INTERVAL SESSIONS - 600M REPS

Member	Name (Attendance)	Age Gp	Personal Best		16th Sept 2025																																			
			MIN/MILE PACE		Av Lap Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile	
			Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs
M	Cecelia Shepherd (14%)	U11A	7	57																																				
M	Paige Ferreira (14%)	U11B			3	47	10	8																																
M	Raphy Tyler-Pinkarchevski (71%)	U11B	11	7	3	36	9	39																																
T	Freya Marcus (14%)	U11A																																						
T	Nala White (14%)	U11B																																						
M	Grace Kay (29%)	U13A																																						
M	Molly Clarke (14%)	U13A																																						
M	Rosanna Bull (14%)	U13A																																						
M	Eilidh Gillies (57%)	U13A	8	37	3	1	8	5																																
M	Hannah Roddick (43%)	U15A	6	31																																				

U11A (3 Reps) - U13A (5 Reps) - U15A (7 Reps) & U17A (7 Reps) - Average Rep Time Only - Please view full results on Website - Those graded B run previous age group reps. (DNF - Did not complete the required number of laps for age group - No time given)

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			Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs
M	Jacob Bell (71%)	U11B	10	6	3	32	9	28																																
M	Zachariah Shepherd (0%)	U11B																																						
M	Frederick Ng (43%)	U11B			3	58	10	38																																
M	Harrison Green (57%)	U11A			3	10	8	29																																
T	Theo Hudson (71%)	U11A			2	55	7	49																																
T	Toby Bristow (86%)	U11A			3	6	8	18																																
T	Marley White (14%)	U11A																																						
M	Matthew Bull (0%)	U13A																																						
M	William Bell (71%)	U13A	6	2	2	11	5	51																																
M	Joshua Thomas (43%)	U13A	6	15		DNF																																		
M	Jake Rowlands (29%)	U15A			2	14	5	59																																
M	Edward Hare (57%)	U15A	5	38	2	10	5	48																																
T	Hamish Lowe (57%)	U15A																																						
M	Liam Kay (43%)	U17A	6	29	2	6	5	37																																
M	Noah Alyn-Jones (14%)	U17A	6	38																																				
M	Angus Graham (86%)	U17A	5	40	2	22	6	20																																
T	Alec Hallam (43%)	U17A	7	6																																				

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