GROUP A - U11 GIRLS WINTER XC SHORT COURSE 2014 - OCT TO DEC

Member	Name (Attendance)	Age Gp	LAST SEASON		7th October 2014				21st October 2014**				4th November 2014				18th November 2014				2nd December 2014				16th December 2014															
			MIN/MILE PACE		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile	
			Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs
M	Lauren Farley (77%)	U11A	7	6					3	34	6	57	3	34	6	57	3	39	7	6	3	40	7	8	3	50	7	28													
M	Helena West (85%)	U11A	7	6	3	41	7	10	3	41	7	10	3	45	7	18	3	53	7	34	3	45	7	18																
M	Ella Davies (85%)	U11A	7	28					3	41	7	10	3	37	7	2	3	40	7	8	3	51	7	30	3	42	7	12												
M	Isobel Barnett (69%)	U11A	7	35					3	37	7	2	3	34	6	57					3	36	7	1	3	32	6	53												
M	Ellie Edgerton (85%)	U11A	7	46	3	58	7	43	3	42	7	12	3	47	7	22	3	56	7	39	3	53	7	34	3	53	7	34												
M	Cadence Muschamps (8%)	U11A																																						
M	Annie Tallis (77%)	U11A	7	32					3	50	7	28	3	56	7	39	3	54	7	36	4	2	7	51	3	52	7	32												
	Isobel Nevins (23%)	U11A	8	10	3	50	7	28	4	2	7	51																												

LAST SEASON - Average of two quickest times set over the same period last year. No times shown if moving up an age group. (All U11's Approx 825M - 2 Laps)

GROUP A - U11 BOYS WINTER XC SHORT COURSE 2014 - OCT TO DEC

Member	Name (Attendance)	Age Gp	LAST SEASON		7th October 2014				21st October 2014**				4th November 2014				18th November 2014				2nd December 2014				16th December 2014															
			MIN/MILE PACE		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile	
			Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs
M	Kan Ikeda (92%)	U11A			3	15	6	20	3	15	6	20	3	11	6	12	3	15	6	20	3	15	6	20	3	15	6	20												
M	Louis Mutsaars (92%)	U11A	6	31	3	13	6	16	3	17	6	23	3	14	6	18	3	14	6	18	3	17	6	23	3	18	6	25												
M	Lysander Tarrant (100%)	U11A			3	27	6	43	3	27	6	43	3	36	7	1	3	35	6	59	3	31	6	51	3	34	6	57												
M	Finlay Morriss (92%)	U11A	7	5	3	29	6	47	3	28	6	45	3	28	6	45	3	28	6	45	3	30	6	49	3	29	6	47												
M	Joseph Davidson (85%)	U11A	6	58	3	25	6	39	3	27	6	43	3	26	6	41	3	37	7	2	3	29	6	47	3	32	6	53												
M	Henry Bell (23%)	U11A	6	50									3	26	6	41																								
	Finn Watkins (15%)	U11A											3	28	6	45																								
M	Josh Freeland (77%)	U11A	7	52	4	9	8	5	3	58	7	43	3	58	7	43	4	14	8	15	4	18	8	22	4	8	8	3												
M	Chris Hunt (85%)	U11A	8	11	3	39	7	6	3	43	7	14	3	53	7	34	3	42	7	12	3	57	7	41																
M	George Quli (69%)	U11A	8	19	3	36	7	1	3	46	7	20	3	40	7	8	3	49	7	26																				
M	James Mace (92%)	U11A			3	40	7	8	3	35	6	59	3	34	6	57	3	40	7	8	3	40	7	8	3	41	7	10												
M	Toby Sellek (100%)	U11A	7	20	3	42	7	12	3	39	7	6	3	53	7	34	3	31	6	51	3	55	7	38	3	42	7	12												
M	Dicken Tilley-Loughrey (69%)	U11A	6	59	3	39	7	6	3	45	7	18	3	32	6	53	3	47	7	22	3	55	7	38	3	45	7	18												
M	Will Tallis (77%)	U11A							3	41	7	10	3	40	7	8	3	47	7	22	3	50	7	28	3	46	7	20												
M	Finley Davies (77%)	U11A			3	35	6	59	3	38	7	4	3	45	7	18	3	42	7	12	3	45	7	18	3	53	7	34												
M	Jago Tarrant (85%)	U11A			3	44	7	16	3	38	7	4	3	37	7	2	3	42	7	12	3	55	7	38	3	44	7	16												
M	Connor McGuinness-Dean (92%)	U11A			3	47	7	22	3	41	7	10	3	52	7	32	3	56	7	39	3	57	7	41	3	45	7	18												
M	Beau Griffin (100%)	U11A	6	58	3	29	6	47	3	34	6	57	3	31	6	51	3	35	6	59	3	31	6	51	3	40	7	8												
M	Alfie Griffin (92%)	U11A	6	57	3	42	7	12	3	38	7	4	3	41	7	10	3	44	7	16	3	48	7	24	3	41	7	10												

