

STOW CRICKET FIELD 200M REPS (Every 2 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 |
| 28th December 2023 | | <i>Windy but dry except one shower. Slippy in parts due to heavy rain before session.</i> | | | | | | | | | | |
| EDWARD HARE | U13A | 0 | 41 | 0 | 39 | 0 | 41 | 10 | 1 | 3000 | 5 | 23 |
| WILF HARRISON | U17C | 0 | 40 | 0 | 39 | 0 | 41 | 9 | 58 | 3000 | 5 | 21 |
| 3rd January 2020 | | <i>Chilly around 3/4C but little wind.</i> | | | | | | | | | | |
| OLIVIA RODDICK | U11 | 0 | 42 | 0 | 40 | 0 | 43 | 6 | 53 | 2000 | 5 | 33 |
| HANNAH RODDICK | U11 | 0 | 45 | 0 | 43 | 0 | 46 | 7 | 28 | 2000 | 6 | 1 |
| BELLA HARRISON | U11 | 0 | 49 | 0 | 43 | 0 | 55 | 8 | 6 | 2000 | 6 | 32 |
| CHARLIE EVANS | U11 | 0 | 44 | 0 | 41 | 0 | 46 | 7 | 16 | 2000 | 5 | 51 |
| MICHAEL ASTOR | U13 | 0 | 40 | 0 | 37 | 0 | 44 | 9 | 58 | 3000 | 5 | 21 |
| NED HARRISON | U13 | 0 | 45 | 0 | 43 | 0 | 49 | 11 | 9 | 3000 | 5 | 59 |
| JONATHAN COOK | U15B | 0 | 48 | 0 | 43 | 0 | 50 | 11 | 58 | 3000 | 6 | 26 |
| ELSA THWAITES | U17C | 0 | 45 | 0 | 38 | 0 | 58 | 11 | 2 | 3000 | 5 | 56 |
| COURSE CHANGE - 200 METRES INSTEAD OF 198M - Overall time will be slightly different so use Min/Mile Pace | | | | | | | | | | | | |
| 10th November 2019 | | <i>Bright and Sunny with little wind but quite chilly.</i> | | | | | | | | | | |
| PIPPA KRZYWEIC | U11B | 0 | 50 | 0 | 47 | 0 | 56 | 4 | 10 | 990 | 6 | 47 |
| EMMA NEAL | U11A | 0 | 57 | 0 | 51 | 1 | 0 | 9 | 23 | 1980 | 7 | 38 |
| HANNAH RODDICK | U11A | 0 | 47 | 0 | 44 | 0 | 49 | 7 | 41 | 1980 | 6 | 15 |
| OLIVIA RODDICK | U11A | 0 | 41 | 0 | 39 | 0 | 42 | 6 | 46 | 1980 | 5 | 30 |
| LUCY HILLARY | U11A | 0 | 45 | 0 | 36 | 0 | 48 | 7 | 22 | 1980 | 6 | 0 |
| ALFIE SANSOM | U11A | 0 | 43 | 0 | 41 | 0 | 45 | 7 | 9 | 1980 | 5 | 49 |
| JONATHAN COOK | U13A | 0 | 43 | 0 | 41 | 0 | 45 | 10 | 41 | 2970 | 5 | 48 |
| THEO BIRCH | U13A | 0 | 45 | 0 | 42 | 0 | 46 | 11 | 4 | 2970 | 6 | 0 |
| NED HARRISON | U13A | 0 | 42 | 0 | 38 | 0 | 44 | 10 | 30 | 2970 | 5 | 42 |
| 14th April 2019 | | <i>Good conditions although cold breeze.</i> | | | | | | | | | | |
| ALFIE SANSOM | U11 | 0 | 44 | 0 | 43 | 0 | 45 | 7 | 17 | 1980 | 5 | 56 |
| LUCAS HARTLEY | U11 | 0 | 41 | 0 | 38 | 0 | 44 | 6 | 50 | 1980 | 5 | 34 |
| MICHAEL ASTOR | U11 | 0 | 40 | 0 | 38 | 0 | 41 | 6 | 38 | 1980 | 5 | 24 |
| JONATHAN COOK | U13 | 0 | 41 | 0 | 39 | 0 | 42 | 10 | 12 | 2970 | 5 | 32 |
| HEIDI MUNDINANO | U15 | 0 | 48 | 0 | 41 | 0 | 50 | 15 | 51 | 3960 | 6 | 27 |
| JAKE ASTOR | U17 | 0 | 36 | 0 | 35 | 0 | 37 | 14 | 56 | 4950 | 4 | 52 |
| CHARLOTTE | AD | 0 | 42 | 0 | 39 | 0 | 44 | 17 | 26 | 4950 | 5 | 41 |
| COURSE CHANGE - More rounded turn rather than out and back with tight turn. 198 Metres instead of 200 Metres | | | | | | | | | | | | |
| 10th March 2019 | | <i>Very Windy & Cold but not slippy. - Course Change</i> | | | | | | | | | | |
| WILLIAM CHALMERS | U11 | 0 | 49 | 0 | 47 | 0 | 51 | 8 | 2 | 1980 | 6 | 32 |

