

## CRICKET FIELD 500M HILL REPS (Every 5 minutes)

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			
<b>31/12/2023</b>	<b>,</b>	<b>Quite windy, cold and rain showers.</b>											
WILLIAM BELL	U11A	2	10	2	5	2	14	8	40	2000	6	59	
WILL HARVEY	U13A	2	23	2	6	2	47	14	15	3000	7	39	
EDWARD HARE	U13A	2	4	1	59	2	17	12	22	3000	6	39	
TOM HARVEY	U15B	2	10	2	3	2	15	12	59	3000	6	58	