

	Group 1	Group 1	Group 1	Group 1	Group 1	Group 1							
	James	Steve	Ben	Jack	Matt	Max							
	Kingston	Strange	Murphy	Higgins	Dubery	Selby							
Recovery	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins							
1200m	3.48	3.46	3.42	3.42	3.46	3.48							
1000m	3.07	3.05	3.02	3.02	3.05	3.06							
800m	2.28	2.28	2.23	2.23	2.25	2.28							
1200m	3.46	3.46	3.40	3.40	3.45	3.46							
1000m	3.08	3.07	3.00	3.00	3.08	3.06							
800m	2.29	2.29	2.17	2.17	2.28	2.29							
1200m	3.54	3.54											
1000m	3.12	3.12	4x150	4x150	4x150								
800m	2.28	2.28											
Comment	Tired						Felt foot						
	legs						on corners						
	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2
	George	Isaac	Mark	Jordan	Ethan	Ben	Harry	Jamie	Matthew	Joseph	George	Max	
	Marshall	Arnott	Pepper	Chambers	Rocks	Gardiner	Paton	Macdonald	Taylor	Hunt	Hopkins	Malkinson	
Recovery	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins
1200m	3.58	3.55	4.01	4.02	4.00	3.59	3.55	3.55	3.55	3.56	3.56	3.59	
1000m	3.16	3.11	3.19	3.25	3.18	3.09	3.09	3.10	3.09	3.12	3.10	3.17	
800m	2.36	2.34	2.37	2.46	2.35	2.31	2.27	2.30	2.31	2.34	2.29	2.38	
1200m	3.57	3.54	4.02	x	4.04	3.54	3.51	3.56	3.51	4.05	3.54	4.13	
1000m	3.18	3.13	3.22	x	3.26	3.09	3.11	3.16	3.13	3.20	3.13	2.50 800m	
800m	2.34	2.29	2.37	x	2.37	2.25	2.29	2.29	2.30	2.30	2.30	2.00 600m	
	4x150	4x150	4x150	Drained	4x150	No strides		4x150	4x150	4x150	4x150	4x150	
Comment	Tired			Migraine	Tired				Very	Very		Tired	
	after races			Yesterday	after race					tired		after race	
	Group 2a	Group 2a	Group 2a		Group 2b								
	Ananjan	Charlie	Ollie		Rob								
	Ganguil	Ellison	White		Henderson								
Recovery	2.5 mins	2.5 mins	2.5 mins	Recovery	3.5 mins								
1000m	3.2	3.25	3.26	600m	2.04								
800m	2.38	2.42	2.42	500m	1.36								
600m	1.54	2.01	2.01	400m	70								
1000m	3.27	3.32	3.32	600m	2.06								
800m	2.44	2.5	2.46	500m	1.41								
600m	1.56	2.03	2	400m	69								
	4x150	4x150	4x150		2x150								
	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3
	Tom	Alex	Katie	Jess	Lily	Sophie	Annabelle	Jess	Emily	Amelia	Polly	Anna	
	Claridge	Beeston	Goodge	Murphy	Slack	Hawkins	Hales	Poland	Geake	Beeston	Moses	Palmer	
Recovery	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins
1200m	4.24	4.24	4.24	4.43	4.29	4.47	4.47	4.46	4.47	4.47	4.47	4.46	
1000m	3.37	3.37	3.37	4.02	3.45	4.01	3.55	3.45	4.00	3.56	4.01	3.57	
800m	2.52	na	2.53	3.10	3.00	3.10	3.08	3.02	3.10	3.09	3.11	3.09	
1200m	4.29	na	4.30	4.56	4.40	4.57	4.58	4.41	4.56	4.58	4.03	4.20 1k	
1000m	3.40	na	3.41	x	3.51	x	4.04	3.54	4.02	4.04	4.10	4.04	
800m	2.52	na	2.54	x	3.02	x	3.13	3.03	3.11	3.14	3.15	3.15	
			2x150		2x150	2x150	2x150	2x150	2x150	2x150	2x150	2x150	
Comment	Still can feel	Easing back		Back of knee	Tired	Stomach			Tired		Trialist	Trialist	
	quad	after injury		tight	after races	issue			after race				