

INTERVAL SESSIONS - 1000M REPS (U11B 500M REPS ONLY)

NAME											
	AVERAGE		FASTEST		SLOWEST		OV		OV	MIN/MILE PACE	
	REP		REP		REP		TIME		DIST		
	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
4th Mar 2026											
1 Cecelia Shepherd (U11A -2 Reps) -50% - M	5	3	4	58	5	8	10	6	2000	8	8
1 Holly Brown (U11A -2 Reps) -33% - T	6	22	5	58	6	45	12	43	2000	10	14
1 Grace Edgar (U11A -2 Reps) -33% - M	5	27	5	6	5	47	10	53	2000	8	46
1 Raphy Tyler-Pinkarchevski (U11B -2 Reps) -0% - M											
1 Chiara Loi (U11A -2 Reps) -0% - T	6	46	6	37	6	55	13	32	2000	10	54
1 Mini Twiston-Davies (U11A -2 Reps) -17% - T	5	8	5	2	5	13	10	15	2000	8	15
2 Jacob Bell (U11A -2 Reps) -83% - M	6	6	5	54	6	18	12	12	2000	9	50
2 Frederick Ng (U11B -2 Reps) -50% - M	3	16	3	14	3	18	6	32	1000	10	31
2 Thomas Parry (U11A -2 Reps) -33% - M	7	0	6	46	7	14	14	0	2000	11	16
2 Harrison Green (U11B -2 Reps) -100% - M	2	25	2	22	2	27	4	49	1000	7	46
2 Theo Hudson (U11A -2 Reps) -67% - T	5	32	5	22	5	41	11	3	2000	8	54
2 Jacob Walters (U11B -2 Reps) -33% - M	3	59	3	45	4	12	7	57	1000	12	48
2 Louie Salleh-Swales (U11B -2 Reps) -0% - T	2	24	2	11	2	36	4	47	1000	7	42
2 Harrison Cooper (U11A -2 Reps) -50% - M	4	47	4	37	4	57	9	34	2000	7	42
2 Noah Bartlett (U11B -2 Reps) -50% - T	3	10	3	0	3	20	6	20	1000	10	12
2 Leo Kelly (U11A -2 Reps) -83% - T	3	55	3	53	3	57	7	50	2000	6	19
2 Zachariah Shepherd (U11A -2 Reps) -50% - M	6	16	5	54	6	37	12	31	2000	10	5
2 Ted Twiston-Davies (U11A -2 Reps) -50% - T	4	42	4	37	4	47	9	24	2000	7	34
2 Iwan Brogan (U11B -2 Reps) -0% - t	2	11	2	9	2	13	4	22	1000	7	2
3 Eilidh Gillies (U13A -3 Reps) -50% - M											
3 Rosie Twiston-Davies (U13A -3 Reps) -50% - T	4	25	4	23	4	26	13	13	3000	7	6
4 Jack Arnell (U13B -2 Reps) -0% - T											
4 James Bartlett (U13A -3 Reps) -50% - T											
4 William Bell (U13A -3 Reps) -67% - M	3	53	3	50	3	56	7	46	2000	6	15
4 Joshua Thomas (U13A -3 Reps) -33% - M	4	3	3	59	4	5	12	7	3000	6	30
4 Archie Brown (U13A -3 Reps) -33% - T											
5 Hannah Roddick (U15A -4 Reps) -50% - M	4	14	3	58	4	27	16	53	4000	6	48

