONAL ELITE S								
27/09/2010		4300M	3600M	4200M	4200M	5600M		
	A	3700M		200M	A			25,800M
04/10/2010	4200M	4300M	4200M	6000M	4800M	Meet	Meet	
5 weeks: 120,500	A	A			A		Meet	23,500M
Weekly Avg: 24,100M								
11/10/2010		5200M	4100M	4700M	5200M	8600M		
	A	A		A	A			27,800M
18/10/2010	A	6000M	3700M	4600M	4600M	A	Meet	
	A	A		A	A			18,900M
25/10/2010	A	4200M	6400M	4300M	4100M	5500M		
	A	A		A	A			24,500M
GRECH, MONIQUE								
SSC NATIONAL ELITE S								
27/09/2010		4300M	3600M	4200M	4200M	5600M		
	A	3700M		200M	A			25,800M
04/10/2010	4200M	4300M	4200M	6000M	4800M	Meet	Meet	
5 weeks: 115,300	A	A			A		Meet	23,500M
Weekly Avg: 23,060M								
11/10/2010		5200M	4100M	4700M	A	8600M		
	A	A		A	A			22,600M
18/10/2010	A	6000M	3700M	4600M	4600M	A	Meet	
	A	A		A	A			18,900M
25/10/2010	A	4200M	6400M	4300M	4100M	5500M		
	A	A		A	A			24,500M

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GRIFFIN, ASHLEE								
SSC NATIONAL ELITE S		4300M	3600M	A	A	A		
	5200M	3700M		A	800M			17,600M
04/10/2010	4200M	4300M	4200M	6000M	4800M		Meet	
5 weeks: 113,075	A	A			900M	Meet	Meet	24,400M
Weekly Avg: 22,615M		5200M	4100M	A	5200M	8600M		
	A	A		A	1225M			24,325M
18/10/2010	4600M	6000M	A	4600M	4600M	A	Meet	
	A	A		A	1400M			21,200M
25/10/2010	4600M	4200M	6400M	A	4100M	5500M		
	A	A		A	750M			25,550M
GRIFFIN, BROOKE								
SSC NATIONAL ELITE S		4300M	3600M	4200M	4200M	5600M		
	A	3700M		200M	A			25,800M
04/10/2010	4200M	4300M	4200M	6000M	4800M		A	
5 weeks: 134,100	A	A			A	Meet	A	23,500M
Weekly Avg: 26,820M		5200M	4100M	4700M	5200M	A		
	5100M	A		A	L			24,300M
18/10/2010	4600M	6000M	3700M	4600M	4600M	2900M	Meet	
	A	5000M		1300M	A	Meet		32,700M
25/10/2010	4600M	4200M	6400M	4300M	4100M	A		
	A	4200M		A	A			27,800M
HOWELL, MIKAYLA								
SSC NATIONAL ELITE S		A	A	A	A	A		
	A	A		A	A			NA
04/10/2010	A	A	4200M	A	A		A	
5 weeks: 4,200	A	A			A	A	A	4,200M
Weekly Avg: 840M		A	A	A	A	A		
	A	A		A	A			NA
18/10/2010	A	A	A	A	A	A		
	A	A		A	A			NA
25/10/2010	A	A	A	A	A	A		
	A	A		A	A			NA
HUYNH, NATHAN								
SSC NATIONAL ELITE S		A	3600M	A	4200M	A		
	5200M	3700M		200M	A			16,900M
04/10/2010	A	4300M	4200M	6000M	4800M	Meet	Meet	
5 weeks: 126,175	A	A			900M		Meet	20,200M
Weekly Avg: 25,235M		5200M	4100M	A	5200M	8600M		
	5100M	5200M		A	1225M			34,625M
18/10/2010	A	6000M	3700M	A	A	2900M	Meet	
	5100M	5000M		A	1400M	Meet		24,100M
25/10/2010	A	A	6400M	4300M	4100M	5500M		
	5100M	4200M		A	750M			30,350M
LYON, CASEY								
SSC NATIONAL ELITE S		4300M	3600M	A	A	A		
	A	3700M		A	A			11,600M
04/10/2010	A	4300M	4200M	A	4800M			
5 weeks: 79,025	5100M	A			900M	Meet	Meet	19,300M
Weekly Avg: 15,805M		A	4100M	A	5200M	A		
	5100M	A		2400M	1225M	Meet		18,025M
18/10/2010	A	6000M	A	A	A	2900M	Meet	
	A	A		A	A	Meet		8,900M
25/10/2010	A	4200M	6400M	A	A	5500M		
	5100M	A		A	A			21,200M

