**Thursday 14th March 2019 – 800s on track**

Attendance = 20. Cold, dry and breezy. Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** |  |  |  | **Target 2.20 to 2.25** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Sean Molloy | 2.19 | 2.20 | 2.19 | 2.17 | 2.16 | 2.17 | 2.15 | 2.14 |  |  | **2.17** | **All ok. Has got replacement orthotics and says legs didn’t hurt for first time in a few weeks** |
| Robbie Farnham-Rose | 2.20 | 2.20 | 2.19 | 2.17 | 2.18 | 2.18 | 2.17 | 2.14 |  |  | **2.18** | **Best session yet and picking up. Did 6 with Sean Wed** |
| Cameron Payas | 2.20 | 2.20 | 2.19 | 2.19 | 2.17 | 2.17 | 2.16 | 2.16 |  |  | **2.18** | **All ok. Note has to run an 800 or 1500 in April for Island Games qualification** |
| Ben Murphy | 2.20 | 2.20 | 2.19 | 2.20 | 2.20 | 2.19 | 2.20 | 2.15 |  |  | **2.20** | **All ok** |
| Jamie Bryant | 2.20 | 2.20 | 2.19 | 2.20 | 2.20 | 2.21 | 2.23 | 2.23 |  |  | **2.21** | **Said before would be careful as legs tired. Calves a bit tight after Tuesday** |
| Bede Pitcairn-Knowles | 2.21 | 2.21 | 2.21 | 2.24 | 2.23 | 2.23 | 2.24 | 2.23 |  |  | **2.22** | **Hung on well as start a bit quick** |
| Michael Ellis | 2.26 | 2.27 | 2.28 | 2.28 | 2.23 | x |  |  |  |  | **2.26** | **Plan was 6 but stopped as precaution re groin/hip etc.** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Sam Crick | 2.41 | 2.36 | 2.36 | 2.37 | 2.35 | 2.32 | 2.30 | 2.22 |  |  | **2.34** | **Target around 2.35. Said tired before so started steady and picked up well. If can train consistently does so well** |
| Jordan Saul | 2.43 | 2.38 | 2.40 | 2.40 | 2.40 | 2.40 | 2.39 | 2.33 |  |  | **2.39** | **Target around 2.40. Good session, picking up at end.** |
| Mark Coates | 2.48 | 2.42 | 2.44 | 2.44 | 2.47 | 2.47 | 2.50 | 2.53 |  |  | **2.47** | **All ok** |
| Charlie Crick | 2.41 | 2.37 | 2.34 | 2.37 | 2.40 | 2.39 |  |  |  |  | **2.38** | **Target around 2.35. Said pretty shattered by last rep. Plan was 6 as coming back** |
| **Group 2a** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Comment** |
| **Distance** | **600** | **600** | **600** | **600** | **600** | **600** | **600** | **600** |  |  |  |  |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |  |  |
| Toby Ryan | 2.05 | 2.04 | 2.03 | 2.02 | 2.04 | 2.03 | 1.59 | 1.57 |  |  | **2.02** | **Had been unwell and first session back** |
| Ellen Pitcairn-Knowles | 2.12 | 2.14 | 2.14 | 2.15 | 2.15 | 2.15 | 2.15 | 2.13 |  |  | **2.14** | **Very consistent. Doing Sevenoaks/Knole Park 10k Sunday** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9/10** | **11/12** | **Av** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** |  |  |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Dan Madams | 2.36 | 2.34 | 2.34 | 2.34 | 2.33 | 2.32 | 2.33 | 2.32 | 2.322.31 | 2.302.26 | **2.32** | **Target around 2.35. Going very well. Next race entered Paddock Wood half Marathon.** |
| Matt Dennis | 2.41 | 2.39 | 2.39 | 2.40 | 2.39 | 2.39 | 2.39 | 2.38 | 2.392.37 | 2.382.30 | **2.38** | **Target around 2.40/5. Said has recovered well since 20 mile race Sunday. Next race entered Paddock Wood half Marathon.** |
| Luke Hooper | 2.40 | 2.38 | 2.38 | 2.39 | 2.40 | 2.39 | 2.41 | 2.41 | 2.402.39 | 2.402.34 | **2.39** | **Target around 2.40/5. Going well. Next race entered Paddock Wood half Marathon.** |
| Dan Bradley | 2.36 | 2.34 | 2.34 | 2.34 | 2.33 | 2.32 | 2.33 | 2.33 | 2.332.36 |  | **2.34** | **Target around 2.35. All ok but could only manage 10** |
| **Group 3a** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** |  |  |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Simon Fraser | 2.56 | 2.55 | 2.54 | 2.53 | 2.53 | 2.53 | 2.54 | 2.53 | 2.54 | 2.52 | **2.53** | **Target around 2.55. Worked well with Joe** |
| Joe Watts | 3.00 | 2.55 | 2.54 | 2.53 | 2.53 | 2.53 | 2.54 | 2.53 | 2.54 | 2.52 | **2.54** | **Target around 2.55. All ok and ran with Simon** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |  |  | **Reading half marathon Sunday 1600m 5.16, 6x300 all in 52.53** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  | **Easy run and saw Louise. Achilles ok but not 100%. Met Mark PK to discuss way forward** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  | **Cardiff – managed a very short jog with no shin issue** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  | **Reading half marathon Sunday** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  | **Still awaiting decision on foot scan** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  | **USA** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  | **USA – racing 1500 Sat** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  | **St Marys** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  | **Ran from home 12 miles** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  | **Awaiting update re shoulder.** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  | **Wed managed 5x3mins off 60s and all ok** |
| George Duggan |  |  |  |  |  |  |  |  |  |  |  | **Has hamstring issue so rehab etc** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  | **Recovering from achilles** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  | **Ran from home. Wed 8x800 av 2.34** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  | **Injured** |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  | **Leeds** |
| James West |  |  |  |  |  |  |  |  |  |  |  | **USA – received full thoughts on last week racing. Due to get blood test** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  | **Loughborough** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – 5 miles + 4x300. Lots of work on this week** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  | **Nottingham – 8 mins tempo + 8x30s hills. Stomach a bit dodgy** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **Leeds – still stomach issue on runs and awaiting blood test result** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  | **London 10 miles. Friday plan 321 miles off 3 mins** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  |  | **Ran from home as couldn’t make TAC** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – drills plus S and C with Sam Heathcote** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  | **Away and x training** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  | **Been x training whilst resolving knee issue** |