

STOW CRICKET FIELD 395/790/395 REPS (4 & 7 MIN INTERVALS)

NAME	AGE	SETS	395M								790M								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	MIN	SECS	M	MIN	SECS	MIN	SECS
24/12/2023			Dry but quite windy.																						
EDWARD HARRE	U13A		1	31	1	30	1	31	6	9	3	10	3	7	3	13	6	27	3555	6	21	14	0		
NED HARRISON	U15B		1	49	1	38	2	0	7	23	3	41	3	36	3	46	7	30	3555	7	28	16	28		
NOAH ALYN-JONES	U15A		1	44	1	30	1	51	7	4	3	50	3	33	4	0	7	49	4740	7	34	22	16		
OLLIE ROBERTSON	U15A		1	33	1	28	1	40	6	17	3	28	3	25	3	33	7	3	4740	6	48	19	59		
LIAM KAY	U15B		1	30	1	27	1	32	6	4	3	10	3	6	3	17	6	27	3555	6	19	13	57		
FREDDIE SANSOM	U17B		1	40	1	30	1	47	6	48	3	36	3	35	3	37	7	21	4740	7	10	21	4		
31/10/2023			Good weather conditions, light winds, a little slippy on the sharp corners.																						
GRACE KAY	U11A		1	51	1	49	1	53	7	33	4	13	4	5	4	21	8	36	2370	8	15	12	8		
WILL HARVEY	U15A		1	32	1	30	1	33	6	15	3	9	3	0	3	15	6	26	3555	6	22	14	3		
LIAM KAY	U15A		1	24	1	21	1	27	5	43	3	0	2	55	3	4	6	7	4740	5	59	17	35		
01/05/2023			Good Conditions																						
WILL HARVEY	U13 A		1	36	1	32	1	41	6	29	3	26	3	23	3	27	6	59	3555	6	49	15	3		
EDWARD HARE	U13A		1	31	1	29	1	33	6	10	3	13	3	12	3	13	6	32	3555	6	25	14	9		
TOM HARVEY	U15A		1	31	1	24	1	36	6	10	3	15	3	11	3	20	6	38	4740	6	29	19	3		
27/12/2022			Light gusty wind and light rains. Cold wind but mild.																						
WILL HARVEY	U11A		1	39	1	36	1	41	6	42	3	29	3	28	3	29	7	5	2370	6	57	10	14		
EDWARD HARE	U13A		1	30	1	28	1	31	6	4	3	7	3	6	3	9	6	21	3555	6	16	13	49		
TOM HARVEY	U13A		1	29	1	27	1	31	6	3	3	11	3	5	3	18	6	29	3555	6	20	13	59		
BILLY BRUNSDON	U15B		1	40	1	32	1	44	6	45	3	40	3	30	3	48	7	29	3555	7	14	15	58		
27/12/2022			Light gusty wind and light rains. Cold wind but mild.																						
JACK ROBERTS	U11A		1	39	1	38	1	39	6	42	3	36	3	35	3	36	7	20	2370	7	7	10	28		
WILLIAM BELL	U11A		1	44	1	42	1	45	7	2	3	51	3	47	3	54	7	50	2370	7	34	11	8		
HANNAH RODDICK	U13B		1	53	1	45	2	0	7	39	4	3	3	57	4	8	8	15	2370	8	3	11	50		
EDWARD HARE	U13B		1	40	1	37	1	43	6	48	3	25	3	25	3	25	6	58	2370	6	55	10	10		
23/10/2022			Good conditions																						
BELLA HARRISON	U13A		1	57	1	51	2	5	7	57	4	16	4	9	4	27	8	42	3555	8	27	18	39		
EDWARD HARE	U13A		1	44	1	39	1	51	7	4	3	51	3	39	4	1	7	51	3555	7	35	16	45		
WILLIAM CHALMERS	U13A		1	42	1	38	1	47	6	56	3	51	3	39	3	57	7	50	3555	7	32	16	38		
NED HARRISON	U15A		1	49	1	45	1	53	7	25	3	47	3	37	3	55	7	42	4740	7	36	22	23		
27/02/2022			Good Conditions for time of year. Cool but sunny, light winds.																						
