

Stow Cricket Field 200-400-200 Reps. (Every 2/3.5 Mins)

NAME	AGE	200M								400M								OVERALL						
		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		OVERALL		OV	MIN/MILE PACE			
		REP		REP		REP				REP		REP		REP				TIME		DIST				
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS		
04/02/2024		Good conditions. Very light wind.																						
Will Harvey	U13A	0	51	0	45	0	54	6	47	1	50	1	48	1	53	7	23	10	42	2400	7	11		
22/10/2023		Good conditions. Very light wind.																						
Grace Kay	U11A	0	53	0	51	0	56	7	5	1	58	1	54	2	0	7	53	9	23	2000	7	34		
Liam Kay	U15A	0	39	0	37	0	40	5	10	1	26	1	24	1	27	5	45	13	51	4000	5	35		
Tom Harvey	U15A	0	37	0	35	0	38	4	57	1	24	1	22	1	27	5	37	13	26	4000	5	25		
28/05/2023		Lovely summers day																						
EDWARD HARE	U13A	0	42	0	39	0	44	5	35	1	33	1	30	1	34	6	11	11	9	3000	5	59		
12/02/2023		Good conditions.																						
WILL HARVEY	U11A	0	45	0	43	0	46	6	1	1	43	1	42	1	44	6	55	8	8	2000	6	33		
TOM HARVEY	U13A	0	43	0	37	0	44	5	40	1	36	1	34	1	38	6	24	11	28	3000	6	10		
EDWARD HARE	U13A	0	45	0	40	0	52	5	56	1	37	1	34	1	44	6	29	11	44	3000	6	18		
22/01/2023		Good conditions, cold, hard icy ground in parts																						
NOAH ALYN-JONES	U11A	0	49	0	47	0	50	6	33	1	49	1	45	1	51	7	16	13	5	3000	7	2		
JOE SHAYLOR	U13A	0	43	0	42	0	45	5	47	1	39	1	35	1	41	6	36	11	46	3000	6	19		
TOM HARVEY	U13A	0	41	0	38	0	43	5	30	1	36	1	32	1	37	6	24	11	21	3000	6	6		
EDWARD HARE	U13A	0	43	0	41	0	48	5	50	1	40	1	33	1	49	6	44	11	59	3000	6	26		
LUCAS HARTLEY	U13A	0	39	0	35	0	41	5	11	1	34	1	31	1	37	6	19	11	4	3000	5	57		
HARRY SHAYLOR	U15A	0	48	0	45	0	54	6	27	1	47	1	41	1	53	7	12	12	56	3000	6	57		
20/12/2022		Good for time of year. Light winds ans sunny.																						
WILLIAM BELL	U11A	0	47	0	46	0	47	6	15	1	42	1	39	1	45	6	51	8	12	2000	6	36		

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NAME	AGE	200M								400M								OVERALL					
		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		OVERALL		OV	MIN/MILE PACE		
		REP		REP		REP				REP		REP		REP				TIME		DIST			
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS	
BELLA HARRISON	U13A	0	47	0	42	0	50	6	12	1	53	1	39	2	2	7	32	13	12	3000	7	5	
HARRY SHAYLOR	U15A	0	44	0	40	0	46	5	51	1	38	1	34	1	44	6	36	15	49	4000	6	22	
NED HARRISON	U15A	0	47	0	43	0	51	6	17	1	44	1	39	1	49	6	58	16	48	4000	6	46	
13/11/2022		Sunny, light winds, good conditions																					
ELLA CATLEY	U11A	0	55	0	51	0	58	7	17	2	10	2	4	2	20	8	42	10	6	2000	8	8	
EVA CATLEY	U11A	0	57	0	47	1	15	7	33	2	12	1	51	2	43	8	52	10	21	2000	8	20	
EDWARD HARE	U13A	0	42	0	41	0	43	5	42	1	36	1	34	1	38	6	26	11	31	3000	6	11	
02/10/2022		Sunny, light winds, good conditions																					
JOE SHAYLOR	U13A	0	43	0	39	0	44	5	40	1	34	1	32	1	36	6	16	11	18	3000	6	4	
WILLIAM CHALMERS	U13A	0	43	0	39	0	45	5	47	1	36	1	34	1	41	6	26	11	34	3000	6	13	
13/03/2022		Mild, light winds, good conditions																					
KIPP STEVENS	U11A	0	40	0	39	0	41	5	22	1	34	1	33	1	35	6	17	7	21	2000	5	55	
EDWARD HARE	U11A	0	42	0	39	0	42	5	32	1	38	1	33	1	41	6	35	7	39	2000	6	10	
JOE SHAYLOR	U11A	0	41	0	39	0	43	5	30	1	36	1	33	1	37	6	25	7	31	2000	6	3	
19/02/2022		Gale force wind gusts, very difficult to run in. U13's and over reduced distance to age group below.																					
KIPP STEVENS	U11A	0	46	0	42	0	49	6	11	1	46	1	39	1	52	7	6	8	21	2000	6	44	
OLIVIA POOLE	U13A	0	58	0	51	1	2	7	41	2	13	2	6	2	17	8	54	10	27	2000	8	25	
FELIX LINDNER	U15A	0	38	0	37	0	38	5	5	1	25	1	24	1	26	5	42	10	14	3000	5	30	
30/01/2022		Mild for time of year, but cold wind, ground conditions, good.																					
HANNAH RODDICK	U11A	0	45	0	43	0	45	5	59	1	43	1	39	1	47	6	55	8	7	2000	6	32	
EDWARD HARE	U11A	0	43	0	41	0	44	5	42	1	42	1	39	1	43	6	48	7	54	2000	6	22	
OLIVIA RODDICK	U13A	0	41	0	39	0	43	5	30	1	35	1	32	1	36	6	22	11	19	3000	6	5	

