

WINTER XC 2024/25 - 1160M REPS - Every 10 to 11 Mins

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
04/02/2025		SC Cold. Light wind, going good.										
Rosanna Bull	U11A	5	56	5	49	6	2	11	51	2320	8	14
Eilidh Gillies	U11A	6	34	6	24	6	44	13	8	2320	9	7
Matty Bull	U11A	5	10	5	6	5	14	10	20	2320	7	11
William Bell	U11A	4	35	4	27	4	39	13	44	3480	6	22
<u>Benjie Wilkinson</u>	U11A	5	12	5	12	5	12	5	12	1200	6	59
Grace Kay	U13A	5	34	5	28	5	38	16	40	3480	7	43
Noah Alyn-Jones	U15A	5	27	5	17	5	41	27	12	5800	7	33
<u>Ollie Robertson</u>	U15A	4	47	4	27	5	17	14	21	3480	6	39
Freddy Sansom	U19A	5	30	5	23	5	46	27	29	5800	7	38
<u>Chris</u>	U15A	5	36	5	29	5	40	16	46	3480	7	46

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.

Names in **BLUE** indicates Personal Best. Names in *italic* and underline indicates that times are given but the named runner did not run the required reps for their age group.