**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 | 3.01  2.38 | 2.57  2.37 | 2.58  2.35 | 2.53  2.34 | 2.52  2.32 | 2.43  2.30 | 2.41  2.30 | **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 | 3.01  2.36 | 2.59  2.37 | 2.58  2.35 | 2.53  2.34 | 2.52  2.32 | 2.53  2.34 | 2.54  2.23 | **38.21** |  | **2.56**  **2.33** | **Good session and finished strong. Back to uni at Guildford on Sunday** |
| Steve Strange | 3.01  2.38 | 2.57  2.37 | 2.58  2.35 | 2.53  2.34 | 2.52  2.32 | 2.53  2.34 | 2.54  2.23 | **38.21** | **2.55**  **2.35** | **2.55**  **2.34** | **Good session and finished strongly** |
| Michael Ellis | 3.00  2.39 | 2.57  2.37 | 2.58  2.35 | 2.53  2.34 | 2.52  2.32 | 2.56  2.36 | 2.53  2.38 | **38.40** | **2.54**  **2.37** | **2.56**  **2.36** | **Upton70 mpw again and good session** |
| Dan Bradley | 3.03  2.36 | 2.57  2.41 | 2.58  2.45 | 3.00  2.48 | 3.03  2.49 | 3.04  2.52 | 3.08  2.51 | **40.35** | **2.55**  **2.40** | **3.02**  **2.46** | **Said a bit tired today** |
| Ben Murphy | 3.00  2.35 | 3.01  2.37 | 2.58  2.35 | 2.53  2.34 | 2.52  2.32 | 2.43  2.29 |  | **32.49** |  | **2.54**  **2.34** | **Good session and did 6 pairs as planned** |
| Will Beeston | 3.01  2.38 | 2.57  2.37 | 2.58  2.35 | 2.53  2.34 | 2.52  2.32 | 2.56  2.36 |  | **33.09** | **2.55**  **2.35** | **2.56**  **2.35** | **Good session** |
| James Puxty | 3.09  2.47 | 3.07  2.40 | 2.55  2.38 | 2.58  2.39 | 2.57  2.35 | 2.58  2.35 |  | **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 | 3.09  2.47 | 3.07  2.53 | 3.10  2.51 | 3.17  2.44 | 3.18  2.45 | 3.16  2.30 |  | **35.46** |  | **3.13**  **2.45** | **Back from Loughborough for a brief time before term starts. All ok and took it steady** |
| Dan Schofield | 3.09  2.47 | 3.07  2.54 | 3.09  2.51 | 3.17  2.45 | 3.17  2.45 | 3.16  2.27 |  | **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 | 3.03  2.41 | 3.04  2.46 | 3.10  2.50 | 3.14  2.53 | 3.18  2.49 | 3.31 \*  2.51 |  | **36.10** |  | **3.13**  **2.48** | **All ok. Short break before 11th lap** |
| Bede Pitcairn-Knowles | 3.09  2.48 | 3.06  2.54 | 3.09  2.51 | 3.17  2.48 | 3.17  3.03 | 3.16  3.06 |  | **36.44** | **2.53**  **2.37** | **3.12**  **2.55** | **Going away on Sunday to Australia for a few months** |
| Charlie Crick | 3.17  3.00 | 3.15  3.02 | 3.16  3.02 | 3.09  2.59 | 3.10  2.54 | 3.08  2.37 |  | **36.49** |  | **3.12**  **2.56** | **All ok and finished strongly. Well paced and has nudged volume up** |
| George Marshall | 3.15  2.54 | 3.12  3.00 | 3.12  3.04 | 3.16  3.01 | 3.11  2.55 | 3.12  2.41 |  | **36.51** |  | **3.13**  **2.56** | **Wee paced and strong finish** |
| Mark Coates | 3.18  2.59 | 3.10  3.03 | 3.10  2.54\* | 3.33\*  3.06 | 3.09  3.10 | 3.19  3.07 |  | **38.00** |  | **3.163.03** | **Stopped briefly after 6 laps and lost 32s** |
| Sian Robertson | 3.18  3.01 | 3.12  3.03 | 3.16  3.04 | 3.19  3.09 | 3.30  3.10 | 3.30  3.03 |  | **38.35** |  | **3.21**  **3.05** | **All ok and back from being away** |
| Becky Morrish | 3.30  3.06 | 3.37  3.06 | 3.24  3.05 | 3.26  3.04 | 3.24  3.04 | 3.24  2.56 |  | **38.56** |  | **3.27**  **3.03** | **All ok. Bit of jet lag as been in new York where ran 5k pb** |
| Harriet Woolley | 3.30  3.06 | 3.37  3.08 | 3.25  3.03 | 3.26  3.04 | 3.25  3.04 | 3.24  3.04 |  | **39.05** |  | **3.28**  **3.05** | **Aiming at 27/10 Frankfurt Marathon. All ok** |
| Nicole Taylor | 3.03  2.36 | 2.57  2.37 | 2.58  2.38 | 2.58  2.46 | 2.59  2.47 |  |  | **28.21** |  | **2.59**  **2.39** | **Completed as planned** |
| Phoebe Barker | 3.04  2.41 | 3.03  2.44 | 3.06  2.47 | 3.10  2.49 | 3.09  2.46 |  |  | **29.19** |  | **3.07**  **2.45** | **All ok and feeling stronger** |
| Graeme Saker | 3.11  2.51 | 3.08  2.56 | 3.11  2.58 | 3.13  3.01 | 3.11  2.52 |  |  | **30.32** | **3.09**  **2.58** | **3.11**  **2.56** | **Best session for a while.** |
| Sam Crick | 3.17  3.06 | 3.16  3.10 | 3.09  2.59 | 3.10  2.53 | 3.05  2.44 |  |  | **30.49** |  | **3.11**  **2.59** | **Ran with Monday group aswell. Heel a lot better although needs to keep doing stretches.** |
| James Stoney | 3.19  3.05 | 3.16  3.09 | 3.18  2.59 | 3.17  2.58 | 3.15  2.48 |  |  | **31.24** |  | **3.17**  **3.00** | **Much better session and hope can get some consistency at university** |
| Tom Holden | 3.17  3.06 | 3.16  3.11 | 3.17  3.06 | 3.25  3.03 | 3.33  3.05 |  |  | **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 | 3.24  3.04 | 3.28  3.10 | 3.28  3.07 | 3.38  3.21 | 3.37  3.13 |  |  | **33.30** |  | **3.31**  **3.09** | **Paced it much better.** |
| Nichola Evans | 3.27  3.10 | 3.27  3.14 | 3.31  3.15 | 3.32  3.18 | 3.36  3.16 |  |  | **33.46** |  | **3.31**  **3.15** | **All ok** |
| Alice Wood | 3.25  3.02 | 3.22  3.11 | 3.17  3.00 | 3.31  2.56 |  |  |  | **25.34** |  | **3.24**  **3.02** | **Completed as planned and all ok** |
| Abianne Coates | 3.52  3.25 | 3.54  3.28 | 3.57  3.29 | 3.56  3.18 |  |  |  | **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 | 3.52  3.25 | 3.54  3.28 | 3.57  3.29 | 3.56  3.22 |  |  |  | **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 | 3.11  2.46 | 3.09  2.48 | 3.08  2.49 |  |  |  |  | **17.51** |  | **3.09**  **2.48** | **Completed as planned and cautious re achilles** |
| Liz Weeks | 3.27  3.05 | 3.25  3.10 | 3.24  3.09 |  |  |  |  | **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.** |