INTERVAL SESSIONS - 1000M REPS - (U11B/U13B 500M REPS ONLY - Recommended 8 Min/Mile pace or less to move up)

Member	Name (Attendance)	Age Gp	Personal Best		3rd Mar 2026				10th Mar 2026																															
			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 (63%)	U11A			5	3	8	7	5	44	9	13																												
T	Holly Brown (38%)	U11B			6	22	10	14																																
M	Grace Edgar (50%)	U11A			5	27	8	46	5	45	9	15																												
T	Chiara Loi (25%)	U11B			6	46	10	53	3	0	9	39																												
T	Mini Twiston-Davies* (38%)	U11A			5	8	8	15	5	16	8	28																												
M	Eilidh Gillies (50%)	U13B							2	26	7	49																												
T	Rosie Twiston-Davies (50%)	U13A			4	25	7	6																																
M	Hannah Roddick (63%)	U15A			4	14	6	48	4	20	6	58																												

U11A (2 Reps) - U13A (3 Reps) - U15A (4 Reps) & U17A (5 Reps) - Average Rep Time Only - Please view full results on Website - Those graded B run 500M reps until ready to run 1000M 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 (75%)	U11A			6	6	9	49																																
M	Frederick Ng* (63%)	U11B			3	16	10	30	3	10	10	11																												
M	Thomas Parry (50%)	U11B			7	0	11	15	3	15	10	27																												
M	Harrison Green* (100%)	U11B			2	25	7	46	2	36	8	22																												
T	Theo Hudson (75%)	U11A			5	32	8	54	5	28	8	47																												
M	Jacob Walters (38%)	U11B			3	59	12	49																																
T	Louie Salleh-Swales* (25%)	U11B			2	24	7	43	2	14	7	11																												
M	Harrison Cooper (63%)	U11A			4	47	7	41	4	45	7	38																												
T	Noah Bartlett (50%)	U11B			3	10	10	11																																
T	Leo Kelly (75%)	U11A			3	55	6	18																																
M	Zachariah Shepherd (63%)	U11B			6	16	10	5	2	52	9	13																												
T	Ted Twiston-Davies (63%)	U11A			4	42	7	33	4	44	7	37																												
t	Iwan Brogan* (25%)	U11B			2	11	7	1	2	11	7	1																												
T	Jack Arnell (0%)	U13B																																						
T	James Bartlett (50%)	U13B						DNF	3	5	9	55																												
M	William Bell (63%)	U13A			3	53	6	14																																
M	Joshua Thomas (50%)	U13A			4	3	6	31	4	26	7	8																												
T	Archie Brown (38%)	U13B						DNF	2	56	9	26																												
M	Jake Rowlands (63%)	U15A			3	46	6	3	3	51	6	11																												
M	Edward Hare (75%)	U15A			3	19	5	20																																
M	Hamish Lowe (75%)	U15A			3	58	6	23																																
T	Mishi Kelly (88%)	U15A			4	2	6	29	4	13	6	47																												
M	Angus Graham (50%)	U17B							4	4	6	32																												
T	Alec Hallam (25%)	U17B																																						

U11A (2 Reps) - U13A (3 Reps) - U15A (4 Reps) & U17A (5 Reps) - Average Rep Time Only - Please view full results on Website - Those graded B run 500M reps until ready to run 1000M Reps. . (DNF - Did not complete the required number of laps for age group - No time given)