

WINTER XC 2024/25 - 600M REPS

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
04/03/2025		5C Cold. Light wind, going ok.										
Paige Ferreira	U11B	4	31	4	27	4	34	9	1	1200	12	6
Raphy Tyler-Pinkarchevski	U11B	4	31	4	27	4	34	9	1	1200	12	6
Mia Hardeman	U11B	3	5	3	4	3	6	6	10	1200	8	17
Eilidh Gillies	U11A	3	13	3	11	3	15	9	39	1800	8	38
Cecelia Shepherd	U11A	3	4	3	2	3	6	9	11	1800	8	13
Darcie Bloomfield	U11B	4	31	4	27	4	34	9	1	1200	12	6
Jacob Bell	U11B	3	57	3	53	4	0	7	53	1200	10	35
Zachariah Shepherd	U11B	3	14	3	13	3	14	6	27	1200	8	40
Harvey Hunt	U11B	3	16	3	15	3	17	6	32	1200	8	46
William Bell	U11A	2	15	2	11	2	18	11	15	3000	6	3
Joshua Thomas	U13A	2	31	2	29	2	31	12	31	3000	6	43
Hannah Roddick	U15B	2	26	2	21	2	32	12	9	3000	6	32
Angus Graham	U15A	2	7	2	2	2	13	14	48	4200	5	41
Alec Hallam	U15A	2	39	2	30	2	50	18	33	4200	7	7
Nick	U13A	2	44	2	38	2	47	13	38	3000	7	19
18/02/2025		3C Cold & dark. Light wind, going ok.										
Eilidh Gillies	U11A	3	27	3	20	3	37	10	19	1800	9	14
Raphy Tyler-Pinkarchevski	U11A	3	59	3	38	4	21	11	55	1800	10	40
Angus Graham	U15A	2	18	2	11	2	22	16	3	4200	6	9
Freddy Sansom	U19A	2	40	2	30	2	49	18	39	4200	7	9
11/02/2025		4C Cold. Light wind, going ok.										
Rosanna Bull	U11A	3	40	3	21	3	59	10	58	1800	9	49
Paige Ferreira	U11B	3	40	3	21	3	59	10	58	1800	9	49
Matty Bull	U11A	2	39	2	31	2	44	7	56	1800	7	6
Benjie Wilkinson	U11A	2	38	2	30	2	44	7	53	1800	7	3
Grace Kay	U13A	2	38	2	34	2	39	13	6	3000	7	2
Noah Alyn-Jones	U15A	2	40	2	32	2	45	18	35	4200	7	8
Angus Graham	U15A	2	19	2	11	2	22	16	8	4200	6	11
Alec Hallam	U15A	2	42	2	38	2	44	18	54	4200	7	15
Freddy Sansom	U19A	2	33	2	30	2	37	17	50	4200	6	50
21/01/2025		5C Cold. Light wind, going good.										
Rosanna Bull	U11A	2	51	2	49	2	52	8	32	1800	7	38
Eilidh Gillies	U11A	3	26	3	20	3	29	10	17	1800	9	12

