**Tuesday 12th March 2019 – Run, hills, 200s**

Attendance = 15. Cold and damp. Coaches – Mark Hookway, Richard Owen. Each lap measured at 1.59 kms or 0.99 miles by gps. Distances – 2 laps = 3.18km (1.98 miles) 3 laps = 4.77kms (2.97 miles), . Er against previous best means en route. Each lap 3 or 4 seconds short of a mile.

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| **Course** | **Distance** | **8 mins**  **per mile** | **7.30 mins**  **per mile** | **7 mins**  **per mile** | **6.30 mins**  **per mile** | **6 mins**  **per mile** | **5.30 mins**  **per mile** | **5 mins**  **per mile** | **Male**  **Record** | **Female**  **Record** |
| **2 laps** | **3.18km/**  **1.98 miles** | **15.50** | **14.51** | **13.52** | **12.52** | **11.53** | **10.53** | **9.54** | **n.a.** | **n.a.** |
| **3 laps** | **4.77 km/**  **2.97 miles** | **23.41** | **22.12** | **20.43** | **19.14** | **17.46** | **16.17** | **14.48** | **14.54**  **Robbie F-R er** | **16.30**  **Nicole Taylor er** |
| **4 laps** | **6.36 km/**  **3.96 miles** | **31.36** | **29.38** | **27.39** | **25.41** | **23.42** | **21.44** | **19.45** | **20.00**  **Robbie F-R er** | **22.01**  **Nicole Taylor er** |
| **5 laps** | **7.95 km/**  **4.95 miles** | **39.31** | **37.03** | **34.35** | **32.07** | **29.38** | **27.10** | **24.42** | **25.04**  **Robbie F-R** | **30.25**  **Nicola Wilkinson** |

