

WINTER XC INTERVAL SESSIONS - 435M REPS - 2025																																				
Member	Name (Attendance)	Age Gp	Personal Best		28th Oct 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					
			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	Cecelia Shepherd (80%)	U11A																																		
M	Raphy Tyler-Pinkarchevski (60%)	U11B			2	18	8	30																												
T	Grace Edgar (20%)	U11B			1	57	7	12																												
T	Holly Brown (60%)	U11A																																		
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