





ASTRO TURF FIELD 400M - GROUP A - SUMMER 2013

Name	Year	GP	23rd April 2013					21st May 2013					25th June 2013																								
			Reps	Fast	Ave	Secs	Pace	Reps	Fast	Ave	Secs	Pace	Reps	Fast	Ave	Secs	Pace	Reps	Fast	Ave	Secs	Pace	Reps	Fast	Ave	Secs	Pace	Reps	Fast	Ave	Secs	Pace					
Bethan Powell (M)	U11	3	3	1.31	1.32	275	6m 8s	3	1.29	1.30	270	6m 1s																									
Josephine Mutsaars (M)	U13	2	5	1.28	1.29	443	5m 56s	5	1.23	1.25	424	5m 40s	5	1.21	1.22	409	5m 28s																				
Niamh Powell (M)	U13	2	5	1.26	1.27	434	5m 48s	5	1.22	1.24	420	5m 37s	5	1.22	1.23	414	5m 32s																				
Lucy Griffin	U13	2	5	1.26	1.27	435	5m 49s	5	1.21	1.22	411	5m 30s	5	1.20	1.21	405	5m 25s																				
Felicity Darwent (M)	U13	3	5	1.29	1.31	456	6m 6s	2	1.35	1.36	192	6m 25s	5	1.25	1.27	435	5m 49s																				
Gabby Jones (M)	U13	3	5	1.30	1.33	465	6m 13s	5	1.31	1.33	465	6m 13s	5	1.26	1.28	442	5m 55s																				
Ella Waters (M)	U13	4	5	1.30	1.33	463	6m 12s	5	1.31	1.33	464	6m 13s	5	1.27	1.31	456	6m 6s																				
Rosie Mutsaars (M)	U15	1	5	1.21	1.23	414	5m 32s	5	1.20	1.21	406	5m 26s	5	1.18	1.19	396	5m 18s																				
Amy Jackson (M)	U17	3	5	1.26	1.28	440	5m 53s	5	1.23	1.26	432	5m 47s	5	1.26	1.28	441	5m 54s																				
Josh Angus (M)	U11	2						3	1.30	1.30	271	6m 3s	3	1.25	1.27	260	5m 48s																				
Elliot England	U11	3						2	1.32	1.34	188	6m 17s	3	1.34	1.34	282	6m 17s																				
Jake Darby (M)	U13	4											5	1.29	1.31	454	6m 5s																				
Charlie Davidson (M)	U11	3	3	1.34	1.35	284	6m 20s	3	1.29	1.30	270	6m 1s	3	1.27	1.27	262	5m 51s																				
Dylan Williams (M)	U11	1	3	1.21	1.24	253	5m 39s	3	1.20	1.22	246	5m 29s	3	1.18	1.18	235	5m 14s																				
Max Pinkham (M)	U11	2	3	1.26	1.28	263	5m 52s	3	1.25	1.26	258	5m 45s																									
Henry Bell	U11	4						3	1.32	1.32	276	6m 9s	3	1.29	1.31	273	6m 5s																				
Gabriel Waters (M)	U13	4	5	1.31	1.33	463	6m 12s						5	1.28	1.30	449	6m 0s																				
Robbie Wood (M)	U13	4						5	1.30	1.34	468	6m 16s	5	1.30	1.32	460	6m 9s																				
John Nevins (M)	U13	4						5	1.33	1.37	487	6m 31s	2	1.29	1.32	184	6m 9s																				
Sam Freeland (M)	U13	3	5	1.28	1.32	461	6m 10s	2	1.23	1.27	173	5m 47s																									
Callan Smithson	U13	4																																			
Alfie Howell-Smith (M)	U15	1	5	1.12	1.16	380	5m 5s	5	1.13	1.15	374	5m 0s	3	1.17	1.17	232	5m 10s																				
Peter Wood (M)	U15	1	5	1.20	1.21	403	5m 24s	5	1.18	1.19	394	5m 16s																									
Joe Salf (M)	U15	2	5	1.22	1.24	422	5m 39s	5	1.22	1.24	420	5m 37s																									
Tom Pinkham (M)	U15	1																																			
Alex Barter (M)	U15	2	5	1.23	1.25	424	5m 40s	5	1.20	1.22	410	5m 29s																									
Alex Darwent (M)	U15	4	5	1.34	1.42	510	6m 50s	5	1.32	1.36	481	6m 26s	5	1.32	1.33	466	6m 14s																				
Benjamin Pereyra Iraola	U15	1											4	1.18	1.19	314	5m 15s																				
Name	Age	Gp	JUNIORS BELOW HAVE MOVED FROM GROUP A																																		
Louis Mutsaars			3	1.31	1.32	277	6m 11s																														