

WINTER XC 2024/25 - 600M REPS

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
17/12/2024		Cold, damp, rain at times, quite slippery on corners.										
Matty Bull	U11A	2	32	2	31	2	32	7	35	1800	6	47
Joshua Thomas	U13A	2	29	2	20	2	35	12	22	3000	6	39
Jack Wright	U13A	2	23	2	21	2	24	11	51	3000	6	22
Noah Alyn-Jones	U15A	2	36	2	30	2	40	18	12	4200	6	59
Ollie Robertson	U15A	2	34	2	17	2	40	17	56	4200	6	53
Liam Kay	U15A	2	25	2	14	2	36	16	53	4200	6	29
Angus Graham	U15A	2	18	2	13	2	22	16	1	4200	6	9
Alec Hallam	U15A	2	43	2	30	2	48	18	59	4200	7	17
10/12/2024		Cold but good conditions										
Eilidh Gillies	U11A	3	15	3	10	3	18	9	44	1800	8	43
Grace Kay	U13A	2	41	2	32	2	51	13	22	3000	7	11
Jack Wright	U13A	2	22	2	20	2	28	11	49	3000	6	21
Edward Hare	U15A	2	6	2	0	2	9	14	36	4200	5	36
Angus Graham	U15A	2	17	2	12	2	22	15	58	4200	6	8
Alec Hallam	U15A	2	44	2	40	2	51	19	8	4200	7	20
Freddy Sansom	U19A	2	23	2	17	2	26	16	35	4200	6	22
03/12/2024		Cold and damp but good conditions										
Eilidh Gillies	U11A	3	13	3	7	3	17	9	38	1800	8	37
Rosanna Bull	U11A	2	45	2	43	2	48	8	15	1800	7	23
Jack Wright	U13A	2	29	2	22	2	36	12	21	3000	6	38
Edward Hare	U15A	2	6	2	3	2	9	14	40	4200	5	38
Angus Graham	U15A	2	17	2	5	2	24	15	55	4200	6	6
Alec Hallam	U15A	2	42	2	34	2	47	18	48	4200	7	13
26/11/2024		Good conditions.										
Eilidh Gillies	U11A	3	6	3	2	3	12	9	18	1800	8	19
Grace Kay	U13A	2	41	2	38	2	43	13	22	3000	7	11
Joshua Thomas	U13A	2	29	2	26	2	30	12	23	3000	6	39
Jack Wright	U13A	2	36	2	28	2	45	12	57	3000	6	57
Angus Graham	U15A	2	17	2	11	2	21	15	54	4200	6	6
Freddy Sansom	U19A	2	27	2	16	2	32	17	5	4200	6	33
29/10/2024		Good conditions.										
Grace Kay	U13A	2	45	2	37	2	56	13	41	3000	7	21
Noah Alyn-Jones	U15A	2	35	2	26	2	49	18	3	4200	6	55

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		AVERAGE		FASTEST		SLOWEST		OV		OV	MIN/MILE PACE	
		REP		REP		REP		TIME		DIST		
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
Angus Graham	U15A	2	19	2	12	2	32	16	7	4200	6	11
Alec Hallam	U15A	2	42	2	32	2	48	18	49	4200	7	13
Freddy Sansom	U19A	2	29	2	19	2	35	17	23	4200	6	40
15/10/2024		Good conditions.										
Rosanna Bull	U11A	2	38	2	36	2	40	5	16	1200	7	4
Eilidh Gillies	U11A	2	57	2	52	3	2	5	54	1200	7	55
Matty Bull	U11A	2	31	2	27	2	35	5	2	1200	6	46
Noah Alyn-Jones	U15A	2	29	2	19	2	38	14	50	3600	6	38
Freddy Sansom	U19A	2	27	2	21	2	35	14	39	3600	6	33

PLEASE NOTE - Min/Mile pace on this sheet is calculated using overall distance and time on this sheet. On the main Results page which also shows attendance, pace is based on the Average Rep time only. Therefore there may be a slight difference on the Min/Mile Pace on these separate sheets.