**Thursday 10th January 2019 – Course K plus hills**

Attendance = 22. Cold and damp with very light rain.

Course – From Yardley Pk/Hadlow Rd junction via mini by pass, Woodgate Way, Premier road to crossing by Deakin Leas. The 4 girls showing 13/15 mins went shorter ie via Strawberry Vale and Lavender Hill

Coaches – Mark Hookway, plus Richard Owen with track

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| **Group** | **Run**  **2.6miles** | **Hills** | **Comment** |
| Jamie Bryant | 13.31 | 10 | **Felt was going down with illness, but didn’t hold back as much as suggested. Fri not too bad and will have some easy days.** |
| Michael Ellis | 13.40 | 10 | **All ok. Said will be at Sat session** |
| Robbie Farnham-Rose | 13.40 | 10 | **Ran 6 miles Wed and said not so bad, whilst tonight much better. Stringing together decent week. Said will be at Sat session and Sunday run** |
| Dan Bradley | 13.50 | 10 | **Strava shows 4.03k/14.12** |
| Harry Lawson | 13.50 | 10 | **Feeling better as had cold earlier in week and good session** |
| Nathan Chapman | 14.03 | 10 | **Good session and felt better** |
| Toby Ryan | 15.10 | 8 | **Worked hard and all ok** |
| Matt Dennis | 15.13 | 10 | **All ok and good session** |
| Luke Hooper | 15.13 | 10 | **Found it tough but good session after recent illness** |
| Sam Crick | 15.19 | 8 | **Much better last few days. Said will be at Sat session** |
| Sian Robertson | 15.34 | 8 | **Calf a lot better. Cant make Saturday so will run from home** |
| Jordan Saul | 15.44 | 8 | **Good session and all ok. Said will be at Sat session** |
| Tom Cox | 15.44 | 8 | **Found it very tough** |
| Simon Coppard | 16.31 | 8 | **Found it tough. Won’t make Saturday session** |
| Dan Seagrove | 16.31 | 6? | **Stopped early as niggle in top of quad, maybe from skiing holiday he said** |
| Mark Coates | 16.32 | 8 | **All ok** |
| Shauna Paice | 13/14mins | 6 | **Has had bronchitis** |
| Lucy Thompson | 13mins | 6 | **All ok and foot no worse** |
| Emilia Hope | 15mins | 6 | **Got hills done well** |
| Holly Gordon | 15mins | 3 | **Had breathing issue/asthma on hills so stopped early** |
| **Other** |  |  | **Comment** |
| Nicole Taylor |  |  | **Racing for England in Spain on Sunday** |
| Simon Fraser |  |  | **At club but resting as completed a few hard days** |
| **Absent** |  |  | **Comment** |
| Alasdair Kinloch |  |  |  |
| Alex Crockford |  |  | **Cardiff – tired from placement but got run done** |
| Alex Howard |  |  |  |
| Alice Wood |  |  | **Has been unwell, but foot feeling ok so about to start trying out** |
| Bede Pitcairn-Knowles |  |  | **Away** |
| Ben Murphy |  |  | **Ran from home** |
| Cameron Payas |  |  | **Ran at home as achilles a little sore** |
| Charlie Crick |  |  |  |
| Charlie Joslin-Allen |  |  |  |
| Chloe Bird |  |  |  |
| Chris Olley |  |  | **USA – first race 1 mile on 18th Jan** |
| Corey De’Ath |  |  | **Racing for England in Spain on Sunday** |
| Dan Madams |  |  | **Ran on treadmill at home as late from work** |
| Dane Poore |  |  | **Away on ‘training camp’.** |
| Dominic Brown |  |  | **Due to race 3k Northern Champs on Sunday** |
| Elle Baker |  |  | **Has had a cold this week after good week last week.** |
| Graeme Saker |  |  | **Ran from home. Hopes to make Sat session** |
| Harry Paton |  |  |  |
| Jacqui O’Reilly |  |  |  |
| James Puxty |  |  | **Back at Leeds** |
| James West |  |  | **USA** |
| Jamie Bingham |  |  | **Away** |
| Jamie Brown |  |  |  |
| Jamie Goodge |  |  | **Loughborough - Wed osteopath treatment on back etc and goes back next week. Been steady running** |
| Joe Watts |  |  | **Slight niggle after Kent Champs which is easing but ran from home. Next race Chepstow 10k 20th Jan.** |
| Kieran Eland |  |  |  |
| Kieran Reilly |  |  | **Loughborough – progressive 10.46k/36.18 plus warm up and down, plus 4 laps stride straights, jog bends. Next race Cardiff 3k 20th Jan** |
| Kiri Marsh |  |  | **Racing league race for Nottingham Uni on Sunday.** |
| Lottie Richardson |  |  | **Racing league race for Nottingham Uni on Sunday. Easy run and 4x200** |
| Luca Russo |  |  | **Not been down this week, but emailed (!) to confirm up for National so assume running !** |
| Miles Weatherseed |  |  | **Away** |
| Nathan Marsh |  |  |  |
| Peter Bannister |  |  |  |
| Phoebe Barker |  |  |  |
| Polly Pitcairn-Knowles |  |  | **Away** |
| Ryan Driscoll |  |  | **London am 6 miles pm 7.25 miles/39.15 ie threshold. Aim good hill reps session Saturday** |
| Tom Holden |  |  | **Week very easy after minor op.** |
| Tom Richards |  |  | **20 mins easy on treadmill** |
| Will Beeston |  |  | **Loughborough – Wed easy 10k with Jamie G, Thurs 10.72k/39.25. Next race Southern Champs** |