INTERVAL SESSIONS - 600M REPS

Member	Name (Attendance)	Age Gp	Personal Best		07/01/2025				21/01/2025				11/02/2025				18/02/2025				04/03/2025																			
			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
T	Cecelia Shepherd (11%)	U11A																			3	4	8	13																
M	Rosanna Bull (44%)	U11A	7	4					2	51	7	38	3	40	9	50																								
T	Eilidh Gillies (89%)	U11A	7	55	3	15	8	43	3	26	9	12		DNF			3	27	9	15	3	13	8	37																
T	Mia Hardeman (11%)	U11A																			3	5	8	16																
T	Paige Ferreira (33%)	U11B											3	40	9	50					4	31	12	6																
T	Raphy Tyler-Pinkarchevski (33%)	U11B															3	59	10	41	4	31	12	6																
T	Darcie Bloomfield (11%)	U11B																			4	31	12	6																
M	Grace Kay (56%)	U13A	7	11	2	59	8	0					2	38	7	3																								
M	Hannah Roddick (33%)	U15B																			2	26	6	31																

U11A (4 Reps) - U13A (6 Reps) - U15A (8 Reps) & U17A (8 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)

INTERVAL SESSIONS - 600M REPS

Member	Name (Attendance)	Age Gp	Personal Best		07/01/2025				21/01/2025				11/02/2025				18/02/2025				04/03/2025																			
			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	William Bell (89%)	U11A			2	23	6	23	2	28	6	36		DNF				DNF			2	15	6	2																
T	Matty Bull (44%)	U11A	6	46					2	36	6	58	2	39	7	6																								
T	Benjie Wilkinson (33%)	U11A											2	38	7	3																								
T	Zachariah Shepherd (11%)	U11B																			3	14	8	40																
T	Harvey Hunt (11%)	U11B																			3	16	8	45																
T	Jacob Bell (22%)																				3	57	10	35																
M	Joshua Thomas (56%)	U13A	6	39	2	31	6	45						DNF							2	31	6	45																
M	Will Harvey (11%)	U13A																																						
M	Jake Rowlands (0%)	U13A																																						
T	Jack Wright (11%)	U13A	6	21	2	44	7	19																																
M	Edward Hare (33%)	U15A	5	38		DNF			2	11	5	51																												
M	Noah Alyn-Jones (56%)	U15A	6	38	2	42	7	14					2	40	7	9																								
M	Ollie Robertson (56%)	U15A	6	53	2	33	6	50	2	13	5	56																												
M	Liam Kay (44%)	U15A	6	29	2	27	6	34						DNF																										
M	Angus Graham (89%)	U15A	6	6	2	13	5	56	2	8	5	43	2	19	6	12	2	18	6	10	2	7	5	40																
M	Alec Hallam (78%)	U15A	7	13	2	53	7	44	2	41	7	11	2	42	7	14					2	39	7	6																
M	Freddy Sansom (44%)	U19A	6	22									2	33	6	50	2	40	7	9																				

U11A (4 Reps) - U13A (6 Reps) - U15A (8 Reps) & U17A (8 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)