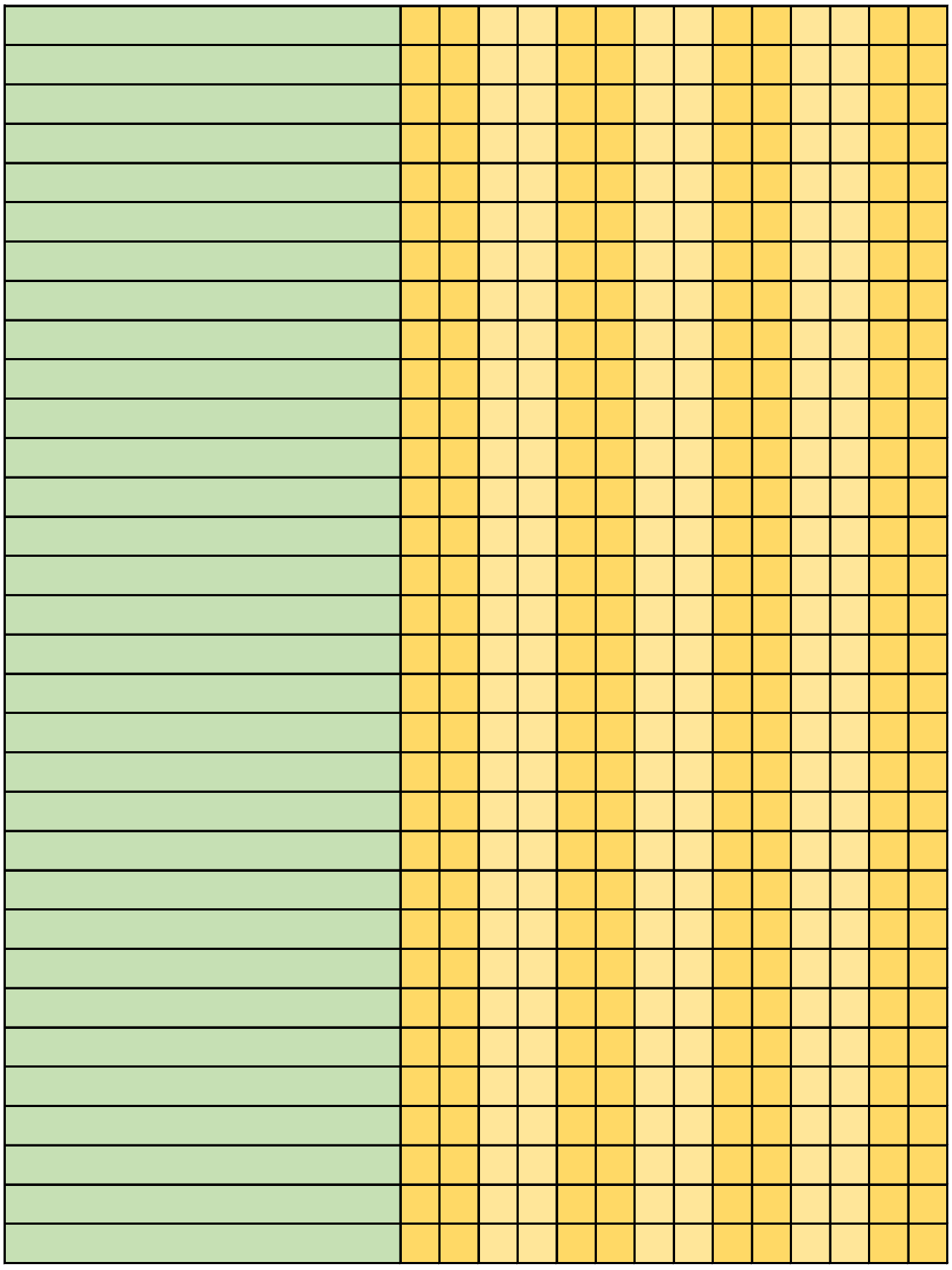
WINTER XC INTERVAL SESSIONS - 500M REPS - 2026

24th Feb 2026

NAME	1		2		3		4		5		6		7	
	500		500		500		500		500		500		500	
1 Cecelia Shepherd (U11A -3 Laps) -40% - M	2	34	2	25	2	23								
1 Holly Brown (U11A -3 Laps) -40% - T														
1 Grace Edgar (U11A -3 Laps) -20% - M	2	28	2	29	2	34								
1 Raphy Tyler-Pinkarchevski (U11B -2 Laps) -0% - M														
1 Chiara Loi (U11A -3 Laps) -0% - T														
2 Jacob Bell (U11A -3 Laps) -80% - M	2	48	2	50	2	46								
2 Frederick Ng (U11B -2 Laps) -60% - M														
2 Thomas Parry (U11A -3 Laps) -40% - M														
2 Harrison Green (U11B -2 Laps) -100% - M	2	41	2	36										
2 Theo Hudson (U11A -3 Laps) -60% - T	2	32	2	26	2	41								
2 Jacob Walters (U11A -3 Laps) -40% - M														
2 Harrison Cooper (U11A -3 Laps) -40% - M	2	12	2	11	2	6								
2 Noah Bartlett (U11A -3 Laps) -40% - T	3	3	3	0										
2 Leo Kelly (U11A -3 Laps) -80% - T	1	51	1	50	1	49								
2 Zachariah Shepherd (U11B -2 Laps) -40% - M	2	51	2	39										
2 Ted Twiston-Davies (U11A -3 Laps) -40% - T	2	23	2	16	2	13								
3 Eilidh Gillies (U13A -5 Laps) -60% - M														
3 Rosie Twiston-Davies (U13A -5 Laps) -40% - T	2	7	2	6	1	58	1	58	1	55				
4 Jack Arnell (U13B -3 Laps) -0% - T														
4 James Bartlett (U13A -5 Laps) -40% - T	3	8	3	0										
4 William Bell (U13A -5 Laps) -80% - M														
4 Joshua Thomas (U13A -5 Laps) -20% - M	1	53	1	55	1	52	1	54	1	50				
4 Archie Brown (U13A -5 Laps) -40% - T														
5 Hannah Roddick (U15A -7 Laps) -60% - M														
6 Jake Rowlands (U15A -7 Laps) -60% - M														
6 Edward Hare (U15A -7 Laps) -80% - M	1	40	1	37	1	35	1	34	1	33	1	33	1	32
6 Hamish Lowe (U15A -7 Laps) -80% - M	1	46	1	43	1	39	1	38	1	46	1	43	1	41
6 Mishi Kelly (U15A -7 Laps) -80% - T	1	49	1	52	1	49	1	48	1	48	1	50	1	51
8 Angus Graham (U17B -7 Laps) -60% - M														
8 Alec Hallam (U17B -7 Laps) -40% - T