INTERVAL SESSIONS - 900M REPS

Member	Name (Attendance)	Age Gp	Personal Best		04/02/2025																																			
			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		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	Mins	Secs	Mins	Secs
M	Rosanna Bull (40%)	U11A			5	56	8	13																																
T	Eilidh Gillies (80%)	U11A			6	34	9	6																																
T	Mia Hardeman (0%)	U11A																																						
M	Pippa Krzywiec (0%)	U13A																																						
M	Grace Kay (60%)	U13A			5	34	7	43																																
M	Chloe Krzywiec (0%)	U15B																																						
M	Hannah Roddick (20%)	U15B																																						

U11A (2 Reps) - U13A (3 Reps) - U15A (5 Reps) & U17A (5 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)

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			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	Mins	Secs	Mins	Secs
M	William Bell (80%)	U11A			4	35	6	21																																
M	Matty Bull (40%)	U11A			5	10	7	10																																
M	Benjie Wilkinson (20%)	U11A				DNF																																		
M	Joshua Thomas (40%)	U13A																																						
M	Will Harvey (0%)	U13A																																						
M	Jake Rowlands (0%)	U13A																																						
T	Jack Wright (20%)	U13A																																						
M	Edward Hare (40%)	U15A																																						
M	Noah Alyn-Jones (60%)	U15A			5	27	7	33																																
M	Thomas Harvey (0%)	U15A																																						
M	Ollie Robertson (80%)	U15A				DNF																																		
M	Liam Kay (40%)	U15A																																						
M	Angus Graham (80%)	U15A																																						
M	Alec Hallam (80%)	U15A																																						
M	Freddy Sansom (40%)	U19A			5	30	7	37																																

U11A (2 Reps) - U13A (3 Reps) - U15A (5 Reps) & U17A (5 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)