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NAME	AGE	200M								400M								OVERALL					
		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		OVERALL		OV	MIN/MILE PACE		
		REP		REP		REP				REP		REP		REP				TIME		DIST			
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS	
TOM HARVEY	U13A	0	42	0	39	0	47	5	40	1	42	1	40	1	44	6	51	12	1	3000	6	27	
MICHAEL ASTOR	U13A	0	39	0	37	0	39	5	11	1	27	1	22	1	31	5	50	10	27	3000	5	37	
FELIX LINDNER	U15A	0	38	0	37	0	38	5	4	1	25	1	22	1	26	5	42	13	41	4000	5	31	
31/12/2021		Mild for time of year, quite windy, slippy on the turn.																					
BELLA HARRISON	U11A	0	46	0	43	0	48	6	5	1	45	1	42	1	48	7	3	8	16	2000	6	40	
EDWARD HARE	U11A	0	41	0	40	0	42	5	30	1	37	1	33	1	41	6	31	7	35	2000	6	7	
WILL HARVEY	U11A	0	45	0	43	0	47	6	1	1	43	1	42	1	44	6	55	8	8	2000	6	33	
TOM HARVEY	U13A	0	49	0	46	0	54	6	38	1	53	1	49	1	57	7	34	13	30	3000	7	15	
NED HARRISON	U15A	0	42	0	40	0	44	5	34	1	32	1	30	1	33	6	10	14	52	4000	5	59	
12/12/2021		Mild for time of year, light/medium wind, good conditions.																					
EDWARD HARE	U11A	0	41	0	37	0	44	5	24	1	37	1	34	1	38	6	30	11	25	3000	6	8	
OLLIE ROBERTSON	U13A	0	47	0	42	0	51	6	19	1	47	1	41	1	52	7	9	12	47	3000	6	52	
FELIX LINDNER	U15A	0	37	0	35	0	38	4	56	1	25	1	23	1	27	5	42	13	34	4000	5	28	
21/11/2021		Coldest day so far, light winds, good running conditions.																					
WILL HARVEY	U11	0	45	0	43	0	47	6	1	1	44	1	40	1	48	6	59	8	11	2000	6	36	
EDWARD HARE	U11	0	40	0	39	0	41	5	22	1	38	1	34	1	42	6	32	7	32	2000	6	4	
KIPP STEVENS	U11	0	40	0	39	0	41	5	22	1	38	1	34	1	40	6	35	7	34	2000	6	6	
TOM HARVEY	U13	0	48	0	39	0	54	6	30	1	51	1	38	1	56	7	26	13	16	3000	7	8	
MICHAEL ASTOR	U13	0	40	0	38	0	40	5	19	1	31	1	26	1	33	6	5	10	51	3000	5	50	
ALFIE SANSOM	U13	0	42	0	41	0	43	5	40	1	37	1	35	1	38	6	30	11	35	3000	6	13	
17/10/2021		Mild, light winds good running conditions.																					
MEGAN TOWILL	U11A	0	47	0	43	0	51	6	13	1	44	1	38	1	50	6	58	8	16	2000	6	40	