LAST SEASON - Average of two quickest times set over the same period last year. No times shown if moving up an age group. (All U11's Approx 825M - 2 Laps)

GROUP A - U13/U15/U17 GIRLS WINTER XC SHORT COURSE 2014 OCT TO DEC

Member	Name (Attendance)	Age Gp	LAST SEASON		7th October 2014				21st October 2014**				4th November 2014				18th November 2014				2nd December 2014				16th December 2014															
			MIN/MILE PACE		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile	
			Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs
M	Lucy Griffin (92%)	U13A	6	35	6	39	6	37	7	0	6	58	6	42	6	40	6	41	6	39	6	53	6	51	6	36	6	34												
M	Josephine Mutsaars (77%)	U13A	7	7	7	7	7	5	7	22	7	20	6	57	6	55	7	5	7	3	7	11	7	9	7	14	7	12												
M	Bethan Powell (92%)	U13A			7	5	7	3	7	15	7	13	7	25	7	23	7	11	7	9	6	55	6	53	6	58	6	56												
M	Isabel Kiey-Thomas (92%)	U13A			7	43	7	40	7	46	7	43	7	46	7	43	7	33	7	31	7	43	7	40	7	31	7	29												
M	Kate Edgerton (77%)	U13A			7	51	7	48	7	46	7	43	7	36	7	34	7	37	7	35	8	14	8	11																
M	Emily Field (69%)	U13A							7	40	7	38	7	34	7	32	7	46	7	43	8	2	7	59																
M	Charlotte Foster (85%)	U15A			12	3	8	3	11	28	7	40	11	57	7	59	16	12	8	9	15	44	7	55	14	56	7	30												
M	Gabby Jones (62%)	U15A			11	36	7	45	11	14	7	30	11	40	7	48	16	11	8	8					16	30	8	18												
M	Koumi Ikeda (85%)	U15A			11	27	7	39	11	18	7	33	10	7	6	45	15	11	7	38	15	27	7	46	15	12	7	38												
M	Niamh Powell (85%)	U15A			9	38	6	26	9	54	6	37	10	4	6	43					13	33	6	49																
M	Rosie Mutsaars (15%)	U15A																							14	56	7	30												

LAST SEASON - Average of two quickest times set over the same period last year. No times shown if moving up an age group. U13 A & B Approx 1615M (4 Laps) U15 A & B Approx 3195M (8 Laps)

GROUP A - U13/U15/U17 BOYS WINTER XC SHORT COURSE 2014 - OCT TO DEC

Member	Name (Attendance)	Age Gp	LAST SEASON		7th October 2014				21st October 2014**				4th November 2014				18th November 2014				2nd December 2014				16th December 2014															
			MIN/MILE PACE		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile		Time		Min/Mile	
			Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs	Mins	Secs
M	Dylan Williams (69%)	U13A			6	27	6	25	6	58	6	56	6	32	6	30	6	58	6	56	6	58	6	56	6	34	6	32												
M	Josh Angus (85%)	U13A			6	53	6	51	6	54	6	52	6	42	6	40	6	32	6	30					6	37	6	35												
M	Edward Gum (62%)	U13A			7	3	7	1	7	31	7	29	6	54	6	52	7	14	7	12	7	14	7	12																
M	Jake Astor (38%)	U13A											6	57	6	55	7	9	7	7																				
M	Aden Corban (69%)	U13A			7	51	7	48	7	36	7	34	7	33	7	31	7	32	7	30					7	50	7	47												
M	Sam Freeland (31%)	U13A			7	55	7	52	8	13	8	10	7	53	7	50																								
M	Jake Darby (23%)	U15B			*12*	*4*	*8*	*4*	*11*	*25*	*7*	*37*																												
M	Robbie Wood (31%)	U15B																							16	27	8	16												
M	Miles Beard (69%)	U15B			*12*	*4*	*8*	*4*	*11*	*35*	*7*	*44*	*11*	*35*	*7*	*44*	16	12	8	9	16	21	8	13	16	39	8	22												
	Tom Birch (65%)	U15B																			15	43	7	54	14	54	7	29												

