



| SUMMER XC INTERVAL SESSIONS - 512M REPS |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|-----------------------------------------|-------------------------|--------|---------------|------|-------------|------|----------|------|-------------|------|----------|------|---------------|------|----------|------|-------------|------|----------|------|-------------|------|----------|------|-------------|------|----------|------|-------------|------|----------|------|-------------|------|----------|------|--|--|--|--|
| Member                                  | Name (Attendance)       | Age Gp | Personal Best |      | 05/08/2025  |      |          |      | 19/08/2025  |      |          |      | 26th Aug 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 |      | 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 | Mins     | Secs |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | Jacob Bell (50%)        | U11B   |               |      |             |      |          |      | 2           | 49   | 8        | 51   |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | Zachariah Shepherd (0%) | U11B   |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | Frederick Ng (25%)      | U11B   |               |      | 3           | 3    | 9        | 35   |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| T                                       | Harrison Green (25%)    | U11B   |               |      |             |      |          |      | 2           | 40   | 8        | 22   |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| T                                       | Theo Hudson (75%)       | U11A   |               |      | 2           | 41   | 8        | 26   | 2           | 23   | 7        | 29   | 2             | 18   | 7        | 13   |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| T                                       | Toby Bristow (75%)      | U11A   |               |      | 3           | 2    | 9        | 32   | 2           | 58   | 9        | 19   | 2             | 24   | 7        | 32   |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | Matthew Bull (0%)       | U13A   |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | William Bell (50%)      | U13A   |               |      |             |      |          |      | 1           | 47   | 5        | 36   |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| T                                       | Joshua Thomas (0%)      | U13A   |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | Jake Rowlands (0%)      | U15A   |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | Edward Hare (25%)       | U15A   |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| T                                       | Hamish Lowe (50%)       | U15A   |               |      |             |      |          |      |             |      |          |      | 2             | 1    | 6        | 20   |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | Noah Alyn-Jones (25%)   | U17A   |               |      |             |      |          |      |             | DNF  |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | Angus Graham (100%)     | U17A   |               |      | 1           | 52   | 5        | 52   | 1           | 51   | 5        | 48   | 1             | 48   | 5        | 39   |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| T                                       | Alec Hallam (50%)       | U17A   |               |      |             |      |          |      | 2           | 11   | 6        | 51   | 2             | 9    | 6        | 45   |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
| M                                       | Freddy Sansom (0%)      | U19A   |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |
|                                         |                         |        |               |      |             |      |          |      |             |      |          |      |               |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |             |      |          |      |  |  |  |  |

U11A (3 Reps) - U13A (4 Reps) - U15A (6 Reps) & U17A (6 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)