EDWARD HARE	U11A		1	38	1	36	1	39	6	38	3	32	3	27	3	36	7	11	2370	7	0	10	18		
TOM HARVEY	U13A		1	35	1	27	1	38	6	25	3	37	3	33	3	41	7	21	3555	7	2	15	32		
MICHAEL ASTOR	U13A		1	28	1	24	1	36	5	59	3	8	3	5	3	10	6	22	3555	6	14	13	46		

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			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	MIN	SECS	M	MIN	SECS	MIN	SECS
24/12/2021			Mild for time of year but raining and quite slippy, not nice conditions. Felix & Lucas no spikes so even less grip.																						
BELLA HARRISON	U11A		1	51	1	44	1	58	7	33	4	10	3	58	4	22	8	30	2370	8	11	12	2		
WILL HARVEY	U11A		1	44	1	42	1	46	7	4	3	38	3	38	3	38	7	25	2370	7	18	10	44		
EDWARD HARE	U11A		1	34	1	30	1	38	6	23	3	33	3	31	3	35	7	14	2370	6	57	10	14		
TOM HARVEY	U13A		1	45	1	40	1	51	7	8	3	47	3	45	3	48	7	42	3555	7	31	16	35		
LUCAS HARTLEY	U13A		1	34	1	29	1	39	6	23	3	25	3	19	3	30	6	57	3555	6	46	14	56		
NED HARRISON	U15A		1	32	1	29	1	36	6	13	3	17	3	12	3	20	6	41	4740	6	32	19	12		
FELIX LINDNER	U15A		1	25	1	23	1	26	5	47	3	9	3	6	3	12	6	25	4740	6	12	18	15		
07/11/2021			Good conditions for time of year. Dry. Light winds.																						
EDWARD HARE	U11A		1	38	1	37	1	38	6	38	3	37	3	32	3	42	7	23	2370	7	8	10	29		
WILL HARVEY	U11A		1	37	1	37	1	37	6	36	3	26	3	25	3	26	6	59	2370	6	51	10	5		
JOE SHAYLOR	U11A		1	37	1	36	1	38	6	36	3	27	3	26	3	27	7	1	2370	6	53	10	7		
ALFIE SANSOM	U13A		1	35	1	34	1	36	6	26	3	19	3	12	3	23	6	45	3555	6	38	14	39		
MICHAEL ASTOR	U13A		1	24	1	23	1	26	5	43	3	4	2	57	3	14	6	15	3555	6	4	13	24		
TOM HARVEY	U13A		1	44	1	39	1	47	7	4	3	59	3	53	4	2	8	7	3555	7	46	17	8		
JONATHAN COOK	U15B		1	44	1	38	1	48	7	2	4	6	4	0	4	9	8	21	3555	7	54	17	27		
27/09/2021			Good conditions with light wind																						
KIPP STEVENS	U11A		1	29	1	28	1	29	6	1	3	24	3	21	3	26	6	55	2370	6	37	9	44		
EDWARD HARE	U11A		1	38	1	34	1	41	6	38	3	25	3	21	3	29	6	58	2370	6	51	10	5		
WILL HARVEY	U11A		1	40	1	38	1	41	6	46	3	48	3	38	3	57	7	44	2370	7	25	10	54		
TOM HARVEY	U13A		1	43	1	39	1	47	7	0	4	17	3	59	4	35	8	44	2370	8	9	12	0		
15/08/2021			Cloudy, light rain shower, light winds 20C. Good conditions. J																						
BELLA HARRISON	U11A		1	50	1	43	1	57	7	29	4	16	4	15	4	17	8	42	2370	8	18	12	12		
KIPP STEVENS	U11A		1	31	1	28	1	34	6	11	3	32	3	30	3	33	7	11	2370	6	51	10	5		
EDWARD HARE	U11A		1	31	1	28	1	33	6	9	3	26	3	23	3	29	7	0	2370	6	43	9	53		
LUCAS HARTLEY	U13A		1	30	1	27	1	34	6	4	3	17	3	6	3	29	6	40	3555	6	28	14	17		
WILLIAM NEIL	U13A		1	25	1	17	1	30	5	47	3	14	3	6	3	20	6	34	3555	6	19	13	55		
ARCHIE BOLTON	U15A		1	43	1	35	1	56	7	0	3	56	3	51	4	0	8	1	4740	7	41	22	35		
NED HARRISON	U15A		1	33	1	29	1	39	6	19	3	27	3	17	3	32	7	2	4740	6	48	19	59		
30/05/2021			Lovely summers day, light winds and warm.																						
