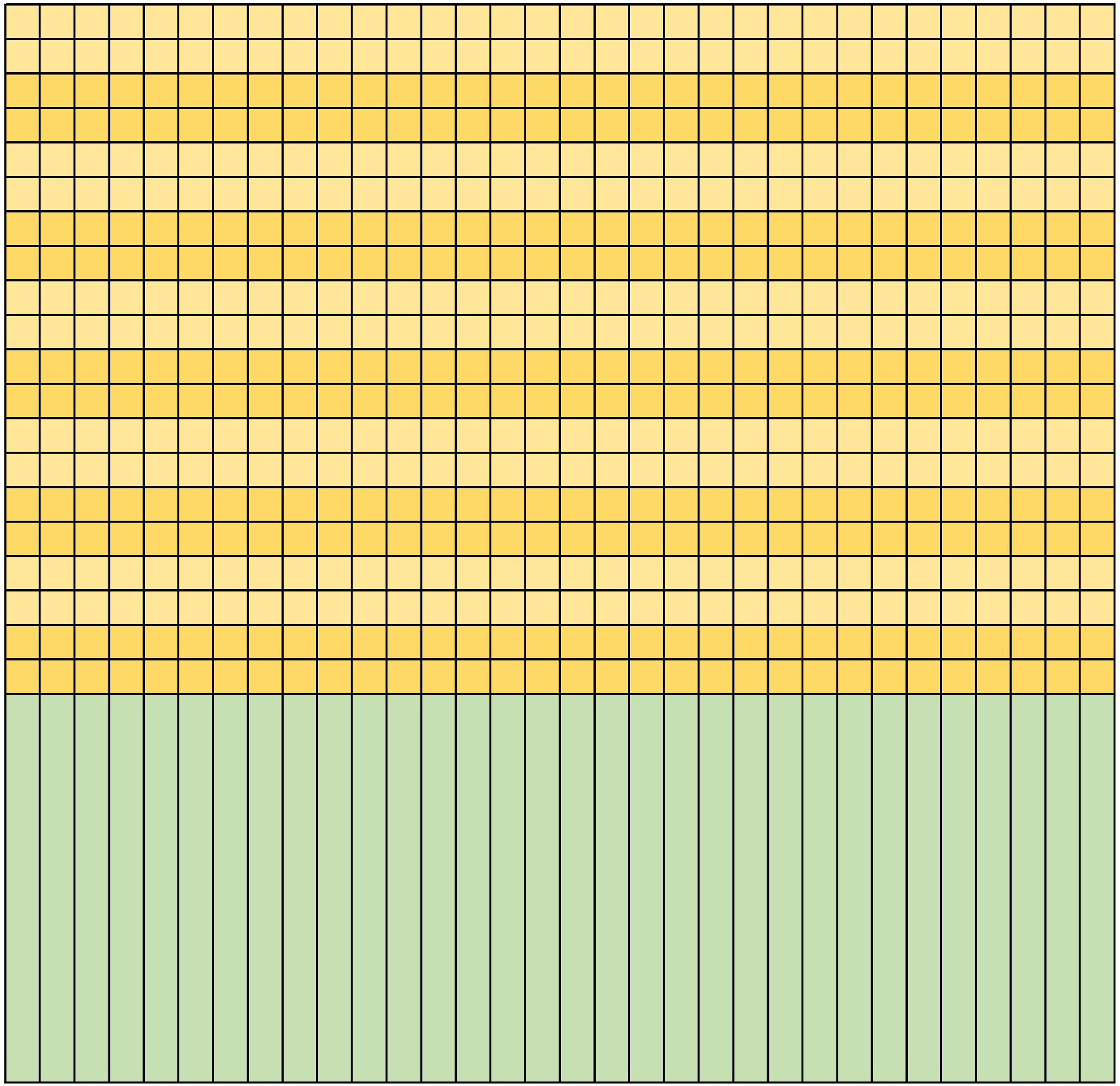
1000M REPS - (U11B/U13B 500M REPS ONLY - Recommended 8 Min/Mile pac 10th Mar 2026

NAME	1		1		3		4		5		6		7		8		9		10	
	1000/500		1000/500		1000/500		1000/500		1000/500		1000/500		1000/500		1000/500		1000/500		1000/500	
1 Cecelia Shepherd (U11A -2 Reps) -57% - M	5	54	5	34																
1 Holly Brown (U11B -2 Reps) -43% - T																				
1 Grace Edgar (U11A -2 Reps) -43% - M	5	18	6	11																
1 Chiara Loi (U11B -2 Reps) -14% - T	2	59	3	1																
1 Mini Twiston-Davies (U11A -2 Reps) -29% - T	5	23	5	9																
2 Jacob Bell (U11A -2 Reps) -86% - M																				
2 Frederick Ng (U11B -2 Reps) -57% - M	3	11	3	9																
2 Thomas Parry (U11B -2 Reps) -43% - M	3	7	3	23																
2 Harrison Green (U11B -2 Reps) -100% - M	2	39	2	33																
2 Theo Hudson (U11A -2 Reps) -71% - T	5	22	5	33																
2 Jacob Walters (U11B -2 Reps) -43% - M																				
2 Louie Salleh-Swales (U11B -2 Reps) -14% - T	2	12	2	16																
2 Harrison Cooper (U11A -2 Reps) -57% - M	4	41	4	49																
2 Noah Bartlett (U11B -2 Reps) -57% - T																				
2 Leo Kelly (U11A -2 Reps) -86% - T																				
2 Zachariah Shepherd (U11B -2 Reps) -57% - M	2	51	2	53																
2 Ted Twiston-Davies (U11A -2 Reps) -57% - T	4	33	4	55																
2 Iwan Brogan (U11B -2 Reps) -14% - t	2	9	2	13																
3 Eilidh Gillies (U13B -2 Reps) -43% - M	2	25	2	23	2	29														
3 Rosie Twiston-Davies (U13A -3 Reps) -57% - T																				
4 Jack Arnell (U13B -2 Reps) -0% - T																				
4 James Bartlett (U13A -3 Reps) -43% - T	3	4	3	5																
4 William Bell (U13A -3 Reps) -71% - M																				
4 Joshua Thomas (U13A -3 Reps) -43% - M	4	23	4	28																
4 Archie Brown (U13B -2 Reps) -29% - T	2	58	2	54																
5 Hannah Roddick (U15A -4 Reps) -57% - M	4	15	4	19	4	15	4	29												
6 Jake Rowlands (U15A -4 Reps) -57% - M	3	52	3	55	3	51	3	43												
6 Edward Hare (U15A -4 Reps) -86% - M																				
6 Hamish Lowe (U15A -4 Reps) -86% - M																				
6 Mishi Kelly (U15A -4 Reps) -86% - T	4	6	4	13	4	17	4	15												
8 Angus Graham (U17B -4 Reps) -43% - M	3	51	3	52	4	22	4	10												
8 Alec Hallam (U17B -4 Reps) -29% - T