

SUMMER XC INTERVAL SESSIONS - 512M REPS										26th Aug 2025										
NAME	1		1		3		4		5		6		7		8		9		10	
	300		300		300		300		300		300		300		300		300		300	
1 Cecelia Shepherd (U11A -3 Laps) -0% - M																				
1 Paige Ferreira (U11B -2 Laps) -0% - M																				
1 Raphy Tyler-Pinkarchevski (U11B -2 Laps) -67% - M																				
1 Freya Marcus (U11A -3 Laps) -0% - T																				
1 Mia Hardeman (U11B -2 Laps) -0% - T																				
1 Lilah Clayton (U11B -2 Laps) -0% - T																				
2 Jacob Bell (U11B -2 Laps) -67% - M																				
2 Zachariah Shepherd (U11B -2 Laps) -0% - M																				
2 Frederick Ng (U11B -2 Laps) -33% - M																				
2 Harrison Green (U11B -2 Laps) -33% - T																				
2 Theo Hudson (U11A -3 Laps) -67% - T	2	20	2	15																
2 Toby Bristow (U11A -3 Laps) -67% - T	2	24	2	20	2	28														
3 Molly Clarke (U13A -4 Laps) -0% - M																				
3 Rosanna Bull (U13A -4 Laps) -33% - M																				
3 Eilidh Gillies (U13A -4 Laps) -33% - M																				
3 Bella-Mae Clayton (U13B -3 Laps) -0% - T																				
4 Matthew Bull (U13A -4 Laps) -0% - M																				
4 William Bell (U13A -4 Laps) -67% - M																				
4 Joshua Thomas (U13A -4 Laps) -0% - T																				
5 Hannah Roddick (U15A -6 Laps) -67% - M																				
6 Jake Rowlands (U15A -6 Laps) -0% - M																				
6 Edward Hare (U15A -6 Laps) -33% - M																				
6 Hamish Lowe (U15A -6 Laps) -33% - T	2	19	2	9	2	2	1	53	1	52	1	51								
8 Noah Alyn-Jones (U17A -6 Laps) -33% - M																				
8 Angus Graham (U17A -6 Laps) -100% - M	1	51	1	46	1	53	1	41	1	47	1	45								
8 Alec Hallam (U17A -6 Laps) -33% - T	2	13	2	8	2	9	2	8	2	8	2	7								
8 Freddy Sansom (U19A -6 Laps) -0% - M																				

[illegible]