**Tuesday 10th September 2019 Run – Varied paced 800s on grass**

Attendance = 31. Warm, clear, dry. Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler.

The loop used was actually 807 metres.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Name** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **Total** | **Target** | **Av.** | **Comment** |
| **2.56Each lap** | **807m** | **807m** | **807m** | **807m** | **807m** | **807m** | **807m** |  | **Mentioned** |  |  |
| **Laps** | **Steady****Fast** | **Steady****Fast** | **Steady****Fast** | **Steady****Fast** | **Steady****Fast** | **Steady****Fast** | **Steady****Fast** |  |  |  |  |
| **Total** | **1614m** | **3228m** | **4842m** | **6456m** | **8070m** | **9684m** | **11298m** |  |  |  |  |
| Jamie Goodge | 3.012.38 | 2.572.37 | 2.582.35 | 2.532.34 | 2.522.32 | 2.432.30 | 2.412.30 | **38.01** | **2.53****2.39** | **2.52****2.34** | **Going as well as have ever seen him. Putting in odd double day and good weekly structure.** |
| Cameron Payas | 3.012.36 | 2.592.37 | 2.582.35 | 2.532.34 | 2.522.32 | 2.532.34 | 2.542.23 | **38.21** |  | **2.56****2.33** | **Good session and finished strong. Back to uni at Guildford on Sunday** |
| Steve Strange | 3.012.38 | 2.572.37 | 2.582.35 | 2.532.34 | 2.522.32 | 2.532.34 | 2.542.23 | **38.21** | **2.55****2.35** | **2.55****2.34** | **Good session and finished strongly** |
| Michael Ellis | 3.002.39 | 2.572.37 | 2.582.35 | 2.532.34 | 2.522.32 | 2.562.36 | 2.532.38 | **38.40** | **2.54****2.37** | **2.56****2.36** | **Upton70 mpw again and good session** |
| Dan Bradley | 3.032.36 | 2.572.41 | 2.582.45 | 3.002.48 | 3.032.49 | 3.042.52 | 3.082.51 | **40.35** | **2.55****2.40** | **3.02****2.46** | **Said a bit tired today** |
| Ben Murphy | 3.002.35 | 3.012.37 | 2.582.35 | 2.532.34 | 2.522.32 | 2.432.29 |  | **32.49** |  | **2.54****2.34** | **Good session and did 6 pairs as planned** |
| Will Beeston | 3.012.38 | 2.572.37 | 2.582.35 | 2.532.34 | 2.522.32 | 2.562.36 |  | **33.09** | **2.55****2.35** | **2.56****2.35** | **Good session** |
| James Puxty | 3.092.47 | 3.072.40 | 2.552.38 | 2.582.39 | 2.572.35 | 2.582.35 |  | **33.59** | **2.58****2.42** | **3.01****2.39** | **Started steady and picked up. James thought he was going to be slower.****Trying to encourage him to increase his overall training at uni now** |
| Simon Coppard | 3.092.47 | 3.072.53 | 3.102.51 | 3.172.44 | 3.182.45 | 3.162.30 |  | **35.46** |  | **3.13****2.45** | **Back from Loughborough for a brief time before term starts. All ok and took it steady** |
| Dan Schofield | 3.092.47 | 3.072.54 | 3.092.51 | 3.172.45 | 3.172.45 | 3.162.27 |  | **35.49** |  | **3.12****2.45** | **All ok and finished strongly. Would be good if could now up overall weekly volume as is now fit and running quite well.** |
| Dan Madams | 3.032.41 | 3.042.46 | 3.102.50 | 3.142.53 | 3.182.49 | 3.31 \*2.51 |  | **36.10** |  | **3.13****2.48** | **All ok. Short break before 11th lap** |
| Bede Pitcairn-Knowles | 3.092.48 | 3.062.54 | 3.092.51 | 3.172.48 | 3.173.03 | 3.163.06 |  | **36.44** | **2.53****2.37** | **3.12****2.55** | **Going away on Sunday to Australia for a few months** |
| Charlie Crick | 3.173.00 | 3.153.02 | 3.163.02 | 3.092.59 | 3.102.54 | 3.082.37 |  | **36.49** |  | **3.12****2.56** | **All ok and finished strongly. Well paced and has nudged volume up** |
| George Marshall | 3.152.54 | 3.123.00 | 3.123.04 | 3.163.01 | 3.112.55 | 3.122.41 |  | **36.51** |  | **3.13****2.56** | **Wee paced and strong finish** |
| Mark Coates | 3.182.59 | 3.103.03 | 3.102.54\* | 3.33\*3.06 | 3.093.10 | 3.193.07 |  | **38.00** |  | **3.163.03** | **Stopped briefly after 6 laps and lost 32s** |
| Sian Robertson | 3.183.01 | 3.123.03 | 3.163.04 | 3.193.09 | 3.303.10 | 3.303.03 |  | **38.35** |  | **3.21****3.05** | **All ok and back from being away** |
| Becky Morrish | 3.303.06 | 3.373.06 | 3.243.05 | 3.263.04 | 3.243.04 | 3.242.56 |  | **38.56** |  | **3.27****3.03** | **All ok. Bit of jet lag as been in new York where ran 5k pb** |
| Harriet Woolley | 3.303.06 | 3.373.08 | 3.253.03 | 3.263.04 | 3.253.04 | 3.243.04 |  | **39.05** |  | **3.28****3.05** | **Aiming at 27/10 Frankfurt Marathon. All ok** |
| Nicole Taylor | 3.032.36 | 2.572.37 | 2.582.38 | 2.582.46 | 2.592.47 |  |  | **28.21** |  | **2.59****2.39** | **Completed as planned** |
| Phoebe Barker | 3.042.41 | 3.032.44 | 3.062.47 | 3.102.49 | 3.092.46 |  |  | **29.19** |  | **3.07****2.45** | **All ok and feeling stronger** |