FRANCESCA BRADLEY	U11	1	2	5	2	2	2	7	8	28	4	14	4	9	4	19	8	38	2370	8	35	12	37		
LUCAS HARTLEY	U13	1	1	33	1	27	1	35	6	17	3	27	3	22	3	31	7	1	3555	6	46	14	56		
HARRY BRADLEY	U15	1	1	33	1	31	1	36	6	17	3	23	3	16	3	30	6	53	4740	6	41	19	40		
04/04/2021			Lovely spring day, light winds around 16C. First session since December due to Covid situation. Times are likely to be a great deal slower.																						
HANNAH RODDICK	U11A		1	38	1	36	1	40	6	40	3	38	3	37	3	39	7	25	2370	7	10	10	32		

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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	MIN	SECS	M	MIN	SECS	MIN	SECS
OLIVIA RODDICK	U11A		1	29	1	27	1	31	6	3	3	23	3	22	3	23	6	53	2370	6	36	9	43		
EDWARD HARE	U11A		1	51	1	48	1	53	7	31	4	22	4	18	4	25	8	53	2370	8	26	12	24		
DANIEL BETT	U11A		2	3	2	1	2	5	8	22	5	7	4	49	5	24	10	25	2370	9	44	14	19		
ALFIE SANSOM	U13A		1	44	1	42	1	48	7	4	3	38	3	34	3	42	7	24	3555	7	17	16	5		
LUCAS HARTLEY	U13A		1	35	1	29	1	38	6	25	3	22	3	14	3	29	6	51	3555	6	42	14	47		
MICHAEL ASTOR	U13A		1	26	1	23	1	29	5	48	3	9	3	5	3	14	6	24	3555	6	12	13	41		
JONATHAN COOK	U15A		1	50	1	42	1	56	7	28	3	58	3	42	4	7	8	5	4740	7	52	23	10		
BARNEY HALL	U19A		1	37	1	32	1	40	6	33	3	22	3	14	3	30	6	51	4740	6	45	19	52		
27/12/2020			Very good conditions especially after Storm Bella the night before, ground surprisingly firm, sunny, very little wind, cool 3-4C. U11 Girls ran extra 790M but 1x395M less - overall min/mile will be less.																						
HANNAH RODDICK	U11A		1	37	1	33	1	40	6	34	3	37	3	35	3	38	7	22	2370	7	6	10	26		
OLIVIA RODDICK	U11A		1	31	1	30	1	31	6	9	3	21	3	20	3	21	6	49	2370	6	36	9	42		
BELLA HARRISON	U11A		1	44	1	42	1	46	7	4	4	4	4	1	4	6	8	17	2370	7	52	11	35		
CHARLIE EVANS	U11A		1	34	1	30	1	37	6	21	3	33	3	32	3	34	7	14	2370	6	57	10	13		
MICHAEL ASTOR	U13A		1	28	1	28	1	28	5	59	3	12	3	8	3	16	6	31	3555	6	20	13	59		
JONATHAN COOK	U15B		1	51	1	36	2	0	7	31	4	6	3	49	4	22	8	22	3555	8	5	17	50		
NED HARRISON	U13A		1	41	1	38	1	44	6	51	3	37	3	31	3	42	7	23	3555	7	12	15	53		
GABBY JONES	AD		1	32	1	28	1	34	6	13	3	25	3	18	3	34	6	57	3555	6	42	14	47		
6th December 2020			COVID SESSION - CAN ONLY RUN IN SEPARATE GROUPS OF SIX - PRIVATE SESSION - LIMITED PLACES-																						
8th December 2020			This was our first session for over six months so asked runners to take it steady as they will need to rebuild their fitness. Boys ran one extra 790m but one 395m less. Weather mild, wind right but ground very slippery in parts.																						
