

TRAINING GROUP B - MAIN SPORTS FIELD 250M

Name	Year	Fast	Ave	Secs/Reps	Fast	Ave	Secs/Reps	Fast	Ave	Secs/Reps	Fast	Ave	Secs/Reps	Fast	Ave	Secs/Reps	Fast	Ave	Secs/Reps
		8th May 2012																	
Emily Williams	U11G	1.07	1.10	350/5															
Eleanor Gilbert	U11G	1.09	1.11	357/5															
Helena West	U11G	1.03	1.04	321/5															
Beth Boydell	U13G	0.59	1.01	305/5															
Isobel Hartley	U13G	1.01	1.02	311/5															
Eva Shoemark	U13G	0.59	1.01	307/5															
Daniel Bufton	U11B	0.58	0.59	296/5															
Jack Lainton	U11B	1.02	1.08	342/5															
James Gunn	U11B	1.05	1.08	340/5															
Toby Phipp	U11B	1.09	1.13	366/5															
James Sykes	U11B	0.59	1.01	307/5															
Toby Davies	U11B	1.00	1.01	306/5															
Tristan Parker	U11B	0.52	0.55	276/5															
Phillip Lomas	U11B	1.04	1.13	366/5															
Christian Lane	U11B	1.10	1.18	389/5															
Harry Baker	U11B	0.52	0.54	270/5															
Seamus Temple-Richmond	U11B	1.08	1.27	433/5															
Thomas Wood	U11B	1.16	1.26	430/5															
Robbie Wood	U11B	0.54	0.56	282/5															
Lee Rogen	U11B	1.03	1.09	345/5															
Charlie Davidson	U11B	0.54	0.56	282/5															
Alistair Gleghorn	U13B	1.02	1.09	344/5															

U11 = 5 Reps U13 = 7 Reps U15 = 10 Reps