WINTER XC INTERVAL SESSIONS - 500M REPS - 2026

Member	Name (Attendance)	Age Gp	Personal Best		17th Feb 2026				24th Feb 2026				17th 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 (60%)	U11A							2	28	7	56	2	17	7	20																								
T	Holly Brown (40%)	U11B											2	43	8	44																								
M	Grace Edgar (50%)	U11A							2	31	8	6	2	40	8	34																								
T	Chiara Loi (30%)	U11B											3	1	9	42																								
T	Mini Twiston-Davies* (30%)	U11A							2	28	7	56																												
M	Eilidh Gillies (60%)	U13A											2	20	7	30																								
T	Rosie Twiston-Davies (60%)	U13A			2	20	7	1	2	1	6	29	2	1	6	29																								
M	Hannah Roddick (70%)	U15A											1	59	6	23																								

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
T	Rokas Batty (10%)	U11A											1	58	6	19																								
T	Harley Batty (10%)	U11B											2	26	7	49																								
M	Jacob Bell (80%)	U11A							2	48	9	0	3	8	10	5																								
M	Frederick Ng* (60%)	U11B											3	1	9	42																								
M	Thomas Parry (50%)	U11B											3	4	9	52																								
M	Harrison Green* (100%)	U11B			2	40	8	1	2	39	8	31	2	26	7	49																								
T	Theo Hudson (70%)	U11A							2	33	8	12	2	25	7	46																								
M	Jacob Walters (30%)	U11B																																						
T	Louie Salleh-Swales* (30%)	U11B											2	17	7	20																								
M	Harrison Cooper (60%)	U11A							2	10	6	58	2	10	6	58																								
T	Noah Bartlett (40%)	U11B							3	2	9	45																												
T	Leo Kelly (70%)	U11A			2	12	6	37	1	50	5	54	1	56	6	13																								
M	Zachariah Shepherd (60%)	U11A							2	45	8	51	2	42	8	41																								
T	Ted Twiston-Davies (70%)	U11A			2	28	7	25	2	18	7	24	2	4	6	39																								
t	Iwan Brogan* (30%)	U11B											2	14	7	11																								
T	Jack Arnell (0%)	U13B																																						
T	James Bartlett (40%)	U13B							3	4	9	52																												
M	William Bell (70%)	U13A											1	46	5	41																								
M	Joshua Thomas (40%)	U13A							1	53	6	3																												
T	Archie Brown (40%)	U13B											2	52	9	13																								
M	Jake Rowlands (60%)	U15A			1	57	5	51						DNF																										
M	Edward Hare (60%)	U15A			1	53	5	39	1	35	5	5																												
M	Hamish Lowe (70%)	U15A			2	0	6	0	1	43	5	31																												
T	Mishi Kelly (90%)	U15A			2	4	6	13	1	50	5	54	1	52	6	0																								
M	Angus Graham (50%)	U17B											1	48	5	47																								
T	Alec Hallam (20%)	U17B																																						

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