

WINTER XC INTERVAL SESSIONS - 500M REPS - 2026

NAME											
	AVERAGE		FASTEST		SLOWEST		OV		OV	MIN/MILE PACE	
	REP		REP		REP		TIME		DIST		
	MIN	SECS	MIN	SECS	MIN	SECS	MIN	SECS		MIN	SECS
24th Feb 2026											
1 Cecelia Shepherd (U11A -3 Laps) -40% - M	2	28	2	23	2	34	7	22	1605	7	24
1 Holly Brown (U11A -3 Laps) -40% - T											
1 Grace Edgar (U11A -3 Laps) -20% - M	2	31	2	28	2	34	7	31	1605	7	33
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	46	2	50	8	24	1605	8	26
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	39	2	36	2	41	5	17	1070	7	57
2 Theo Hudson (U11A -3 Laps) -60% - T	2	33	2	26	2	41	7	39	1605	7	41
2 Jacob Walters (U11A -3 Laps) -40% - M											
2 Harrison Cooper (U11A -3 Laps) -40% - M	2	10	2	6	2	12	6	29	1605	6	31
2 Noah Bartlett (U11A -3 Laps) -40% - T	3	2	3	0	3	3	6	3	1070	9	6
2 Leo Kelly (U11A -3 Laps) -80% - T	1	50	1	49	1	51	5	30	1605	5	31
2 Zachariah Shepherd (U11B -2 Laps) -40% - M	2	45	2	39	2	51	5	30	1070	8	17
2 Ted Twiston-Davies (U11A -3 Laps) -40% - T	2	18	2	13	2	23	6	52	1605	6	54
3 Eilidh Gillies (U13A -5 Laps) -60% - M											
3 Rosie Twiston-Davies (U13A -5 Laps) -40% - T	2	1	1	55	2	7	10	4	2675	6	4
4 Jack Arnell (U13B -3 Laps) -0% - T											
4 James Bartlett (U13A -5 Laps) -40% - T	3	4	3	0	3	8	6	8	1070	9	14
4 William Bell (U13A -5 Laps) -80% - M											
4 Joshua Thomas (U13A -5 Laps) -20% - M	1	53	1	50	1	55	9	24	2675	5	40
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	35	1	32	1	40	11	4	3745	4	46

