**Tuesday 12th February 2019 – 500m reps on track**

Attendance = 19 + 23 from younger group = 42. Cool, dry and no wind. The floodlights went out before we started the session and so it was impossible to video record clearly and get all of the times.

Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **83** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Other** | **Av.** | **Comment** |
| **Distance** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** |  |  | **Total 10 = 5000m** |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  | **Total 12 = 6000m** |
| Jamie Bryant | 88 | ? | 86 | 84 | 86 | 86 | 86 | 85 | ? | 87 | 88 | 85 |  | **85** | **Probably averaged around 85. Had a bad headcahe** |
| Cameron Payas | 88 | ? | 86 | 84 | 85 | 86 | 84 | 83 | ? | 84 | 83 | 79 |  | **84**  **From strava** | **All ok although tired legs after 10k in 32.51 on Sunday** |
| Robbie Farnham-Rose | 88 | ? | 86 | 84 | \*  400 | 86 | 83 | 84 | ? | 83 | 82 | 78 |  | **n.a.** | **Probably ran around 55 miles last week, inc Sunday 1.54. Good tonight. 400 on rep 5 as took tights off** |
| Luca Russo | 88 | ? | 86 | 84 | 85 | 86 | 84 | 85? | ? | 87 | 91 | 85 |  | **86** | **Almost stopped at 10 but did 12. 12th in KL Sat** |
| Dane Poore | 88 | ? | 86 | 84 | 86 | 86 | 87 | 86 | 87 | 90 | 96 | 90 |  | **87** | **Found very tough** |
| Sean Molloy | 88 | ? | 86 | 84 | 85 | 86 | 83 | 83 | 82 | 83 | 82 | 78 |  |  |  |
| **Younger group** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| James Kingston | 88 | ? | 86 | 84 | 85 | 86 | 87 | 85 | 86 | 88 | 88 | 83 |  |  |  |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Other** | **Av.** | **Comment** |
| **Distance** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** |  |  | **Total 10 = 5000m** |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  | **Total 12 = 6000m** |
| Bede Pitcairn-Knowles | 91 | 86 | ? | ? | 88 | 89 | 89 | 88 | 89 | 89 | 88 | 87 | 84/84 | **88**  **X14** | **Did 14 and finished fast** |
| Dan Madams | 94 | ? | ? | ? | ? | ? | 92 | 90 | 91 | ? | ? | 91 | 88/89 | **91?**  **X14** | **3k before in 10.10 and 1k after in 3.05**  **Going very well** |
| Dan Bradley | 91 | 87 | 89 | ? | ? | ? | ? | ? | ? | ? | 89 | 92 | 88/89 | **90? X 14** | **All ok** |
| Luke Hooper | 95 | ? | 94 | ? | 95 | 96 | 95 | 94 | 95 | 95 | 95 | 95 | 94/96 | **94**  **From strava** | **3k before in 10.16 and 1k after in 3.18** |
| Jamie Bingham | 94 | ? | 90 | ? | 89 | 91 | ? | 91 | 92 | 92 |  |  |  | **91x10** | **Approx average. Felt a lot better as been very tired and dnf Sat** |
| Nicole Taylor | 94 | ? | ? | ? | 92 | 94 | 93 | 93 | 93 | 94 | 93 | 94 | 91/93 | **93?** | **3k before in 10.10 and 1k after in 3.05**  **Missed a 500 somewhere as stomach issues** |
| Sam Crick | 95 | 93 | 92 | 93 | ? | 92 | ? | 91 | 92 | 94 | 93 | 92 |  | **93** | **Surprised there as complained re heel before w/e, but good session and all ok** |
| Tom Cox | 93 | 92 | 89 | ? | 92 | ? | ? | 89 | 90 | ? | 90 | 91 | 88/86 | **90?**  **X14** | **Decent session and picked up at end** |
| **Younger group** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Toby Emm | 93/5 | ? | ? | ? | ? | ? | ? | 87 | ? | 86 | 87 | 84 |  | **?** | **Did 12 and finished strong** |
| Adam Van der Plas | 93/5 | ? | ? | ? | ? | ? | ? | 88 | ? | ? | 87 | 86 |  | **?** | **Did 12 and finished strong . All ok although didn’t get accurate times as couldn’t see clearly on video** |
| Fraser Gordon | 92 | 90 | 88 | ? | 86 | 87 | 88 | 86 | 86 | 86 |  |  |  | **88x10** | **All ok and at front of group** |
| Dan Schofield | 93/5 | ? | ? | ? | ? | 89 | 89 | ? | ? | ? |  |  |  | **89?**  **x10** | **All ok although didn’t get accurate times as couldn’t see clearly on video** |
| James Stoney | 93/5 | ? | ? | ? | 87? | ? | 91 | 92 | 92 | ? |  |  |  | **?** | **All ok although didn’t get accurate times as couldn’t see clearly on video** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |  |  |  | **Av.** | **Comment** |
| **Distance** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** |  |  |  |  | **Total 10 = 5000m** |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |  |  |  |
| Jordan Saul | 96 | 96 | 96 | ? | ? | ? | ? | 94 | ? | 96 |  |  |  | **97/8** | **All ok. Feeling better as missed KL. Doing half marathon Sunday** |
| Simon Fraser | 96 | 92 | 95 | 96 | 95 | ? | 96 | 95 | 95 | 98 |  |  |  | **95** | **Very consistent** |
| **Younger group** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Daniel Seaton | ? | ? | ? | ? | ? | ? | ? | ? | ? | ? |  |  |  |  | **In mix and towards front of group but couldn’t pick out on video** |
| Alex Beeston | ? | ? | ? | ? | ? | ? | 92 | 92 | 91 | ? |  |  |  |  | **In mix and towards front of group but couldn’t pick out on video** |
| Alex Thompson | 90 | ? | ? | 94 | 93 | ? | 94 | ? | ? | ? |  |  |  |  | **In mix and towards front of group but couldn’t pick out on video** |
| Katie Goodge | 96 | 98 | 97 | 97 | 98 | ? | 96 | 96 | 95 | 92 |  |  |  | **96** | **Very consistent** |
