

STOW CRICKET FIELD 820M REPS (Every 8 minutes) - 200M Recovery

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
15/01/2023		<i>Sunny but cold, good conditions after so much rain.</i>										
WILLIAM BELL	U11A	4	3	3	56	4	10	8	6	1640	7	57
WILL HARVEY	U11A	4	13	3	56	4	30	8	26	1640	8	17
JOE SHAYLOR	U13A	3	38	3	35	3	41	10	53	2460	7	8
EDWARD HARE	U13A	3	35	3	31	3	37	10	44	2460	7	2
TOM HARVEY	U13A	3	29	3	25	3	34	10	26	2460	6	50
NED HARRSON	U15A	3	49	3	45	3	56	15	15	3280	7	29
18th September 2022		<i>Good conditions</i>										
JOE SHAYLOR	U13A	3	35	3	32	3	39	10	45	2460	7	2
EDWARD HARE	U13A	3	48	3	46	3	51	11	24	2460	7	28
TOM HARVEY	U13A	3	49	3	45	3	51	11	26	2460	7	29
HARRY SHAYLOR	U15A	3	38	3	32	3	45	14	29	3280	7	7
NED HARRSON	U15A	3	45	3	41	3	49	14	57	3280	7	21
11th September 2022		<i>Good conditions</i>										
JESSICA BARBER	U11A	4	27	4	17	4	37	8	54	1640	8	45
BELLA HARRISON	U13A	4	22	4	13	4	29	13	6	2460	8	35
JOE SHAYLOR	U13A	3	29	3	26	3	31	10	26	2460	6	50
EDWARD HARE	U13A	3	32	3	27	3	36	7	3	1640	6	56
WILLIAM CHALMERS	U13A	3	47	3	39	3	56	11	21	2460	7	26
HARRY SHAYLOR	U15A	3	38	3	37	3	38	14	31	3280	7	8
NED HARRSON	U15A	3	41	3	40	3	42	14	44	3280	7	14
FROM SEPTEMBER 2022 DISTANCE REDUCED FROM 1050M TO 820M PER LAP - Times likely to be quicker.												
2nd January 2021		<i>Mild, quite windy. Quite slippy in part due to heavy rain just before session.</i>										
HANNAH RODDICK	U11A	4	49	4	48	4	50	9	38	2010	7	43
EDWARD HARE	U11A	4	23	4	19	4	26	8	45	2010	7	1
WILL HARVEY	U11A	4	42	4	39	4	44	9	23	2010	7	31
OLIVIA RODDICK	U13A	4	28	4	21	4	31	13	22	3015	7	9
LUCAS HARTLEY	U13A	4	5	4	2	4	7	12	13	3015	6	32
TOM HARVEY	U13A	5	1	4	58	5	5	15	1	3015	8	1
28th December 2021		<i>Good Conditions, Mild, light Wind. Quite slippy in parts.</i>										
COURSE CHANGE 1015 TO 995M - CHANGE START TO CRICKET PAVILLION IN CASE OF RAIN												
CHLOE KRZYWIEC	U11A	5	9	5	6	5	12	10	18	2010	8	15
PIPPA KRZYWIEC	U11A	4	45	4	44	4	46	9	30	2010	7	37
BELLA HARRISON	U11A	4	47	4	41	4	53	9	34	2010	7	40

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		REP		REP		REP		TIME		DIST		
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
GRACE KAY	U11A	6	23	5	47	6	58	12	45	2010	10	13
JOE SHAYLOR	U11A	4	22	4	12	4	32	8	44	2010	7	0
WILL HARVEY	U11A	4	38	4	35	4	41	9	16	2010	7	26
EDWARD HARE	U11A	4	18	4	10	4	25	8	35	2010	6	53
OLIVIA RODDICK	U13A	4	29	4	27	4	32	13	27	3015	7	11
LIAM KAY	U13A	4	36	4	32	4	39	13	47	3015	7	22
WILLIAM CHALMERS	U13A	4	53	4	43	4	59	14	39	3015	7	50
OLLIE ROBERTSON	U13A	4	43	4	40	4	45	14	7	3015	7	33
THOMAS HARVEY	U13A	4	52	4	46	5	0	14	36	3015	7	48
NED HARRISON	U15A	4	7	4	5	4	10	12	21	3015	6	36
ELSA THWAITES	U17A	4	35	4	29	4	43	13	43	3015	7	20
14th November 2021		<i>Good Conditions, Mild, light Wind.</i>										
JOE SHAYLOR	U11A	4	16	4	15	4	16	8	31	2030	6	46
KIPP STEVENS	U11A	4	11	4	10	4	12	8	22	2030	6	38
OLIVIA POOLE	U13A	5	52	5	36	6	6	17	34	3045	9	18
HARRY SHAYLOR	U13A	4	18	4	8	4	25	12	53	3045	6	49
THOMAS HARVEY	U13A	4	50	4	34	4	58	14	28	3045	7	39
JONATHAN COOK	U15B	4	58	4	51	5	2	14	54	3045	7	53