LAST SEASON - Average of two quickest times set over the same period last year. No times shown if moving up an age group. U13 A & B Approx 1615M (4 Laps) U15 A & B Approx 3195M (8 Laps)

COMPARE RESULTS - U11 GIRLS - WINTER TIMETRIALS - OCTOBER TO DECEMBER 2014

NAMES	LAST YEAR							THIS YEAR							COMPARE		
	AGE	ATTEN	LONG TT		SHORT TT		DIFF	AGE	ATTEN	LONG TT		SHORT TT		DIFF	LONG TT	SHORT TT	MOVE UP
	GROUP	%	MIN	SECS	MINS	SECS	SECS	GROUP	%	MIN	SECS	MINS	SECS	SECS	SECS	SECS	AGE GROUP
Lauren Farley	U11	91	7	45	7	6	-39	U11	77	7	19	6	57	-22	-26	-9	
Helena West	U11	100	8	2	7	6	-56	U11	85	7	35	7	10	-25	-27	4	
Ella Davies	U11	82	8	22	7	28	-54	U11	85	7	49	7	5	-44	-33	-23	
Isobel Barnett	U11	91	8	2	7	35	-27	U11	69	7	19	6	55	-24	-43	-40	
Ellie Edgerton	U11	64	8	18	7	46	-32	U11	85	7	51	7	17	-34	-27	-29	
Cadence Muschamps	U11							U11	8								
Annie Tallis	U11	91	8	13	7	32	-41	U11	77	7	42	7	30	-12	-31	-2	
Isobel Nevins	U11	55	8	28	8	10	-18	U11	23			7	40			-30	

TIMES FROM THIS AND LAST YEAR ARE AN AVERAGE OF EACH MEMBERS TWO QUICKEST TIMES OVER THE PERIOD STATED ABOVE. ALL TIMES SHOWN ARE MIN/MILE PACE.

WE COMPARE YOUR TIMES BETWEEN THE SHORT AND LONG TIMETRIAL OVER THE SAME YEAR. THE SHORT TIMETRIAL SHOULD BE RUN QUICKER.

WE ALSO COMPARE THE TIMES SET THIS AND LAST YEAR TO SEE IF A MEMBER HAS IMPROVED.

IF A MEMBER HAS MOVED UP AN AGE GROUP WE COMPARE LAST YEARS LONG TIMETRIAL AGAINST THIS YEARS SHORT TIMETRIAL AS THEY ARE SIMILAR DISTANCES. (COMPARISON IN MOVE UP AGE GROUP BOX)

COMPARE RESULTS - U11 BOYS - WINTER TIMETRIALS OCTOBER TO DECEMBER 2014

	LAST YEAR							THIS YEAR							COMPARE		
	AGE	ATTEN	LONG TT		SHORT TT		DIFF	AGE	ATTEN	LONG TT		SHORT TT		DIFF	LONG TT	SHORT TT	MOVE UP
	GROUP	%	MIN	SECS	MINS	SECS	SECS	GROUP	%	MIN	SECS	MINS	SECS	SECS	SECS	SECS	AGE GROUP
Kan Ikeda	U11							U11	92	6	34	6	16	-18			
Louis Mutsaars	U11	100	7	0	6	31	-29	U11	92	6	44	6	17	-27	-16	-14	
Lysander Tarrant	U11							U11	100	6	57	6	43	-14			
Finlay Morriss	U11	91	7	30	7	5	-25	U11	92	7	5	6	45	-20	-25	-20	
Joseph Davidson	U11	73	7	41	6	58	-43	U11	85	7	18	6	40	-38	-23	-18	
Henry Bell	U11	64	7	35	6	50	-45	U11	23	7	33				-2		
Finn Watkins	U11							U11	15								
Josh Freeland	U11	91	8	51	7	52	-59	U11	77	8	17	7	43	-34	-34	-9	
Chris Hunt	U11	82	9	7	8	11	-56	U11	85	7	36	7	9	-27	-91	-62	
George Quli	U11	64	8	34	8	19	-15	U11	69	7	38	7	5	-33	-56	-74	
James Mace	U11							U11	92	7	36	6	58	-38			
Toby Sellek	U11	82	8	2	7	20	-42	U11	100	7	27	6	59	-28	-35	-21	
Dicken Tilley-Loughrey	U11	91	7	35	6	59	-36	U11	69	7	41	7	0	-41	6	1	
Will Tallis	U11							U11	77	7	25	7	9	-16			
Finley Davies	U11							U11	77	7	27	7	2	-25			
Jago Tarrant	U11							U11	85	7	39	7	3	-36			
Connor McGuinness-Dean	U11							U11	92	7	37	7	14	-23			
Beau Griffin	U11	91	7	36	6	58	-38	U11	100	7	14	6	49	-25	-22	-9	
Alfie Griffin	U11	91	7	43	6	57	-46	U11	92	7	28	7	7	-21	-15	10	