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MCNAMARA, SARAH									
SSC NATIONAL ELITE S	27/09/2010		4300M	3600M	4200M	4200M	5600M		
		5200M	3700M		200M	800M			31,800M
	04/10/2010	4200M	4300M	4200M	A	4800M	Meet		
5 weeks: 106,475		5100M	A			900M		Meet	23,500M
Weekly Avg: 21,295M	11/10/2010		5200M	4100M	4700M	5200M	A		
		5100M	A		A	1225M	Meet		25,525M
	18/10/2010	4600M	A	3700M	A	4600M	A	Meet	
		5100M	A		A	1400M	Meet		19,400M
	25/10/2010	A	A	A	A	A	5500M		
		A	A		A	750M			6,250M
RUSSO, EMMA									
SSC NATIONAL ELITE S	27/09/2010		A	A	A	A	A		
		A	A		A	A			NA
	04/10/2010	A	A	4200M	6000M	4800M		A	
5 weeks: 74,175		A	A			900M	A	A	15,900M
Weekly Avg: 14,835M	11/10/2010		A	A	4700M	5200M	A		
		A	5200M		A	1225M	Meet		16,325M
	18/10/2010	A	A	A	4600M	4600M	2900M	Meet	
		A	5000M		A	1400M	Meet		18,500M
	25/10/2010	4600M	A	A	4300M	4100M	5500M		
		A	4200M		A	750M			23,450M
SMITH, EMILY									
SSC NATIONAL ELITE S	27/09/2010		A	A	A	A	5600M		
		A	A		A	A			5,600M
	04/10/2010	A	4300M	4200M	A	4800M		A	
5 weeks: 50,525		A	A			A	A	A	13,300M
Weekly Avg: 10,105M	11/10/2010		5200M	4100M	A	A	A		
		A	A		A	1225M			10,525M
	18/10/2010	4600M	A	A	A	A	A		
		A	A		1300M	A			5,900M
	25/10/2010	4600M	4200M	6400M	A	A	A		
		A	A		A	A			15,200M
STRUTT, GLENN									
SSC NATIONAL ELITE S	27/09/2010		4300M	A	4200M	4200M	5600M		
		5200M	3700M		200M	800M			28,200M
	04/10/2010	4200M	4300M	4200M	6000M	4800M		Meet	
5 weeks: 142,675		5100M	A			900M	Meet	Meet	29,500M
Weekly Avg: 28,535M	11/10/2010		5200M	A	4700M	5200M	8600M		
		5100M	A		2400M	1225M	Meet		32,425M
	18/10/2010	4600M	6000M	A	4600M	4600M	2900M	Meet	
		A	5000M		1300M	A	Meet		29,000M
	25/10/2010	4600M	4200M	A	4300M	A	5500M		
		A	4200M		A	750M			23,550M
TIBERI, LUKE									
SSC NATIONAL ELITE S	27/09/2010		4300M	A	4200M	4200M	5600M		
		5200M	3700M		200M	800M			28,200M
	04/10/2010	4200M	4300M	4200M	6000M	4800M		Meet	
5 weeks: 139,775		5100M	A			900M	Meet	Meet	29,500M
Weekly Avg: 27,955M	11/10/2010		5200M	A	4700M	5200M	8600M		
		5100M	A		2400M	1225M	Meet		32,425M
	18/10/2010	4600M	6000M	A	4600M	4600M	A	Meet	
		A	5000M		1300M	A	Meet		26,100M
	25/10/2010	4600M	4200M	A	4300M	A	5500M		
		A	4200M		A	750M			23,550M

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WILLIAMS, KEELY								
SSC NATIONAL ELITE S		4300M	3600M	4200M	4200M	5600M		
27/09/2010	5200M	3700M		200M	800M			31,800M
04/10/2010	4200M	4300M	4200M	A	4800M	Meet	Meet	
5 weeks: 136,075	5100M	A			900M		Meet	23,500M
Weekly Avg: 27,215M		5200M	4100M	4700M	5200M	A		
11/10/2010	5100M	A		A	1225M	Meet		25,525M
18/10/2010	4600M	6000M	3700M	A	4600M	A	Meet	
	5100M	A		A	1400M	Meet		25,400M
25/10/2010	4600M	4200M	6400M	4300M	4100M	5500M		
	A	A		A	750M			29,850M