

INTERVAL SESSIONS - 900M REPS																																				
Member	Name (Attendance)	Age Gp	Personal Best		14/01/2025				28/01/2025				25/02/2025				26/03/2025																			
			MINUTE 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					
			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 (83%)	U13A			3	45	6	42					3	37	6	28																				
T	Matty Bull (58%)	U11A											4	5	7	18	3	55	7	0																
T	Benjie Wilkinson (33%)	U11A											4	4	7	16																				
T	Zachariah Shepherd (25%)	U11B															5	27	9	44																
T	Harvey Hunt (8%)	U11B																																		
T	Jacob Bell (33%)	U11B											6	13	11	6																				
M	Joshua Thomas (67%)	U13A			3	55	7	0					3	55	7	0		DNF																		
M	Will Harvey (8%)	U13A											3	50	6	51																				
M	Jake Rowlands (0%)	U13A																																		
T	Jack Wright (8%)	U13A																																		
M	Edward Hare (50%)	U15A											3	24	6	4	3	26	6	8																
M	Noah Alyn-Jones (42%)	U15A			4	6	7	19					4	8	7	23																				
M	Ollie Robertson (50%)	U15A							3	38	6	29	4	8	7	23																				
M	Liam Kay (50%)	U15A			3	20	5	57						DNF																						
M	Angus Graham (92%)	U15A			3	37	6	28	3	35	6	24	3	50	6	51	4	6	7	19																
M	Alec Hallam (75%)	U15A			4	32	8	6	4	27	7	57	4	17	7	39	4	18	7	41																
M	Freddy Sansom (42%)	U19A			4	11	7	28									4	5	7	18																

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)