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		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		OVERALL		OV	MIN/MILE PACE		
		REP		REP		REP				REP		REP		REP				TIME		DIST			
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS	
WILL HARVEY	U11	0	43	0	42	0	44	5	47	1	43	1	40	1	45	6	52	7	59	2000	6	26	
EDWARD HARE	U11	0	41	0	40	0	41	5	24	1	37	1	34	1	38	6	28	7	30	2000	6	3	
TOM HARVEY	U13	0	46	0	42	0	49	6	7	1	47	1	40	1	52	7	9	12	41	3000	6	49	
19/09/2021		Warm, light winds good running conditions.																					
WILL HARVEY	U11	0	47	0	46	0	49	6	19	1	54	1	46	2	1	7	36	8	48	2000	7	5	
EDWARD HARE	U11	0	42	0	41	0	44	5	38	1	42	1	39	1	45	6	51	7	54	2000	6	22	
TOM HARVEY	U13	0	48	0	44	0	52	6	24	1	58	1	52	2	5	7	55	13	48	3000	7	25	
BARNEY HALL	U17	0	42	0	40	0	43	5	34	1	30	1	27	1	32	5	59	18	13	5000	5	52	
22/08/2021		Warm, light/med winds, good running conditions.																					
HANNAH RODDICK	U11A	0	46	0	40	0	52	6	9	1	45	1	40	1	51	7	0	8	16	2000	6	40	
DANIEL BETT	U11A	0	47	0	39	0	52	6	13	1	56	1	48	2	0	7	46	8	52	2000	7	9	
WILL HARVEY	U11A	0	43	0	40	0	45	5	47	1	47	1	43	1	51	7	11	8	13	2000	6	37	
THOMAS HARVEY	U13A	0	47	0	40	0	55	6	22	1	56	1	47	2	1	7	49	13	39	3000	7	20	
08/08/2021		Warm, light winds, very good running conditions.																					
EDWARD HARE	U11A	0	40	0	39	0	40	5	20	1	34	1	30	1	40	6	19	7	21	2000	5	55	
KIPP STEVENS	U11A	0	43	0	39	0	46	5	47	1	38	1	30	1	52	6	35	7	46	2000	6	15	
ARCHIE BOLTON	U15A	0	49	0	42	0	57	6	35	1	56	1	33	2	6	7	49	18	29	4000	7	27	
20/06/2021		Wet underfoot and quite slippery but warmish.																					
EDWARD HARE	U11A	0	43	0	40	0	46	5	42	1	47	1	43	1	48	7	8	8	9	2000	6	34	
LUCAS HARTLEY	U13A	0	41	0	39	0	42	5	24	1	38	1	33	1	40	6	32	11	28	3000	6	10	
SOPHIA BODOANO	U13A	0	45	0	42	0	47	5	57	1	44	1	36	1	50	6	57	11	35	2800	6	40	
ARCHIE BOLTON	U15A	0	47	0	41	0	50	6	16	1	54	1	51	1	58	7	39	17	57	4000	7	14	

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NAME	AGE	200M								400M								OVERALL					
		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		OVERALL		OV	MIN/MILE PACE		
		REP		REP		REP				REP		REP		REP				TIME		DIST			
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS	
01/06/2021		Sunny and warm.																					
DANIEL BETT	U11A	0	49	0	47	0	52	6	33	1	56	1	51	2	4	7	45	9	1	2000	7	16	
LUCAS HARTLEY	U13A	0	39	0	36	0	41	5	13	1	35	1	29	1	41	6	19	11	5	3000	5	57	
ARCHIE BOLTON	U15A	0	45	0	41	0	47	5	56	1	50	1	40	2	6	7	23	17	15	4000	6	57	
JONATHAN COOK	U15A	0	46	0	44	0	47	6	11	1	44	1	40	1	50	6	57	16	40	4000	6	43	
09/05/2021		Mild but windy.																					
EDWARD HARE	U11A	0	41	0	39	0	41	5	24	1	41	1	38	1	43	6	46	7	43	2000	6	13	
REUBEN LONGFIELD	U13A	0	45	0	41	0	52	6	1	1	43	1	34	1	48	6	55	12	19	3000	6	37	
MICHAEL ASTOR	U13A	0	38	0	36	0	39	5	3	1	30	1	26	1	32	6	1	10	36	3000	5	42	
FREDDY SANSOM	U15A	0	42	0	38	0	45	5	40	1	33	1	27	1	38	6	16	15	7	4000	6	5	
BARNEY HALL	U19B	0	44	0	42	0	45	5	51	1	35	1	31	1	38	6	21	19	16	5000	6	13	
11/04/2021		Cold approx 4C, Sunny and a light snow shower, light winds. 2nd reps session since 3 month layoff due to Covid.																					
EMMA NEAL	U11A	0	55	0	51	1	1	7	23	2	13	2	11	2	15	8	56	10	19	2000	8	19	
EDWARD HARE	U11A	0	48	0	46	0	50	6	27	1	50	1	45	1	52	7	22	8	41	2000	7	0	
DANIEL BETT	U11A	0	53	0	52	0	53	7	3	2	12	2	6	2	20	8	49	10	4	2000	8	7	
ALFIE SANSOM	U13A	0	46	0	42	0	50	6	14	1	43	1	36	1	52	6	57	12	29	3000	6	42	
WILLIAM NEAL	U13A	0	41	0	40	0	43	5	34	1	35	1	30	1	40	6	23	11	22	3000	6	6	
ELSA THWAITES	U17C	0	48	0	44	0	51	6	28	1	45	1	38	1	49	7	3	12	46	3000	6	51	
BARNEY HALL	U19B	0	42	0	38	0	45	5	34	1	32	1	27	1	36	6	9	14	51	4000	5	59	
24/12/2020		Dry but very cold slightly windy, coldest so far this winter.																					
BELLA HARRISON	U11	0	52	0	45	0	57	6	57	1	56	1	52	1	59	7	46	9	14	2000	7	26	
OLIVIA RODDICK	U11	0	41	0	36	0	43	5	24	1	38	1	34	1	40	6	33	7	34	2000	6	6	