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WE COMPARE YOUR TIMES BETWEEN THE SHORT AND LONG TIMETRIAL OVER THE SAME YEAR. THE SHORT TIMETRIAL SHOULD BE RUN QUICKER.

WE ALSO COMPARE THE TIMES SET THIS AND LAST YEAR TO SEE IF A MEMBER HAS IMPROVED.

IF A MEMBER HAS MOVED UP AN AGE GROUP WE COMPARE LAST YEARS LONG TIMETRIAL AGAINST THIS YEARS SHORT TIMETRIAL AS THEY ARE SIMILAR DISTANCES. (COMPARISON IN MOVE UP AGE GROUP BOX)

COMPARE RESULTS - U13/15/17 GIRLS - WINTER TIMETRIALS - OCTOBER TO DECEMBER 2014

	LAST YEAR							THIS YEAR							COMPARE		
	AGE	ATTEN	LONG TT		SHORT TT		DIFF	AGE	ATTEN	LONG TT		SHORT TT		DIFF	LONG TT	SHORT TT	MOVE UP
	GROUP	%	MIN	SECS	MINS	SECS	SECS	GROUP	%	MIN	SECS	MINS	SECS	SECS	SECS	SECS	AGE GROUP
Lucy Griffin	U13	82	7	2	6	35	-27	U13	92	6	57	6	36	-21	-5	1	
Josephine Mutsaars	U13	100	7	10	7	7	-3	U13	77	7	14	6	59	-15	4	-8	
Bethan Powell	U11	100	6	57	6	20	-37	U13	92	7	2	6	55	-7	5	35	-2
Isabel Kiey-Thomas	U11	91	7	50	7	14	-36	U13	92	8	17	7	30	-47	27	16	-20
Kate Edgerton	U13	82	8	5				U13	77	8	1	7	35	-26	-4		
Emily Field	U11							U13	69	8	11	7	35	-36			
Charlotte Foster	U13	55	8	16				U15	85	8	18	7	35	-43	2		-41
Gabby Jones	U13	91	7	55	7	17	-38	U15	62	8	34	7	38	-56	39	21	-17
Koumi Ikeda	U13							U15	85	7	37	7	9	-28			
Niamh Powell	U13	100	6	46	6	24	-22	U15	85	6	46	6	32	-14	0	8	-14
Rosie Mutsaars								U15	15								

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IF A MEMBER HAS MOVED UP AN AGE GROUP WE COMPARE LAST YEARS LONG TIMETRIAL AGAINST THIS YEARS SHORT TIMETRIAL AS THEY ARE SIMILAR DISTANCES. (COMPARISON IN MOVE UP AGE GROUP BOX)

COMPARE RESULTS - U13/15/17 BOYS - WINTER TIMETRIALS - OCTOBER TO DECEMBER 2014

	LAST YEAR							THIS YEAR							COMPARE		
	AGE	ATTEN	LONG TT		SHORT TT		DIFF	AGE	ATTEN	LONG TT		SHORT TT		DIFF	LONG TT	SHORT TT	MOVE UP
	GROUP	%	MIN	SECS	MINS	SECS	SECS	GROUP	%	MIN	SECS	MINS	SECS	SECS	SECS	SECS	AGE GROUP
Dylan Williams	U11	91	6	34	6	7	-27	U13	69	6	49	6	28	-21	15	21	-6
Josh Angus	U11	73	7	13				U13	85	6	58	6	33	-25	-15		-40
Edward Gum	U11	59	8	8				U13	62	7	22	6	57	-25	-46		-71
Jake Astor	U11							U13	38	7	57	7	1	-56			
Aden Corban	U11							U13	69	7	55	7	31	-24			
Sam Freeland	U11	91	8	27	7	46	-41	U13	31			7	51			5	-36
Jake Darby	U13	91	8	9	7	31	-38	U15	23			7	51			20	-18
Robbie Wood	U13	73	8	10				U15	31	8	32				22		
Miles Beard	U13							U15	69	8	32	7	44	-48			
Tom Birch								U15	65			7	42				

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