HANNAH RODDICK	U11A		1	39	1	38	1	40	6	44	3	35	3	35	3	35	7	18	1975	6	58	8	32		
OLIVIA RODDICK	U11A		1	34	1	33	1	35	6	22	3	26	3	26	3	26	7	0	1975	6	37	8	7		
BELLA HARRISON	U11A		1	54	1	44	2	4	7	42	3	57	3	57	3	57	8	3	1975	7	51	9	37		
CHARLIE EVANS	U11A		1	40	1	37	1	43	6	48	3	31	3	26	3	36	7	10	2370	7	3	10	22		
MICHAEL ASTOR	U13A		1	27	1	25	1	30	5	55	3	12	3	6	3	15	6	30	3555	6	19	13	55		
FREDDY SANSOM	U15A		1	37	1	32	1	41	6	34	3	37	3	30	3	41	7	21	3555	7	6	15	39		
8th March 2020			Good Conditions, light wind mild for time of year.																						
IMOGEN LONG-FIELD	U11B		2	7	2	5	2	8	8	37									1185	8	37	6	20		
HANNAH RODDICK	U11A		1	46	1	42	1	53	7	12	3	57	3	57	3	57	8	3	1975	7	33	9	15		
OLIVIA RODDICK	U11A		1	33	1	27	1	40	6	19	3	23	3	23	3	23	6	54	1975	6	33	8	2		
REUBEN LONG-FIELD	U11A		1	33	1	32	1	33	6	17	3	19	3	19	3	19	6	46	1975	6	28	7	56		
ALFIE SANSOM	U11A		1	34	1	33	1	34	6	21	3	19	3	19	3	19	6	46	1975	6	31	7	59		
CHARLIE EVANS	U11A		1	38	1	30	1	47	6	37	3	30	3	30	3	30	7	8	1975	6	50	8	22		
EDWARD HARE	U11A		1	33	1	31	1	35	6	19	3	29	3	29	3	29	7	6	1975	6	38	8	8		
BERTIE	U11A		1	52	1	31	2	29	7	34	3	21	3	21	3	21	6	50	1975	7	16	8	55		
LUCAS HARTLEY	U11A		1	30	1	27	1	32	6	4	3	17	3	17	3	17	6	42	1975	6	19	7	45		

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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	MIN	SECS	M	MIN	SECS	MIN	SECS
DANIEL BETT	U11B		1	59	1	58	2	0	8	5									1185	8	5	5	57		
JONATHAN COOK	U13A		1	31	1	29	1	35	6	11	3	15	3	14	3	16	6	38	3160	6	25	12	34		
8th February 2020			<i>Good Conditions, light wind mild for time of year 5c approx</i>																						
OLIVIA POOLE	U11A		1	48	1	46	1	48	7	18	4	0	4	0	4	0	8	9	1975	7	38	9	22		
LUCY HILLARY	U11A		1	39	1	35	1	43	6	44	3	38	3	38	3	38	7	25	1975	7	0	8	35		
HANNAH RODDICK	U11A		1	41	1	36	1	48	6	52	3	35	3	35	3	35	7	18	1975	7	3	8	38		
OLIVIA RODDICK	U11A		1	31	1	27	1	33	6	11	3	19	3	19	3	19	6	46	1975	6	25	7	52		
DANIEL BETT	U11A		1	58	1	54	2	3	8	0	4	16	4	16	4	16	8	42	1975	8	17	10	9		
ALFIE SANSOM	U11A		1	39	1	35	1	42	6	42	3	29	3	27	3	30	7	5	3160	6	54	13	31		
JONATHAN COOK	U13A		1	33	1	29	1	34	6	17	3	21	3	18	3	23	6	49	3160	6	33	12	51		
31st December 2019			<i>Good Conditions, light wind. Higher numbers than usual may slow speed on some corners, therefore more difficult for PB's.</i>																						
IMOGEN LONG-FIELD	U11B		2	25	2	12	2	44	9	49									1185	9	49	7	13		
EMMA NEAL	U11B		2	8	1	54	2	16	8	39									1185	8	39	6	22		
FRANCESCA BRADLEY	U11B		2	11	2	0	2	16	8	52									1185	8	52	6	31		
HANNAH RODDICK	U11A		1	49	1	43	1	53	7	22	3	48	3	48	3	48	7	45	1975	7	31	9	13		
OLIVIA RODDICK	U11A		1	35	1	33	1	36	6	26	3	37	3	37	3	37	7	23	1975	6	49	8	21		
ALFIE SANSOM	U11A		1	38	1	36	1	39	6	37	3	31	3	31	3	31	7	10	1975	6	50	8	23		
