

STOW CRICKET FIELD 395M (4 MIN INTERVALS)

NAME	AGE	GRADE	395M								OVERALL													
			AVERAGE		FASTEST		SLOWEST		MIN/MILE		AVERAGE		FASTEST		SLOWEST		MIN/MILE		DIST	MIN/MILE		OVERALL		
			REP		REP		REP		PACE		REP		REP		REP		PACE			PACE		TIME		
			MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	M	MIN	SECS	MIN	SECS	
11/02/2024			Good Conditions for time of year																					
HENRY NUNN	U11A		1	40	1	34	1	53	6	45								1975	6	45	8	16		
EDWARD HARE	U13B		1	26	1	25	1	27	5	51								1975	5	51	7	10		
26/11/2023			Damp mist and cold 5C but not too slippy.																					
GRACE KAY	U11A		2	10	2	5	2	15	8	48								1975	8	48	10	47		
EDWARD HARE	U13A		1	30	1	26	1	31	6	4								3160	6	4	11	53		
LIAM KAY	U15A		1	24	1	20	1	26	5	39								4345	5	39	15	14		
29/01/2023			Good conditions for time of year, a little slippy in parts.																					
EDWARD HARE	U13A		1	31	1	29	1	33	6	8								3160	6	8	12	2		
TOM HARVEY	U13A		1	30	1	22	1	34	6	5								3160	6	5	11	56		
NOAH ALYN-JONES	U13A		1	41	1	33	1	45	6	49								3160	6	49	13	22		
20/11/2022			Cold wind. A little slippy in parts.																					
ELLA CATLEY	U11A		2	15	2	3	2	22	9	7								1975	9	7	11	11		
PIPPA KRZYWIEC	U11A		1	44	1	39	1	48	7	3								1975	7	3	8	39		
FREYA PARKES	U13A		1	38	1	33	1	47	6	36								3160	6	36	12	57		
EDWARD HARE	U13A		1	35	1	32	1	38	6	28								3160	6	28	12	40		
NED HARRISON	U15A		1	44	1	39	1	49	7	3								4345	7	3	19	2		
25/09/2022			Very good conditions but 1st time back over this distance since summer break.																					
BELLA HARRISON	U13A		1	45	1	35	1	53	7	7								3160	7	7	13	57		
WILLIAM CHALMERS	U13A		1	40	1	37	1	44	6	46								3160	6	46	13	17		
EDWARD HARE	U13A		1	38	1	28	1	45	6	39								3160	6	39	13	2		
NED HARRISON	U15A		1	40	1	32	1	44	6	46								4345	6	46	18	16		
20/03/2022			Great conditions for time of year. Sunny and light winds.																					
OCTAVIA PLUMMER	U11A		1	43	1	37	1	49	6	58								1975	6	58	8	32		
SOPHIA SCOTT	U11A		1	39	1	35	1	43	6	43								1975	6	43	8	14		
FREYA PARKES	U11A		1	31	1	26	1	37	6	9								1975	6	9	7	32		
JOE SHAYLOR	U11A		1	28	1	23	1	30	5	56								1975	5	56	7	16		
KIPP STEVENS	U11A		1	26	1	22	1	28	5	48								1975	5	48	7	7		
WILL HARVEY	U11A		1	36	1	31	1	41	6	31								1975	6	31	7	59		
JACK ROBERTS	U11A		1	33	1	25	1	41	6	17								1975	6	17	7	42		
06/02/2022			Very windy, cold wind chill, not PB conditions yet Will, Michael & Tom PB'd																					
EDWARD HARE	U11		1	43	1	34	1	46	6	58								1975	6	58	8	32		
WILL HARVEY	U11		1	39	1	34	1	43	6	42								1975	6	42	8	13		
KIPP STEVENS	U11		1	35	1	29	1	44	6	24								1975	6	24	7	51		

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			REP		REP		REP		PACE		REP		REP		REP		PACE			PACE		TIME	
			MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS	M	MIN	SECS	MIN	SECS
MICHAEL ASTOR	U13		1	25	1	22	1	27	5	47								3160	5	47	11	20	
THOMAS HARVEY	U13		1	38	1	33	1	44	6	37								3160	6	37	12	58	
16/01/2022			Good conditions & mild for time of year. Light winds.																				
HANNAH RODDICK	U11		1	39	1	33	1	43	6	41								1975	6	41	8	11	
WILL HARVEY	U11		1	41	1	37	1	44	6	51								1975	6	51	8	24	
JOE SHAYLOR	U11		1	32	1	27	1	34	6	12								1975	6	12	7	36	
OLIVIA RODDICK	U13		1	34	1	30	1	36	6	21								3160	6	21	12	28	
OLIVIA POOLE	U13		1	49	1	41	1	55	7	25								3160	7	25	14	32	
MICHAEL ASTOR	U13		1	29	1	27	1	31	6	1								3160	6	1	11	47	
THOMAS HARVEY	U13		1	40	1	32	1	43	6	46								3160	6	46	13	16	
LISA	AD		2	0	1	55	2	7	8	6								3160	8	6	15	53	
28/11/2021			Light snow covering but icy, slippy and cold. Will not be quick times.																				
HANNAH RODDICK	U11		1	42	1	39	1	45	6	53								1975	6	53	8	26	
JOE SHAYLOR	U11		1	36	1	34	1	37	6	31								1975	6	31	7	59	
WILL HARVEY	U11		1	42	1	38	1	44	6	55								1975	6	55	8	29	
OLIVIA RODDICK	U13		1	39	1	35	1	42	6	40								3160	6	40	13	5	
MICHAEL ASTOR	U13		1	33	1	28	1	34	6	18								3160	6	18	12	21	
24/10/2021			Mild but light rain turning to medium rain. U15 ran U13 distance.																				
EDWARD HARE	U11	A	1	37	1	31	1	46	6	35								1975	6	35	8	4	
FREDDY SANSOM	U15		1	32	1	29	1	38	6	14								3160	6	14	12	13	
NED HARRISON	U15	B	1	36	1	32	1	38	6	29								3160	6	29	12	43	
29/08/2021			Cool, dry and light wind. Very good running conditions.																				
WILL HARVEY	U11	A	1	47	1	43	1	49	7	16								1975	7	16	8	54	
THOMAS HARVEY	U13	A	1	45	1	39	1	53	7	5								3160	7	5	13	54	
JONATHAN COOK	U15	B	1	45	1	41	1	46	7	5								3160	7	5	13	53	
BARNEY HALL	U19	A	1	24	1	17	1	31	5	42								5530	5	42	19	35	
13/06/2021			Sunny & very warm. Due to being so warm 4.30/5.00Min recovery. This was the first 395M ONLY reps on this course so please compare to 395 Reps on 395/790/395 Session.																				
LUCAS HARTLEY	U13	A	1	32	1	29	1	33	6	14								3160	6	14	12	13	
ALFIE SANSOM	U13	A	1	33	1	30	1	33	6	18								3160	6	18	12	21	
FREDDY SANSOM	U15	A	1	32	1	27	1	33	6	14								4345	6	14	16	49	
BARNEY HALL	U17	A	1	30	1	23	1	32	6	5								5530	6	5	20	54	