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NAME	AGE	200M								400M								OVERALL					
		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		AVERAGE		FASTEST		SLOWEST		MIN/MILE PACE		OVERALL		OV	MIN/MILE PACE		
		REP		REP		REP				REP		REP		REP				TIME		DIST			
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS	
HANNAH RODDICK	U11	0	46	0	45	0	47	6	11	1	45	1	42	1	46	7	0	8	17	2000	6	40	
MICHAEL ASTOR	U13	0	39	0	37	0	42	5	14	1	34	1	27	1	40	6	17	11	3	3000	5	56	
ELSA THWAITES	U17C	0	49	0	47	0	51	6	35	1	48	1	44	1	52	7	14	13	4	3000	7	1	
20/12/2020		Good conditions and quite mild. Slightly slippery in parts but top of field usually quite good - Back to 200M/400M Laps instead of 198/396M																					
BELLA HARRISON	U11	0	50	0	43	0	54	6	41	1	54	1	50	1	57	7	39	9	1	2000	7	16	
OLIVIA RODDICK	U11	0	41	0	38	0	43	5	28	1	36	1	35	1	38	6	27	7	31	2000	6	3	
HANNAH RODDICK	U11	0	45	0	42	0	46	6	3	1	43	1	42	1	44	6	55	8	9	2000	6	34	
CHARLIE EVANS	U11	0	43	0	39	0	45	5	47	1	44	1	42	1	45	6	58	8	3	2000	6	29	
MICHAEL ASTOR	U13	0	39	0	37	0	42	5	16	1	34	1	29	1	38	6	18	11	5	3000	5	57	
FREDDY SANSOM	U13	0	42	0	39	0	43	5	35	1	36	1	33	1	39	6	28	11	29	3000	6	10	
ELSA THWAITES	U17	0	44	0	40	0	48	5	51	1	40	1	34	1	46	6	44	11	59	3000	6	26	
1st February 2020		Sunny and dry. Quite mild 9c but very windy. Not PB weather due to wind.																					
ELLA TINKHAM	U11A	0	55	0	52	0	59	7	26	2	2	1	49	2	10	8	14	9	43	1980	7	54	
LUCY HILLARY	U11A	0	44	0	39	0	46	5	54	1	42	1	40	1	43	6	52	7	58	1980	6	29	
OLIVIA RODDICK	U11A	0	44	0	42	0	45	5	54	1	39	1	37	1	39	6	40	7	49	1980	6	22	
WILLIAM CHALMERS	U11A	0	50	0	48	0	53	6	49	1	49	1	46	1	52	7	23	8	48	1980	7	10	
ALFIE SANSOM	U11A	0	46	0	43	0	48	6	16	1	40	1	38	1	42	6	48	8	6	1980	6	36	
SEB	U11A	0	54	0	48	0	58	7	21	2	5	1	55	2	10	8	27	9	51	1980	8	1	
FREDDY SANSOM	U13A	0	44	0	39	0	46	5	58	1	40	1	35	1	44	6	48	12	1	2970	6	31	
ELSA THWAITES	U15A	0	41	0	39	0	43	5	34	1	36	1	30	1	40	6	31	15	19	3960	6	14	
7th December 2019		Dry but testing cold wind into the face on the way out.																					
OLIVIA RODDICK	U11A	0	42	0	40	0	44	5	36	1	37	1	33	1	39	6	35	7	36	1980	6	11	