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| | | REP | | REP | | REP | | TIME | | DIST | | |
| | | MIN | SECS | MIN | SECS | MIN | SECS | MIN | SECS | | MIN | SECS |
| THEO BIRCH | U11 | 0 | 44 | 0 | 40 | 0 | 47 | 7 | 11 | 1980 | 5 | 51 |
| HARRY BRADLEY | U11 | 0 | 43 | 0 | 41 | 0 | 44 | 7 | 7 | 1980 | 5 | 48 |
| JIMMY HUNT | U11 | 0 | 46 | 0 | 40 | 0 | 48 | 7 | 32 | 1980 | 6 | 8 |
| JONATHAN COOK | U13 | 0 | 43 | 0 | 39 | 0 | 43 | 10 | 32 | 2970 | 5 | 43 |
| 11th November 2018 | | <i>Good conditions & sunny although a little windy at times.</i> | | | | | | | | | | |
| WILLIAM CHALMERS | U11 | 0 | 51 | 0 | 47 | 0 | 53 | 8 | 24 | 2000 | 6 | 46 |
| ABIGAIL BARNETT | U13 | 0 | 46 | 0 | 41 | 0 | 47 | 11 | 18 | 3000 | 6 | 4 |
| JONATHAN COOK | U13 | 0 | 44 | 0 | 42 | 0 | 47 | 10 | 56 | 3000 | 5 | 52 |
| KIAN DEE | U13 | 0 | 43 | 0 | 41 | 0 | 43 | 10 | 32 | 3000 | 5 | 40 |
| ISOBEL BARNETT | U15 | 0 | 44 | 0 | 40 | 0 | 45 | 14 | 36 | 4000 | 5 | 53 |
| TAYA DEE | U15 | 0 | 40 | 0 | 39 | 0 | 40 | 13 | 1 | 4000 | 5 | 15 |
| EMILY FIELD | U17 | 0 | 40 | 0 | 39 | 0 | 43 | 16 | 39 | 5000 | 5 | 22 |
| JAKE ASTOR | U18 | 0 | 38 | 0 | 36 | 0 | 39 | 15 | 50 | 5000 | 5 | 6 |
| HARVEY SAWYER | U17 | 0 | 52 | 0 | 46 | 0 | 56 | 21 | 30 | 5000 | 6 | 56 |
| ROBBIE HUGHES | U19 | 0 | 38 | 0 | 36 | 0 | 38 | 15 | 30 | 5000 | 5 | 0 |
| 9th September 2018 | | <i>Good conditions although a little windy at times.</i> | | | | | | | | | | |
| MICHAEL ASTOR | U11 | 0 | 43 | 0 | 41 | 0 | 45 | 7 | 7 | 2000 | 5 | 44 |
| ABIGAIL BARNETT | U13 | 0 | 49 | 0 | 43 | 0 | 53 | 14 | 29 | 3600 | 6 | 29 |
| JONATHAN COOK | U13 | 0 | 46 | 0 | 43 | 0 | 46 | 13 | 31 | 3600 | 6 | 3 |
| HEIDI MUNDINANO | U15 | 0 | 49 | 0 | 44 | 0 | 54 | 14 | 30 | 3600 | 6 | 29 |
| ISOBEL BARNETT | U15 | 0 | 45 | 0 | 42 | 0 | 57 | 13 | 26 | 3600 | 6 | 1 |
| EMILY FIELD | U17 | 0 | 43 | 0 | 37 | 0 | 47 | 17 | 38 | 5000 | 5 | 41 |
| JAKE ASTOR | U17 | 0 | 39 | 0 | 36 | 0 | 41 | 16 | 3 | 5000 | 5 | 10 |
| HARVEY SAWYER | U17 | 0 | 48 | 0 | 38 | 0 | 57 | 18 | 54 | 4800 | 6 | 21 |
| 16th December 2017 | | <i>Firmish but slippy in parts after Snow. Cold approx 0°.</i> | | | | | | | | | | |
| JONATHAN COOK | U11 | 0 | 52 | 0 | 47 | 0 | 53 | 8 | 31 | 2000 | 6 | 52 |
| KIAN DEE | U11 | 0 | 46 | 0 | 42 | 0 | 48 | 7 | 32 | 2000 | 6 | 4 |
| MICHAEL ASTOR | U11 | 0 | 45 | 0 | 43 | 0 | 46 | 7 | 24 | 2000 | 5 | 58 |
| TAYA DEE | U13 | 0 | 44 | 0 | 41 | 0 | 44 | 13 | 1 | 3600 | 5 | 50 |
| ROBBIE HUGHES | U17 | 0 | 39 | 0 | 36 | 0 | 40 | 16 | 6 | 5000 | 5 | 11 |
| 25th November 2017 | | <i>Firm Conditions, Sunny but Cold approx 0°.</i> | | | | | | | | | | |
| ARLEN HARTLEY | U11 | 0 | 51 | 0 | 48 | 0 | 53 | 8 | 22 | 2000 | 6 | 44 |
| JONATHAN COOK | U11 | 0 | 50 | 0 | 48 | 0 | 52 | 8 | 20 | 2000 | 6 | 43 |
| LUCAS HARTLEY | U11 | 0 | 50 | 0 | 48 | 0 | 52 | 8 | 17 | 2000 | 6 | 40 |
| DEVEN RIVER | U11 | 0 | 48 | 0 | 46 | 0 | 49 | 7 | 52 | 2000 | 6 | 20 |

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| | | REP | | REP | | REP | | TIME | | DIST | | |
| MIN | SECS | MIN | SECS | MIN | SECS | MIN | SECS | | MIN | SECS | | |
| WILL PRESTON | U11 | 0 | 52 | 0 | 49 | 0 | 53 | 8 | 33 | 2000 | 6 | 53 |
| HARVEY SAWYER | U15 | 0 | 45 | 0 | 41 | 0 | 47 | 18 | 44 | 5000 | 6 | 2 |
| GABBY JONES | U17 | 0 | 48 | 0 | 40 | 0 | 52 | 19 | 45 | 5000 | 6 | 22 |
| ROBBIE HUGHES | U17 | 0 | 39 | 0 | 37 | 0 | 39 | 15 | 55 | 5000 | 5 | 8 |