HARRY BRADLEY	U13A		1	33	1	25	1	42	6	18	3	32	3	29	3	34	7	11	3160	6	45	13	14		
FREDDY SANSOM	U13A		1	44	1	38	1	50	7	4	3	43	3	38	3	48	7	35	3160	7	20	14	22		
JONATHAN COOK	U13A		1	40	1	36	1	42	6	47	3	41	3	34	3	47	7	30	3160	7	8	14	0		
NED HARRISON	U13A		1	34	1	28	1	37	6	20	3	24	3	23	3	25	6	56	3160	6	38	13	1		
EMILY SCATES	U13A		2	6	1	48	2	20	8	34	4	30	4	29	4	30	9	10	3160	8	52	17	23		
ELSA THWAITES	U15A		1	33	1	29	1	35	6	18	3	25	3	21	3	28	6	58	4345	6	40	17	58		
GABBY JONES	U20A		1	38	1	34	1	41	6	40	3	40	3	32	3	52	7	28	4345	7	6	19	9		
21st December 2019			<i>Light winds but heavy rain showers, throughout and quite sloppy on corners due to the amount of rain. Not good for PB's.</i>																						
ALFIE SANSOM	U11A		1	40	1	37	1	42	6	47	3	27	3	27	3	27	7	2	1975	6	53	8	26		
FREDDY SANSOM	U13A		1	45	1	35	1	57	7	8	3	48	3	37	3	59	7	45	3160	7	27	14	36		
JONATHAN COOK	U13A		1	37	1	35	1	39	6	36	3	29	3	22	3	35	7	5	3160	6	50	13	25		
ELSA THWAITES	U15A		1	31	1	21	1	40	6	8	3	22	3	13	3	28	6	52	4345	6	32	17	37		
17th November 2019			<i>Damp, overcast conditions, but reasonably firm and no wind.</i>																						
IMOGEN LONGFIELD	U11A		2	14	2	8	2	20	9	4	5	34	5	34	5	34	11	21	1975	9	59	12	14		
LUCY HILLARY	U11A		1	33	1	30	1	37	6	18	3	52	3	52	3	52	7	53	1975	6	56	8	30		
WILLIAM CHALMERS	U11A		1	43	1	38	1	49	7	0	3	53	3	53	3	53	7	55	1975	7	22	9	2		
REUBEN LONGFIELD	U11A		1	35	1	31	1	37	6	25	3	26	3	26	3	26	7	0	1975	6	39	8	9		
ALFIE SANSOM	U11A		1	36	1	34	1	37	6	30	3	26	3	26	3	26	7	0	1975	6	42	8	13		

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NAME	AGE	SETS	395M								790M								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	MIN	SECS	M	MIN	SECS	MIN	SECS
FREDDY SANSOM	U13A		1	41	1	31	1	50	6	52	3	42	3	37	3	46	7	32	3160	7	12	14	7		
JONATHAN COOK	U13A		1	39	1	33	1	47	6	44	3	47	3	42	3	51	7	42	3160	7	13	14	9		
CHARLIE ASTOR	U13A		1	26	1	19	1	30	5	51	3	17	3	13	3	21	6	42	3160	6	16	12	18		
JAKE ASTOR	U17A		1	23	1	19	1	25	5	39	2	59	2	52	3	4	6	5	5530	5	54	20	13		
29th September 2019			15C Firm good conditions but very strong wind.																						
BELLA HARRISON	U11		1	45	1	45	1	45	7	8	3	55	3	55	3	55	7	59	1975	7	29	9	10		
MICHAEL ASTOR	U11		1	26	1	25	1	27	5	51	3	15	3	15	3	15	6	38	1975	6	10	7	33		
THEO BIRCH	U13		1	39	1	31	1	44	6	41	3	27	3	14	3	39	7	1	3160	6	51	13	26		
DANIELLE HADAD	U15		1	39	1	31	1	45	6	44	3	37	3	29	3	44	7	22	4345	7	5	19	5		
TAYA DEE	U15		1	26	1	24	1	28	5	51	3	18	3	11	3	23	6	42	4345	6	19	17	2		
HEIDI MUNDINANO <i>(Told to take easy)</i>	U17		1	51	1	45	1	57	7	33	3	58	3	50	4	8	8	5	5530	7	51	26	58		
BARNEY HALL	U17		1	31	1	27	1	35	6	11	3	17	3	13	3	20	6	41	5530	6	28	22	12		
21st April 2019			Ideal Conditions, sunny, warm and light breeze.																						
