

SUMMER XC INTERVAL SESSIONS - 512M REPS

NAME											
	AVERAGE		FASTEST		SLOWEST		OV		OV	MIN/MILE PACE	
	REP		REP		REP		TIME		DIST		
	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
26th Aug 2025											
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	18	2	15	2	20	4	35	1024	7	13
2 Toby Bristow (U11A -3 Laps) -67% - T	2	24	2	20	2	28	7	12	1536	7	33
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	1	1	51	2	19	12	6	3072	6	21
8 Noah Alyn-Jones (U17A -6 Laps) -33% - M											
8 Angus Graham (U17A -6 Laps) -100% - M	1	48	1	41	1	53	10	43	3072	5	37
8 Alec Hallam (U17A -6 Laps) -33% - T	2	9	2	7	2	13	12	53	3072	6	45

