

Tuesday 14th May 2024 on grass, Pyramid

On Grass	Group 1	Group 1	Group 1	Group 1	Group 1	Group 1
200m jog	James	Cameron	Sean	Jack	Steve	Joseph
90s recovery	Kingston	Chambers	Molloy	Higgins	Strange	Hunt
200m	30	31	31	31	32	31
300m	48	49	49	49	49	49
400m	67	68	68	68	69	69
500m	86	87	87	87	88	88
600m	1.42	1.43	1.46	1.43	1.46	1.46
800m	2.19	2.21	2.24	2.21	2.24	2.25
1000m	2.55	2.59	3.03	3.00	3.03	3.12
1000m	2.52	2.56	3.07	3.04	3.15	3.14
800m	2.18	2.23	2.26	2.23	2.30 *	2.31
600m	1.40	1.44	1.46	1.44	1.47	1.47 *
500m	82	83	84	83	88	88
400m	62	65	65	62	66	68
300m	45	46	45	290m	47	45
200m	29	29	28	x	31	28
Comment	Pacing			Needed	To Group 2	To Group 2
	Highgate			Toilet	on 2nd 800	on 2nd 600
	Saturday			at end		
On Grass	Group 2	Group 2	Group 2	Group 2	Group 2	
200m jog	George	Mark	Michael	Jamie	Matt	
90s recovery	Marshall	Pepper	Ellis	Bryant	Dennis	
200m	32	35	35	34	34	
300m	49	53	52	52	52	
400m	67	73	73	72	72	
500m	88	94	96	92	93	
600m	1.47	1.54	1.55	1.53	1.54	
800m	2.26	2.38	2.35	2.35	2.36	
1000m	3.10	3.25	3.18	3.19	3.24	
1000m	3.12	3.29	3.19	3.19	3.25	
800m	2.30	2.44	2.35	2.36	2.41	
600m	1.49	2.00	1.58	1.55	1.59	
500m	89	95	96	94	95	
400m	69	73	70	72	73	
300m	47	50	51	49	51	
200m	32	32	29	32	32	
Comment						
On Grass	Group 2a	Group 2a	On Grass	Group 2b	Group 2b	
200m jog	Max	Ollie	200m jog	Jess	Polly	
90s + recovery	Malkinson	White	90s + recovery	Poland	Moses	
200m	33	34	100m	18	18	
200m	33	34	200m	34	35	
300m	54	54	300m	55	58	
400m	72 (93)	72 (93)	400m	82	87	
500m	94	98	500m	1.44	1.52	
600m	1.55	2.00	600m	2.13	2.22	
800m	2.41	2.48	800m	3.01	3.17	
800m	2.42	2.48	800m	3.06	3.22	
600m	1.56	2.04	600m	2.20	2.29	
500m	92	1.41	500m	1.52	1.55	
400m	71	77	400m	85	88	
300m	50	54	300m	62	64	
200m	30	33	200m	35	37	
200m	31	33	100m	17	18	
Comment	Reduced re					
	finishing					
	exams					