**Saturday 11th January 2020 – Long reps on grass**

Attendance = 13. Cold, very windy and dull

Coaches – Mark Hookway, Pete Brenchley,

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** |  |  |  | **Av.** | **Comment** |
| **Distance**  | **3000m** | **3000m** | **3000m** |  |  |  |  |  |
| **Recovery** | **2mins+** | **2mins+** |  |  |  |  |  |  |
| **Ryan Driscoll** | **9.57****2.00/3.59/5.58/7.57** | **9.41****1.56/3.50/5.46/7.43** | **9.36****1.52/3.48/5.43/7.40** |  |  |  | **9.44** | **In spikes for first time since October. Hip ok and moving well** |
| **Stuart Brown** | **10.04****2.01/4.01/6.02/8.03** | **9.53****1.56/3.51/5.50/7.51** | **9.53****1.52/3.49/5.51/7.54** |  |  |  | **9.57** | **Going better again. Only did 12x400 on Thursday** |
| **Jamie Goodge** | **9.57****2.00/3.59/5.58/7.57** | **10.07****1.56/3.51/5.52/7.79** | **10.10****1.56/4.00/6.02/8.06** |  |  |  | **10.05** | **Had to battle a bit this morning but good week** |
| **Group 2** | **1** | **2** | **3** |  |  |  | **Av.** | **Comment** |
| **Distance**  | **3000m** | **3000m** | **3000m** |  |  |  |  |  |
| **Recovery** | **2mins+** | **2mins+** |  |  |  |  |  |  |
| **Steve Strange** | **10.22****2.02/4.05/6.10/8.17** | **10.39****2.04/4.10/6.17/8.27** | **10.38****2.08/4.15/6.24/8.35** |  |  |  | **10.33** | **All ok although on antibiotics for tooth** |
| **Dan Bradley** | **11.00****2.08/4.21/6.34/8.48** | **10.53****2.10/4.19/6.30/8.42** | **10.48****2.10/4.20/6.30/8.39** |  |  |  | **10.54** | **All ok in off road shoes** |
| **Group 3** | **1** | **2** | **3** |  |  |  | **Av.** | **Comment** |
| **Distance**  | **3000m** | **3000m** | **3000m** |  |  |  |  |  |
| **Recovery** | **2mins+** | **2mins+** |  |  |  |  |  |  |
| **Jordan Saul** | **11.45****2.18/4.40/7.02/9.24** | **11.49****2.17/4.38/7.03/9.27** | **11.38****2.17/4.38/7.01/9.23** |  |  |  | **11.44** | **All ok. Aiming at Canterbury 10 miles end of Jan** |
| **Helen Gaunt** | **12.26****2.23/4.53/7.20/9.53** | **12.40****2.24/5.01/7.34//10.10** | **12.23****2.22/4.52/7.22/9.54** |  |  |  | **12.30** | **Had run 25 mins from Bidborough beforehand. All ok although quite tired from week. Didn’t run Friday but did core work etc** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **Av.** | **Comment** |
| **Distance**  | **1200m** | **1200m** | **1200m** | **600m** | **600m** | **600m** |  |  |
| **Recovery** | **3min** | **3min** | **3min** | **2min** | **2min** | **2min** |  |  |
| **Alex Crockford** | **4.57****2.28/2.29** | **4.56****2.25/2.31** | **4.52****2.23/2.29** | **2.17** | **2.16** | **2.15** | **4.55****2.16** | **Recovering from cold and feeling better than Thursday** |
| **Ellen Pitcairn-Knowles** | **5.04****2.29/2.35** | **4.56****2.25/2.31** | **4.52****2.23/2.29** | **2.24** | **2.24** | **2.24** | **4.57****2.24** | **Quite tired after big session Thursday but paced it well** |
| **Group 4** | **1** | **2** | **3** | **4** |  |  | **Av.** | **Comment** |
| **Distance**  | **1200m** | **1200m** | **600m** | **600m** |  |  |  |  |
| **Recovery** | **3min** | **3min** | **3min** |  |  |  |  |  |
| **Group 5** | **1** | **2** | **3** | **4** |  |  | **Av.** | **Comment** |
| **Daniel Jeddo** | **4.42****2.18/2.24** | **4.43****2.17/2.26** | **2.15** | **2.16** |  |  |  | **All ok and going well** |
| **Emily Geake** | **4.52****2.24/2.28** | **5.02****2.25/2.37** | **2.21** | **2.24** |  |  |  | **All ok and coped fine** |
| **Annabel Warren** | **5.01****2.29/2.32** | **5.13****2.32/2.41** | **2.26** | **2.35** |  |  |  | **Least experienced of group and did really well** |
| **Other** |  |  |  |  |  |  |  | **Comment** |
| **Michael Ellis** |  |  |  |  |  |  |  | **Run - Just adding to mileage for maybe 90 mile week.** |
| **Other Locations** |  |  |  |  |  |  |  | **Comment** |
| **Kieran Reilly at Guildford** | **2x200****1000m****4x400m****1000m** | **Recoveries 2/4 mins** | **31.9, 31.4, 2:41, 62.4, 62.6, 62.1, 63.4, 2:50 (65,68, 37)** |  |  |  |  | **On own and really windy and cold. Goal post blew on to inside 3 lanes for last rep !** |
| **Sean Molloy Lee Valley** | **600m****400m****300m****3x200m** | **Recoveries 2.5 to 3 mins****200s 60/75s** | **82.4, 54.8, 39.7****28.1,25.3,24.8** |  |  |  |  | **All ok after good session Thursday. Racing 800s on 19/1 London Games, 29/1 BMC and 2/2 Southern** |
| **Chris Olley at San Francisco** | **2 x 2 miles off track****1000m on track** | **Recoveries 2 mins then 4/5 mins before 1000m** | **9.19/9.23****2.36 off 66 first 400 to kick on** |  |  |  |  | **Good session in good conditions. Racing 1 mile next w/e** |