WINTER XC INTERVAL SESSIONS - 500M REPS - 2026

Member	Name (Attendance)	Age Gp	Personal Best		17th Feb 2026				24th Feb 2026																															
			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	Cecelia Shepherd (50%)	U11A							2	28	7	56																												
T	Holly Brown (33%)	U11A																																						
M	Grace Edgar (33%)	U11A							2	31	8	6																												
M	Raphy Tyler-Pinkarchevski (0%)	U11B																																						
T	Chiara Loi (0%)	U11A																																						
T	Mini Twiston-Davies (17%)	U11B							2	28	7	56																												
M	Eilidh Gillies (50%)	U13A																																						
T	Rosie Twiston-Davies (50%)	U13A			2	20	7	1	2	1	6	29																												
M	Hannah Roddick (50%)	U15A																																						

U11A (3 Reps) - U13A (5 Reps) - U15A (7 Reps) & U17A (7 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)

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			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	Jacob Bell (83%)	U11A							2	48	9	0																												
M	Frederick Ng (50%)	U11B																																						
M	Thomas Parry (33%)	U11A																																						
M	Harrison Green (100%)	U11B			2	40	8	1	2	39	8	31																												
T	Theo Hudson (67%)	U11A							2	33	8	12																												
M	Jacob Walters (33%)	U11A																																						
		U11A																																						
M	Harrison Cooper (50%)	U11A							2	10	6	58																												
T	Noah Bartlett (50%)	U11A							3	2	9	45																												
T	Leo Kelly (83%)	U11A			2	12	6	37	1	50	5	54																												
M	Zachariah Shepherd (50%)	U11B							2	45	8	51																												
T	Ted Twiston-Davies (50%)	U11A			2	28	7	25	2	18	7	24																												
T	Jack Arnell (0%)	U13B																																						
T	James Bartlett (50%)	U13A							3	4	9	52																												
M	William Bell (67%)	U13A																																						
M	Joshua Thomas (33%)	U13A							1	53	6	3																												
T	Archie Brown (33%)	U13A																																						
M	Jake Rowlands (50%)	U15A			1	57	5	51																																
M	Edward Hare (83%)	U15A			1	53	5	39	1	35	5	5																												
M	Hamish Lowe (83%)	U15A			2	0	6	0	1	43	5	31																												
T	Mishi Kelly (83%)	U15A			2	4	6	13	1	50	5	54																												
M	Angus Graham (50%)	U17B																																						
T	Alec Hallam (33%)	U17B																																						

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