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		REP		REP		REP		TIME		DIST		
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
Matty Bull	U11A	2	36	2	32	2	41	7	46	1800	6	57
William Bell	U11A	2	28	2	23	2	29	12	17	3000	6	36
Hannah Roddick	U15B	2	32	2	22	2	45	17	40	4200	6	47
Edward Hare	U15A	2	11	2	4	2	18	15	17	4200	5	52
Ollie Robertson	U15A	2	13	2	7	2	17	15	28	4200	5	56
Angus Graham	U15A	2	8	2	1	2	17	14	53	4200	5	43
Alec Hallam	U15A	2	41	2	36	2	47	18	45	4200	7	12
07/01/2025		Very cold and slippy on corners										
Eilidh Gillies	U11A	3	15	3	11	3	20	9	44	1800	8	43
William Bell	U11A	2	23	2	22	2	23	7	8	1800	6	23
Grace Kay	U13A	2	59	2	48	3	27	14	51	3000	7	58
Jack Wright	U13A	2	44	2	35	2	52	13	36	3000	7	18
Joshua Thomas	U13A	2	31	2	25	2	34	12	31	3000	6	43
Hannah Roddick	U15B	2	42	2	30	2	53	13	29	3000	7	14
Noah Alyn-Jones	U15A	2	44	2	33	2	57	19	4	4200	7	19
Ollie Robertson	U15A	2	33	2	12	3	2	17	46	4200	6	49
Liam Kay	U15A	2	27	2	1	3	2	17	5	4200	6	33
Angus Graham	U15A	2	13	2	10	2	15	15	30	4200	5	57
Alec Hallam	U15A	2	51	2	39	2	58	19	53	4200	7	38
Chris	U15A	2	41	2	34	2	48	18	43	4200	7	11
17/12/2024		Cold, damp, rain at times, quite slippy on corners.										
Matty Bull	U11A	2	32	2	31	2	32	7	35	1800	6	47
Joshua Thomas	U13A	2	29	2	20	2	35	12	22	3000	6	39
Jack Wright	U13A	2	23	2	21	2	24	11	51	3000	6	22
Noah Alyn-Jones	U15A	2	36	2	30	2	40	18	12	4200	6	59
Ollie Robertson	U15A	2	34	2	17	2	40	17	56	4200	6	53
Liam Kay	U15A	2	25	2	14	2	36	16	53	4200	6	29
Angus Graham	U15A	2	18	2	13	2	22	16	1	4200	6	9
Alec Hallam	U15A	2	43	2	30	2	48	18	59	4200	7	17
10/12/2024		Cold but good conditions										
Eilidh Gillies	U11A	3	15	3	10	3	18	9	44	1800	8	43
Grace Kay	U13A	2	41	2	32	2	51	13	22	3000	7	11
Jack Wright	U13A	2	22	2	20	2	28	11	49	3000	6	21
Edward Hare	U15A	2	6	2	0	2	9	14	36	4200	5	36
Angus Graham	U15A	2	17	2	12	2	22	15	58	4200	6	8

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		REP		REP		REP		TIME		DIST		
		MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
Alec Hallam	U15A	2	44	2	40	2	51	19	8	4200	7	20
Freddy Sansom	U19A	2	23	2	17	2	26	16	35	4200	6	22
03/12/2024		Cold and damp but good conditions										
Eilidh Gillies	U11A	3	13	3	7	3	17	9	38	1800	8	37
Rosanna Bull	U11A	2	45	2	43	2	48	8	15	1800	7	23
Jack Wright	U13A	2	29	2	22	2	36	12	21	3000	6	38
Edward Hare	U15A	2	6	2	3	2	9	14	40	4200	5	38
Angus Graham	U15A	2	17	2	5	2	24	15	55	4200	6	6
Alec Hallam	U15A	2	42	2	34	2	47	18	48	4200	7	13
26/11/2024		Good conditions.										
Eilidh Gillies	U11A	3	6	3	2	3	12	9	18	1800	8	19
Grace Kay	U13A	2	41	2	38	2	43	13	22	3000	7	11
Joshua Thomas	U13A	2	29	2	26	2	30	12	23	3000	6	39
Jack Wright	U13A	2	36	2	28	2	45	12	57	3000	6	57
Angus Graham	U15A	2	17	2	11	2	21	15	54	4200	6	6
Freddy Sansom	U19A	2	27	2	16	2	32	17	5	4200	6	33
29/10/2024		Good conditions.										
Grace Kay	U13A	2	45	2	37	2	56	13	41	3000	7	21
Noah Alyn-Jones	U15A	2	35	2	26	2	49	18	3	4200	6	55
Angus Graham	U15A	2	19	2	12	2	32	16	7	4200	6	11
Alec Hallam	U15A	2	42	2	32	2	48	18	49	4200	7	13
Freddy Sansom	U19A	2	29	2	19	2	35	17	23	4200	6	40
15/10/2024		Good conditions.										
Rosanna Bull	U11A	2	38	2	36	2	40	5	16	1200	7	4
Eilidh Gillies	U11A	2	57	2	52	3	2	5	54	1200	7	55
Matty Bull	U11A	2	31	2	27	2	35	5	2	1200	6	46
Noah Alyn-Jones	U15A	2	29	2	19	2	38	14	50	3600	6	38
Freddy Sansom	U19A	2	27	2	21	2	35	14	39	3600	6	33

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.