CHARLIE ASTOR	U13		1	27	1	21	1	30	5	54	3	16	3	14	3	18	6	40	3160	6	17	12	19		
JAKE ASTOR	U17		1	20	1	14	1	23	5	23	2	49	2	47	2	51	5	44	5530	5	35	19	10		
CHARLOTTE	AD		1	35	1	28	1	38	6	27	3	34	3	27	3	39	7	16	5530	6	55	23	44		
17th March 2019			Cold and windy with sleet/rain for a few reps but not all.																						
ZARA SAMPSON	U11		1	54	1	44	2	13	7	45	4	13	4	13	4	13	8	36	1975	8	5	9	55		
BELLA HARRISON	U11		2	1	1	50	2	18	8	11	4	22	4	22	4	22	8	54	1975	8	28	10	23		
WILLIAM CHALMERS	U11		1	50	1	47	1	52	7	27	4	18	4	18	4	18	8	46	1975	7	59	9	47		
REUBEN LONG-FIELD	U11		1	39	1	38	1	40	6	44	4	24	4	24	4	24	8	58	1975	7	38	9	21		
JIMMY HUNT	U11		1	37	1	32	1	40	6	33	3	53	3	53	3	53	7	55	1975	7	6	8	42		
ALFIE SANSOM	U11		1	40	1	38	1	40	6	45	4	24	4	24	4	24	8	58	1975	7	38	9	22		
HARRY BRADLEY	U11		1	32	1	27	1	35	6	14	3	27	3	27	3	27	7	2	1975	6	33	8	2		
KIAN DEE	U13		1	30	1	27	1	33	6	6	3	29	3	22	3	35	7	5	3160	6	36	12	56		
HEIDI MUNDINANO	U15		1	44	1	37	1	49	7	1	3	51	3	46	3	54	7	50	4345	7	28	20	7		
GABBY JONES	U19		1	32	1	30	1	34	6	14	3	24	3	21	3	27	6	56	5530	6	38	22	45		
10th February 2019			Reasonably firm for the wet weather of late but a cold wind from the Lower SWell direction. No rain over session.																						
HARRY BRADLEY	U11		1	38	1	34	1	42	6	40	3	34	3	34	3	34	7	16	1975	6	54	8	28		
LUCAS HARTLEY	U11		1	36	1	33	1	40	6	32	3	23	3	23	3	23	6	54	1975	6	41	8	11		
THEO BIRCH	U11		1	36	1	32	1	42	6	32	3	42	3	42	3	42	7	33	1975	6	56	8	30		
JONATHAN COOK	U13		1	37	1	33	1	39	6	33	3	36	3	30	3	42	7	21	3160	6	57	13	37		
FREDDIE SANSOM	U13		1	52	1	49	1	55	7	36	4	1	3	55	4	6	8	10	3160	7	53	15	28		
ARLEN HARTLEY	U13		1	46	1	43	1	48	7	10	3	56	3	52	4	0	8	1	3160	7	36	14	54		
JAKE ASTOR	U17		1	23	1	19	1	28	5	37	3	2	2	59	3	4	6	10	5530	5	56	20	21		

STOW CRICKET FIELD 395/790/395 REPS (4 & 7 MIN INTERVALS)

NAME	AGE	SETS	395M								790M								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	MIN	SECS	M	MIN	SECS	MIN	SECS
GABBY JONES	U19		1	38	1	33	1	39	6	36	3	33	3	29	3	37	7	14	5530	6	58	23	55		
23rd December 2018			<i>No rain but a great deal of rain over previous days so a little slippery on the corners, quite mild for time of year</i>																						
BELLA HARRISON	U11		1	51	1	44	2	2	7	31	4	14	4	14	4	14	8	38	1975	7	58	9	46		
MICHAEL ASTOR	U11		1	29	1	28	1	30	6	3	3	8	3	8	3	8	6	23	1975	6	11	7	35		
ALFIE SANSOM	U11		1	37	1	33	1	42	6	36	3	38	3	38	3	38	7	25	1975	6	55	8	29		
