

SUMMER XC 600M REPS

NAME	AGE											
		AVERAGE		FASTEST		SLOWEST		OV		OV	MIN/MILE PACE	
		REP		REP		REP		TIME		DIST		
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
25/09/2023		<i>Very warm</i>										
Alice Ng	U11A	2	49	2	43	2	54	5	37	1200	7	32
Octavia Scott Plummer	U13A	2	41	2	33	2	44	10	42	2400	7	11
Sophia Scott Plummer	U13A	2	33	2	31	2	39	10	12	2400	6	51
William Bell	U11A	2	19	2	18	2	19	4	37	1200	6	12
Noah Alyn-Jones	U15A	2	34	2	28	2	46	15	23	3600	6	53
Thomas Harvey	U15A	2	9	2	4	2	13	12	53	3600	5	46
Ollie Robertson	U15A	2	36	2	30	2	43	15	34	3600	6	58
Theo Birch	U17A	2	4	1	56	2	7	12	20	3600	5	31
Freddy Sansom	U17A	2	20	2	15	2	22	13	57	3600	6	15
29/08/2023		<i>Very wet</i>										
Grace Kay	U11A	3	3	3	2	3	4	6	6	1200	8	11
Isabella Edwards	U15B	2	49	2	46	2	53	11	16	2400	7	34
Henry Nunn	U11A	2	27	2	26	2	28	4	54	1200	6	35
William Jeffrey-Arteaga	U13A	2	49	2	46	2	51	11	14	2400	7	32
Will Harvey	U13A	2	17	2	14	2	18	9	7	2400	6	7
Noah Alyn-Jones	U15A	2	32	2	24	2	37	15	9	3600	6	47
Thomas Harvey	U15A	2	3	1	59	2	8	12	15	3600	5	29
Samuel Nunn	U15A	2	16	2	10	2	20	13	36	3600	6	5
Liam Kay	U15A	2	5	2	0	2	8	12	28	3600	5	35
Freddy Sansom	U17A	2	18	2	12	2	24	13	45	3600	6	9
Alfie Blanco	U17A	2	8	2	2	2	10	12	45	3600	5	42
15/08/2023												
William Bell	U11A	2	27	2	24	2	29	4	53	1200	6	33
Chloe Krzywiec	U13A	2	33	2	29	2	36	10	11	2400	6	50
Pippa Krzywiec	U13A	2	25	2	21	2	27	9	37	2400	6	27
Freya Parks	U13A	2	24	2	20	2	27	9	36	2400	6	27
William Jeffrey-Arteaga	U13A	2	53	2	35	3	3	11	29	2400	7	43
Noah Alyn-Jones	U15A	2	29	2	17	2	41	14	49	3600	6	38
Theo Birch	U17A	2	0	1	52	2	4	11	58	3600	5	21
Alfie Blanco	U17A	2	4	1	58	2	7	12	22	3600	5	32
Kan Ikeda	U19A	1	50	1	48	1	51	11	0	3600	4	56
01/08/2023												
Freya Parks	U13A	2	28	2	22	2	32	9	52	2400	6	37

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		AVERAGE		FASTEST		SLOWEST		OV		OV	MIN/MILE PACE	
		REP		REP		REP		TIME		DIST		
MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS		
Isabella Edwards	U15A	2	53	2	39	3	4	11	30	2400	7	43
Will Harvey	U13A	2	20	2	18	2	21	9	17	2400	6	14
Noah Alyn-Jones	U15A	2	28	2	24	2	30	14	44	3600	6	36
Thomas Harvey	U15A	2	9	2	8	2	9	12	49	3600	5	44
Alfie Blanco	U17A	2	11	2	9	2	13	13	2	3600	5	50