

ATHLETICS INTERVAL SESSIONS - 300M REPS																																				
Member	Name (Attendance)	Age Gp	Personal Best		29th March 2025				13th May 2025				10th June 2025				24th June 2025																			
			MIN/MILE PACE		Av Lap Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep Time		Min/Mile		Av Rep 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		
M	Jacob Bell (100%)	U11B			1	35	8	29	1	34	8	24	1	29	7	57	1	25	7	35																
T	Samuel Lins Arcomim (38%)	U11A			1	36	8	34	1	13	6	31																								
T	Thomas Lins Arcomim (38%)	U11B			1	37	8	40	1	30	8	2																								
T	Toby Bristow (88%)	U11A							1	22	7	19	1	30	8	2	1	20	7	9																
M	Zachariah Shepherd (75%)	U11B							1	20	7	9	1	19	7	3	1	18	6	58																
M	Frederick Ng (63%)	U11B							1	33	8	18	1	33	8	18	1	31	8	8																
M	Matthew Bull (63%)	U13A							1	10	6	15					1	4	5	43																
M	William Bell (88%)	U13A			0	58	5	11	0	57	5	5	0	56	5	0	0	56	5	0																
T	Joshua Thomas (63%)	U13A			0	59	5	16	0	57	5	5	0	58	5	11																				
M	Jake Rowlands (63%)	U15A							0	57	5	5	0	55	4	55	0	57	5	5																
M	Edward Hare (63%)	U15A			0	56	5	0	0	56	5	0					0	51	4	33																
T	Hamish (25%)	U15A															1	3	5	37																
M	Noah Alyn-Jones (50%)	U17A			1	5	5	48		DNF																										
M	Ollie Robertson (13%)	U17A																																		
M	Liam Kay (25%)	U17A			0	53	4	44																												
M	Angus Graham (100%)	U17A			0	57	5	5	0	55	4	55	0	53	4	44	0	53	4	44																
T	Alec Hallam (25%)	U17A			1	4	5	43																												
M	Freddy Sansom (50%)	U19A			1	1	5	27	1	0	5	21	1	0	5	21																				

U11A (3 Reps) - U13A (5 Reps) - U15A (5 Reps) & U17A (5 Reps) - Average Rep Time Only - Please view full results on Website - Those graded B run previous age group reps. (DNF - Did not complete the required number of laps for age group - No time given)