LUCAS HARTLEY	U11		1	34	1	31	1	35	6	22	3	12	3	12	3	12	6	32	1975	6	26	7	53		
NED HARRISON	U11		1	40	1	32	1	50	6	45	3	28	3	28	3	28	7	4	1975	6	53	8	26		
WILL KENYON	U11		1	32	1	30	1	33	6	15	4	39	4	39	4	39	9	29	1975	7	33	9	15		
ARLEN HARTLEY	U13		1	58	1	54	2	1	7	58	4	26	4	25	4	26	9	1	3160	8	30	16	40		
KIAN DEE	U13		1	32	1	29	1	34	6	13	3	27	3	26	3	27	7	1	3160	6	37	12	59		
PETER FLETCHER	U13		1	43	1	33	1	52	7	0	3	43	3	37	3	49	7	35	3160	7	17	14	18		
ARTHUR FLETCHER	U13		1	35	1	31	1	36	6	26	3	43	3	35	3	51	7	35	3160	7	0	13	44		
KIYA DEE	U15		1	27	1	24	1	29	5	53	3	5	3	2	3	9	6	17	4345	6	6	16	27		
TAYA DEE	U15		1	28	1	26	1	30	5	59	3	16	3	13	3	21	6	40	4345	6	21	17	8		
JAKE ASTOR	U17		1	23	1	17	1	26	5	37	2	55	2	50	3	1	5	56	5530	5	48	19	53		
HENRY	AD		1	37	1	27	1	43	6	33	3	39	3	34	3	44	7	26	5530	7	3	24	13		
BOB	AD		1	40	1	37	1	44	6	47	3	44	3	42	3	46	7	37	3160	7	12	14	7		
18th November 2018			<i>Good Conditions & Dry but quite cold</i>																						
WILLIAM CHALMERS	U11		1	49	1	47	1	50	7	22	3	52	3	52	3	52	7	53	1975	7	34	9	17		
JONATHAN COOK	U13		1	35	1	35	1	35	6	28	3	23	3	23	3	23	6	54	1975	6	38	8	8		
BARNEY HALL	U15		1	34	1	30	1	36	6	21	3	25	3	21	3	28	6	58	4345	6	41	18	2		
EMILY FIELD	U17		1	31	1	28	1	35	6	9	3	19	3	9	3	24	6	44	5530	6	29	22	16		
HARVEY SAWYER	U17		1	43	1	35	1	49	6	57	3	52	3	46	4	0	7	53	5530	7	29	25	40		
JAKE ASTOR	U17		1	22	1	18	1	25	5	31	2	57	2	54	3	2	6	1	5530	5	48	19	54		
GABBY JONES	U19		1	42	1	35	1	46	6	56	3	46	3	43	3	48	7	39	5530	7	21	25	13		
30th September 2018			<i>Good Conditions & Dry / Changed Distances and U11's include 1 x 790M Rep</i>																						
GRACE BARRINGTON-CRAMP	U11		1	42	1	35	1	47	6	55	3	44	3	44	3	44	7	37	1975	7	12	8	49		
ALFIE SANSOM	U11		1	38	1	30	1	45	6	40	3	29	3	29	3	29	7	6	1975	6	50	8	23		
LUCAS HARTLEY	U11		1	31	1	27	1	36	6	11	3	15	3	15	3	15	6	38	1975	6	22	7	48		
MICHAEL ASTOR	U11		1	27	1	24	1	29	5	52	3	6	3	6	3	6	6	19	1975	6	3	7	25		
ABIGAIL BARNETT	U13		1	37	1	30	1	44	6	36	3	40	3	35	3	45	7	29	3160	7	2	13	48		
ARLEN HARTLEY	U13		1	45	1	41	1	50	7	7	4	5	3	55	4	15	8	20	3160	7	43	15	9		
HEIDI MUNDINANO	U15		1	39	1	34	1	45	6	44	3	40	3	34	3	47	7	27	4345	7	8	19	13		
JAKE ASTOR	U17		1	23	1	21	1	24	5	36	2	54	2	49	2	58	5	54	5530	5	46	19	48		
ROBBIE HUGHES	U19		1	20	1	17	1	21	5	26	2	56	2	53	2	59	5	58	5530	5	44	19	42		

STOW CRICKET FIELD 395/790/395 REPS (4 & 7 MIN INTERVALS)