| Adam Roeder | 96 | 98 | 97 | 97 | 98 | ? | 97 | 97 | 95 | 93 |  |  |  | **96** | **Very consistent** |
| Alex Sandberg | 93? | ? | ? | ? | ? | ? | ? | ? | ? | ? |  |  |  | **?** | **In mix and towards front of group but couldn’t pick out on video** |
| Zac Jones | ? | ? | ? | ? | ? | ? | ? | ? | ? | 96 |  |  |  |  | **In mix and all ok I believe** |
| Ryan Cherian | ? | ? | ? | ? | ? | 90 | 88 | ? | ? | 87 |  |  |  |  | **In mix and towards front of group but couldn’t pick out on video. Led some and looked good** |
| Jamie Thompson | 95 | ? | ? | 1.41 | ? | ? | ? | ? | ? | 92 |  |  |  |  | **Struggled at one stage but not sure if missed any** |
| Matt Randall | ? | 98 | 1.42\* | ? | 1.40 | ? | ? | ? | ? | ? |  |  |  |  | **Struggled at one stage but not sure if missed any** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |  |  |  | **Av.** | **Comment** |
| **Distance** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** |  |  |  |  | **Total 10 = 5000m** |
| **Recovery** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** |  |  |  |  |  |  |
| Alex Crockford | ? | ? | 1.45 | 1.45 | 1.45 | 1.45 | 1.45 | 1.46 | 1.45 | 1.43 |  |  |  | **1.45**  **From strava** | **Very consistent session and good 10k Sunday, 2nd at Ashford** |
| Ellen Pitcairn-Knowles | 1.53 | 1.53 | ? | 1.51 | 1.54 | 1.52 | 1.54 | 1.57 | 1.57 | 1.53 |  |  |  | **1.54?** | **All ok and good race at KL Sat** |
| **Younger group** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Maria Heslop | 1.48 | ? | 1.46 | 1.46 | ? | 1.44 | 1.45 | 1.45 | 1.43 | 1.43 |  |  |  | **1.45** | **Not happy with how feeling currently with niggles etc. Consistent session** |
| Noémie Thompson | 1.47 | ? | ? | 1.46 | ? | 1.45 | 1.46 | 1.46 | ? | 93 |  |  |  | **1.45** | **All ok** |
| Alan Buckle | 1.51 | ? | ? | 1.49 | ? | 1.48 | 1.47 | 1.47 | ? | 1.43 |  |  |  | **1.47/8** | **All ok** |
| Maddie Wise | 1.50 | ? | ? | 1.48 | ? | 1.48 | 1.47 | 1.47 | ? | 94 |  |  |  | **?** | **Finished very strongly and all ok** |
| Elizabeth Heslop | 1.50 | ? | ? | 1.48 | ? | 1.48 | 1.48 | 1.48 | ? | 1.49 |  |  |  | **1.48** | **Good consistent session** |
| Becca Smith | 1.51 | ? | 1.51 | 1.51 | 1.52 | 1.50 | 1.51 | 1.53 | 1.53 | 1.52 |  |  |  | **1.52/3** | **Good consistent session** |
| Flora Currie | 1.53 | ? | ? | 1.55 | 1.58 | 2.00 | x | 1.54 | ? | 1.52 |  |  |  |  | **Missed 7th and 9th I think. Been unwell recently** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **5 mile run and then 20s on/off**  **All ok** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alasdair Kinloch |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Battersea - 1x1.2miles , 6x800, 1x1.2 miles. Did a good session Around 4.50/55 and 2.15** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Been upto 15min running** |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran an hour from home** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA Ran 7.58 3k again on Friday. We think session 3 days before was too hard** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **St Mary’s – good race in Belgium Sunday 14th. 3 (90s), 6, 5x3, 4x90(75s),6x30(45s)** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Sheffield – plan was 2x2k,2x1k,4x500 steady** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran from home. Has a cold** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran easy as tight around knee** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds – went over to National course over w/e** |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA Ran 7.52 for 3k Friday** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough 57 miles last week. Have lab test results back. Sat 4x3min, 10min,4x2min** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough - Missed British Champs due to foot which has improved a lot. Ran 6 days in a row and then Tues 3x(400,300,200)** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Nottingham – BUCS Indoors Sat** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Nottingham – didn’t do session as felt going down with illness** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds -** |
| Peter Bannister |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Having op on wrist so will just support at National** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Battersea – all ok 1x1.2miles , 6x800, 1x1.2 miles. Long reps at 4.50 & 4.44 pace, 800s around 2.15. On paths** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Work busy so ran from home** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Saw Paul Massey again at Ashford and believes achilles improving as smaller spot of pain. X training** |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – feeling beter after illness Sat drills, Sun 8 miles, Mon 5 miles, Tues 3x2min,3x1min** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **X trainer 10x90s off 60s rec (like doing the 500s on track) Then 4x30s high resistance** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – 16 x 400 off 30s in 70/1** |