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| **Name** | **Lap 1**  **0.99 miles** | **Lap 2**  **1.98 miles** | **Lap 3**  **2.97 miles** | **Lap 4**  **3.96 miles** | **Lap 4**  **4.97 miles** | **Hills**  **30/40s** | 200s | **Comment** |
| Dane Poore | 5.09 | 10.23  (5.14) | 15.33  (5.10) | 20.50  (5.17) | 26.03  (5.13 | 10 | Nil | **Tagged on back of those running shorter 3 laps and kept it going really well. Worked hard and was having to focus on hills** |
| Luke Hooper | 5.52 | 11.51  (5.59) | 17.50  (5.59) | 23.51  (6.01) | 29.40  (5.49) | 8 | Nil | **Had run big half marathon pb on Sunday but generally recovered well but still kept in control.** |
| Sian Robertson | 5.52 | 11.51  (5.59) | 17.50  (5.59) | 23.55  (6.05) | 29.58  (6.03) | 8 | Nil | **Worked hard and fastest time I have for a female 5 laps. Considering aims for coming weeks/months as not keen on track.** |
| Joe Watts | 5.59 | 12.22  (6.23) | 18.47  (6.25) | 25.08  (6.21) | 31.29  (6.21) | 8 | Nil | **All ok and building up for marathon** |
| Jamie Bryant | 4.59 | 10.03  (5.05) | 15.06  (5.03) |  |  | 8 | 6 | **Been away at weekend. Good session and moving well** |
| Robbie Farnham-Rose | 5.00 | 10.05  (5.05) | 15.09  (5.04 |  |  | 8 | 5 | **Much better session and ran every day last week, including Sunday run. Did parkrun Saturday in around 16.30 as started a bit late.** |
| Cameron Payas | 5.00 | 10.13  (5.13) | 15.32  (5.19 |  |  | 8 | 6 | **Still pretty tired after UK Inter Counties on Saturday** |
| Bede Pitcairn-Knowles | 5.03 | 10.21  (5.18) | 15.46  (5.28) |  |  | 8 | 6 | **All ok. Solid race at Inter Counties on Saturday** |
| Sam Crick | 5.36 | 11.08  (5.32) | 16.33  (5.25) |  |  | 8 | 6 | **Best session for a while. Paced run well and worked hard on hills and 200s**  **Helped Sean Friday doing 12x200 in 31/2 in wind and rain.** |
| Jordan Saul | 5.40 | 11.30  (5.50) | 17.21  (5.51) |  |  | 8 | 6 | **Good session and all ok. Discussed doing long and no 200s but keen to work on some speed** |
| Ellen Pitcairn-Knowles | 6.24 | 13.25  (7.01) |  |  |  | 6 | 4 | **Very tired from longest ever run on Sunday with TAC ie 10 miles.** |
| **Other** |  |  |  |  |  |  |  | **Comment** |
| Dan Bradley |  |  |  |  |  |  |  | **Ran with Nicole** |
| Nicole Taylor |  |  |  |  |  |  |  | **Ran with Dan. racing at w/e Reading Half Marathon** |
| Michael Ellis |  |  |  |  |  |  |  | **Ran with Simon 52 mins. Hip etc a lot better. Back was tight after race on Saturday** |
| Simon Fraser |  |  |  |  |  |  |  | **Ran with Michael as pretty tired after long run Sunday** |
| **Absent** |  |  |  |  |  |  |  | **Comment** |
| Alasdair Kinloch |  |  |  |  |  |  |  | **Loughborough – not running Southern relay as needs time for 5000 for BUCS qualification** |
| Alex Crockford |  |  |  |  |  |  |  | **Cardiff - Shin still sore so backed off again** |
| Alex Howard |  |  |  |  |  |  |  | **Battersea – 2x(3min+2min),1x5min. In control re racing at w/e Reading Half Marathon** |
| Alice Wood |  |  |  |  |  |  |  | **Given details for foot scan before w/e and awaiting update** |
| Ben Murphy |  |  |  |  |  |  |  | **At home 4 miles tempo at 5.18 p/m, plus 10 x 100m hills** |
| Charlie Crick |  |  |  |  |  |  |  | **Earlier at school 8x300 off 100 walk/jog in 46/47. All ok** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  | **USA** |
| Chloe Bird |  |  |  |  |  |  |  | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  | **USA – Called Sunday and feels fit and strong. Racing 1500 this Sat. Session last Friday 8x1k off 90s 2.53/52/55/53/55/51/47/44** |
| Corey De’Ath |  |  |  |  |  |  |  | **St Marys** |
| Dan Madams |  |  |  |  |  |  |  | **At home 10 miles on treadmill. Says will be at TAC Thursday** |
| Dan Seagrove |  |  |  |  |  |  |  | **Norwich** |
| Dominic Brown |  |  |  |  |  |  |  | **Was home at w/e and attempting 8x1k off 75s but tripped by dog on 4th rep and had to go to A&E. Structurally seems ok but ligament damage in shoulder etc. 2 days off and then trying easy run.** |
| Elle Baker |  |  |  |  |  |  |  | **Achilles ok end of last week and has managed fartlek and some hills** |
| George Duggan |  |  |  |  |  |  |  | **Loughborough – seen physio re hamstring and has damage so has gym work to do and out of relays** |
| Graeme Saker |  |  |  |  |  |  |  | **Heel now sore so backed off** |
| Harry Lawson |  |  |  |  |  |  |  | **Training at home as couldn’t make TAC. Will try and do 800s on own. Ran 16.45 on Sat at Bushy parkrun** |
| Harry Paton |  |  |  |  |  |  |  | **Injured** |
| James Puxty |  |  |  |  |  |  |  | **Leeds** |
| James West |  |  |  |  |  |  |  | **USA – bit of a disaster at w/e with mile relay leg and 3000 not going well. Just felt flat and struggled.** |
| Jamie Bingham |  |  |  |  |  |  |  | **Away** |
| Jamie Brown |  |  |  |  |  |  |  |  |
| Jamie Goodge |  |  |  |  |  |  |  | **Loughborough** |
| Kieran Eland |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  | **Loughborough – all ok although a lot of work on.**  **Tues 1200 3.15, hills then 2x600 in 92,93** |
| Kiri Marsh |  |  |  |  |  |  |  | **Nottingham** |
| Lottie Richardson |  |  |  |  |  |  |  | **Nottingham – 62k last week inc Inter Counties. Did 60min Sunday**  **Tues 4x1k,2x400. Feeling healthier and more positive** |
| Lucy Thompson |  |  |  |  |  |  |  | **Cambridge** |
| Mark Coates |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  | **Recovering after 20 mile pb on Sunday 2.02.53** |
| Nathan Marsh |  |  |  |  |  |  |  | **Leeds – awaiting update re tests** |
| Phoebe Barker |  |  |  |  |  |  |  | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  | **On course this week but did 16x400 off 100 jog in 35s at St Marys. Av 66/7. Planning 3,2,1 mile session later in week** |
| Sean Molloy |  |  |  |  |  |  |  | **Went to London training – 1600,1400,1000,400,1000,1400, 1600 off 2 min**  **4.45, 4.13,3.00,63,2.54,4.12,4.46. Friday at Tonbridge in gale and rain did 12x400 off 60s in av. 63.9** |
| Simon Coppard |  |  |  |  |  |  |  | **Had acupuncture on achilles last Friday which helped initially but issue returned Monday. Discussing with Mark Pk** |
| Toby Ryan |  |  |  |  |  |  |  | **Not seen for a while** |
| Tom Cox |  |  |  |  |  |  |  | **Not seen for a while. Texted but no reply as yet** |
| Tom Holden |  |  |  |  |  |  |  | **Loughborough – all ok. Spoke Monday and has week planned with mix of runs, drills, strides and seeing S&C Sam Heathcote Thursday re strengthening right side.** |
| Tom Richards |  |  |  |  |  |  |  | **Away but x training and awaiting scan** |
| Will Beeston |  |  |  |  |  |  |  | **Loughborough – awaiting update re knee** |