NAME	AGE	SETS	395M								790M								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	MIN	SECS	M	MIN	SECS	MIN
IMPORTANT NOTE			<i>ALL TIMES ABOVE - CHANGED THE NUMBER OF REPS - INCLUDED 1 x 790M TO U11'S. ALL OTHER AGE GROUPS, 1 EXTRA 790M REP. THIS WILL EFFECT YOUR OVERALL MIN/MILE PACE DUE TO THIS. NOT AS QUICK.</i>																					
20 April 2018			<i>Good firm conditions, sunny & warm.</i>																					
MICHAEL ASTOR	U11	10	1	30	1	27	1	32	6	4									1975	6	4	7	26	
ABIGAIL BARNETT	U13	0	1	43	1	38	1	48	7	0	3	47	3	47	3	47	7	43	3555	7	10	15	48	
ISOBEL BARNETT	U15	0	1	43	1	37	1	51	7	0	3	55	3	54	3	56	7	59	5135	7	18	23	17	
GABBY JONES	U17	0	1	46	1	39	2	2	7	12	4	4	3	53	4	15	8	18	5135	7	32	24	2	
ROBBIE HUGHES	U17	15	1	32	1	23	2	21	6	14	3	14	3	10	3	18	6	36	5135	6	20	20	12	
27th January 2018			<i>Quite mild for time of year but very slippery at the bottom of the course.</i>																					
MICHAEL ASTOR	U11		1	33	1	31	1	34	6	16									1975	6	16	7	41	
ABIGAIL BARNETT	U11		1	41	1	37	1	43	6	50									1975	6	50	8	22	
HARVEY SAWYER	U15		1	35	1	26	1	41	6	25	3	56	3	55	3	56	8	0	5135	6	54	22	0	
GABBY JONES	U17		1	45	1	36	1	51	7	6	3	53	3	51	3	55	7	55	5135	7	21	23	27	
EMILY FIELD	U17		1	30	1	25	1	37	6	6	3	47	3	40	3	54	7	43	5135	6	36	21	1	
23 December 2017			<i>Quite mild for time of year and reasonably firm.</i>																					
JONATHAN COOK	U11		1	52	1	49	1	53	7	35									1975	7	35	9	18	
ARLEN HARTLEY	U11		1	45	1	41	1	48	7	6									1975	7	6	8	42	
KIYA DEE	U13		1	29	1	26	1	32	6	1	3	18	3	18	3	18	6	44	3555	6	10	13	37	
TAYA DEE	U13		1	36	1	32	1	38	6	30	3	29	3	29	3	29	7	6	3555	6	38	14	38	
HARVEY SAWYER	U15		1	46	1	35	1	53	7	9	3	56	3	52	3	59	8	0	5135	7	25	23	37	
ROBBIE HUGHES	U17		1	24	1	21	1	27	5	41	3	8	3	6	3	10	6	23	5135	5	54	18	49	
12th November 2017			<i>Quite good going but slippery and boggy in parts due to recent rains. Dry but Cold.</i>																					
JONATHAN COOK	U11		1	57	1	54	1	59	7	56									1975	7	56	9	43	
DEVEN RIVER	U11		1	46	1	41	1	50	7	10									1975	7	10	8	47	
THOMAS CASSIDY	U11		1	42	1	41	1	43	6	55									1975	6	55	8	29	
ARLEN HARTLEY	U11		1	47	1	43	1	49	7	13									1975	7	13	8	51	
LUCAS HARTLEY	U11		1	40	1	36	1	43	6	45									1975	6	45	8	17	
HARVEY SAWYER	U15		1	40	1	29	1	47	6	48	3	54	3	52	3	56	7	57	5135	7	9	22	48	
GABBY JONES	U17		1	46	1	34	1	50	7	11	3	55	3	53	3	57	7	59	5135	7	26	23	42	