SUMMER XC INTERVAL SESSIONS - 435M REPS

NAME	AVERAGE REP		FASTEST REP		SLOWEST REP		OV TIME		OV DIST	MIN/MILE PACE	
	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
28th Oct 2025											
1 Cecelia Shepherd (U11A -3 Laps) -100% - M											
1 Raphy Tyler-Pinkarchevski (U11B -2 Laps) -50% - M	2	18	2	14	2	22	4	36	1024	7	14
1 Grace Edgar (U11B -2 Laps) -0% - T	1	57	1	47	2	3	5	50	1536	6	7
1 Holly Brown (U11A -3 Laps) -75% - T											
2 Jacob Bell (U11B -2 Laps) -75% - M	2	30	2	27	2	32	4	59	1024	7	50
2 Zachariah Shepherd (U11B -2 Laps) -25% - M											
2 Frederick Ng (U11B -2 Laps) -100% - M	2	41	2	38	2	44	5	22	1024	8	27
2 Thomas Parry (U11A -3 Laps) -100% - T	2	39	2	34	2	41	7	56	1536	8	19
2 Harrison Green (U11B -2 Laps) -100% - M	2	16	2	7	2	24	4	31	1024	7	6
2 Theo Hudson (U11A -3 Laps) -100% - T	1	59	1	56	2	2	5	56	1536	6	13
2 Jacob Walters (U11A -3 Laps) -75% - T											
2 Toby Bristow (U11A -3 Laps) -100% - T	2	22	2	11	2	33	7	4	1536	7	25
2 Harrison Cooper (U11B -2 Laps) -0% - T											
3 Grace Kay (U13A -5 Laps) -50% - M											
3 Eilidh Gillies (U13A -5 Laps) -50% - M	2	12	2	6	2	16	10	58	2560	6	54
4 William Bell (U13A -5 Laps) -75% - M	1	31	1	25	1	36	7	35	2560	4	47
4 Joshua Thomas (U13A -5 Laps) -75% - M											
4 Archie Brown (U13A -5 Laps) -75% - T											
5 Hannah Roddick (U15A -7 Laps) -50% - M											
6 Jake Rowlands (U15A -7 Laps) -100% - M	1	30	1	25	1	32	10	29	3584	4	43
6 Edward Hare (U15A -7 Laps) -75% - M	1	24	1	22	1	25	9	45	3584	4	23
6 Hamish Lowe (U15A -7 Laps) -75% - T											
8 Liam Kay (U17A -7 Laps) -75% - M											
8 Noah Alyn-Jones (U17A -7 Laps) -0% - M	1	51	1	39	2	1	12	54	3584	5	48
8 Angus Graham (U17A -7 Laps) -0% - M											
8 Alec Hallam (U17A -7 Laps) -25% - T											

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	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
28th Oct 2025											

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NAME	AVERAGE REP		FASTEST REP		SLOWEST REP		OV TIME		OV DIST	MIN/MILE PACE	
	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
28th Oct 2025											