| Graeme Saker | 3.112.51 | 3.082.56 | 3.112.58 | 3.133.01 | 3.112.52 |  |  | **30.32** | **3.09****2.58** | **3.11****2.56** | **Best session for a while.** |
| Sam Crick | 3.173.06 | 3.163.10 | 3.092.59 | 3.102.53 | 3.052.44 |  |  | **30.49** |  | **3.11****2.59** | **Ran with Monday group aswell. Heel a lot better although needs to keep doing stretches.** |
| James Stoney | 3.193.05 | 3.163.09 | 3.182.59 | 3.172.58 | 3.152.48 |  |  | **31.24** |  | **3.17****3.00** | **Much better session and hope can get some consistency at university** |
| Tom Holden | 3.173.06 | 3.163.11 | 3.173.06 | 3.253.03 | 3.333.05 |  |  | **32.19** | **3.30****3.15** | **3.21****3.06** | **Had been to see specialist re further potential improvements. Another good session beyond what has done and all under sub 20, 5k pace.** |
| Adam Durbaba | 3.243.04 | 3.283.10 | 3.283.07 | 3.383.21 | 3.373.13 |  |  | **33.30** |  | **3.31****3.09** | **Paced it much better.** |
| Nichola Evans | 3.273.10 | 3.273.14 | 3.313.15 | 3.323.18 | 3.363.16 |  |  | **33.46** |  | **3.31****3.15** | **All ok** |
| Alice Wood | 3.253.02 | 3.223.11 | 3.173.00 | 3.312.56 |  |  |  | **25.34** |  | **3.24****3.02** | **Completed as planned and all ok** |
| Abianne Coates | 3.523.25 | 3.543.28 | 3.573.29 | 3.563.18 |  |  |  | **29.19** |  | **3.55****3.25** | **Ran with Alex and just took steady so could complete as planned. Off to Bath uni next week.** |
| Alex Crockford | 3.523.25 | 3.543.28 | 3.573.29 | 3.563.22 |  |  |  | **29.23** |  | **3.55****3.26** | **Says feels drained since being unwell in August. Ran with Abianne and took steady. Starts work next week, but discussed check up** |
| Nathan Chapman | 3.112.46 | 3.092.48 | 3.082.49 |  |  |  |  | **17.51** |  | **3.09****2.48** | **Completed as planned and cautious re achilles** |
| Liz Weeks | 3.273.05 | 3.253.10 | 3.243.09 |  |  |  |  | **19.40** |  | **3.25****3.08** | **Leg niggling so stopped early as a precaution. Due to race on Sunday at Larkfield 10k** |
| **Absent** |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  | **8/9 Great North Run** |
| Ben Brooks |  |  |  |  |  |  |  |  |  |  |  |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **USA – 3 weeks around 65 miles and building up. Did 20 x 60s on/off** |
| Claire Day |  |  |  |  |  |  |  |  |  |  |  |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **USA – all ok and 90 mile week inc sessions last week** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  | **Sheffiled – x training whilst foot gets better** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  | **At St Marys** |
| Holly Gordon |  |  |  |  |  |  |  |  |  |  | **Back at uni** |
| India James |  |  |  |  |  |  |  |  |  |  | **Not seen or heard from for a while now** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  | **8/9 Great North Run – 96.53 and found it very hard. Resting as sore shin.** |
| James Price |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  | **USA** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  | **Late back from work so ran from home** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  | **8/9 6th Rye Trails 15km 6th****14/9 Blackheath relays,20/9 5k Paris, 21/9 10k Paris,22/9 Paris ½ marathon, 29/9 Hever 1/2m** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  | **Knee still bothering him after fall a couple of weeks ago** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  | **Achilles been grumbling a bit but training** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  | **Home commitment Tuesday and Thursday this week** |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  | **8/9 Hellingly 10k 2nd 36.08 on hilly course****Now away** |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  | **Back in Leeds and has been for short run, whilst x training to build fitness after time way.** |
| Nick James |  |  |  |  |  |  |  |  |  |  | **Not seen or heard from for a while now** |
| Olivia Lucas |  |  |  |  |  |  |  |  |  |  |  |
| Olly Kingston |  |  |  |  |  |  |  |  |  |  |  |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  | **Away** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  | **Resting as injured eg hamstring** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |  | **7/7 Parkrun****Away** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  | **Getting fitter and attending circuits Wed for chat re plan going forward.** |