**Tuesday 14th May May 2019 – 1600s or 600s on track**

Attendance = 32. Cool, sunny, dry, breezy. Just Bede and James Puxty did the 600s but on Monday evening.

Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** |  | **Av.** | **Races** | **Comment** |
| **Distance** | **200m** | **200m** | **1600m** | **1600m** | **1600m** | **1600m** |  |  |  |  |
| **Recovery** | **jog** | **jog** | **5min** | **5min** | **5min** |  |  |  |  |  |
| Jamie Bryant | 30 | 30 | 4.50 | 4.46 | 4.45 | 4.39 |  | **4.45** | **22/5 – Eltham 5000** | **Start target was 4.50 and all ok** |
| Sean Molloy | 27 | 26 | 4.57 | 4.47 | 4.44 | 4.34 |  | **4.45** |  | **11/5 Ipswich 800m 3rd 1.52.25. Said hip a bit tight to start. Mon did 12x360m 52 to 55 with 49 to finish** |
| Michael Ellis | 33 | 33 | 4.50 | 4.46 | 4.46 | 4.49 |  | **4.48** | **19/5 SAL 3k**  **2/6 SEAA 3k s/c** | **Much better and first full session for a while** |
| Jamie Brown | 30 | 31 | 3.40  1200 | 2.21  800 | 3.40  1200 | 2.24  800 |  | **3.40**  **2.22** |  | **Did 2.03 at Surrey Champs 800 after being unwell in week** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** |  |  | **Av.** | **Races** | **Comment** |
| **Distance** | **200m** | **200m** | **1600m** | **1600m** | **1600m** |  |  |  |  |  |
| **Recovery** | **jog** | **jog** | **5min** | **5min** |  |  |  |  |  |  |
| Nick James | 40 | 37 | 5.56 | 6.06 | 6.06 |  |  | **6.03** |  | **Has now joined TAC** |
| Nichola Evans | 40 | 38 | 6.03 | 6.19 | 6.02 |  |  | **6.08** | **18/5 Vets Relay** | **Did 10k on Sunday in 43.06 plus vets league Monday** |
| Abianne Coates | 40 | 40 | 6.01 | 6.15 | 6.14 |  |  | **6.10** |  | **All ok** |
| Alex Crockford | 40 | 40 | 6.08 | 6.15 | 6.21 |  |  | **6.15** | **27/5 London 10k**  **26/6 Kent 3000** | **All ok and gradually increasing mileage** |
| Ellen Pitcairn-Knowles | 40 | 41 | 6.18 | 6.20 | 6.24 |  |  | **6.21** |  | **All ok** |
| India James | 40 | 41 | 6.07 | 6.18 | 6.30 |  |  |  |  |  |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **Av.** | **Races** | **Comment** |
| **Distance** | **1600m** | **1600m** | **1600m** | **1600m** | **1600m** | **200m** | **200m** |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **Jog** | **jog** |  |  |  |  |
| Dan Bradley | 5.14 | 5.14 | 5.14 | 5.16 | 5.18 | ? | 31 | **5.15** |  | **16.24 5k pace** |
| James Price | 5.14 | 5.15 | 5.15 | 5.18 | 5.18 | ? | 28 | **5.16** |  | **16.27 5k pace** |
| Nicole Taylor | 5.15 | 5.16 | 5.21 | 5.25 | 5.25 | ? | 32 | **5.20** | **29/5 3k Watford or Brighton** | **11/5 Ipswich 5k – 3rd in 15.57** |
| Luke Hooper | 5.15 | 5.16 | 5.25 | 2.36  800 | 2.33  800 | ? | 31 | **5.19**  **2.34** |  | **Adapted as coming back after marathon** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **Av.** | **Races** | **Comment** |
| **Distance** | **1600m** | **1600m** | **1600m** | **1600m** | **1600m** | **200m** | **200m** |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **Jog** | **jog** |  |  |  |  |
| Jordan Saul | 5.33 | 5.32 | 5.37 | 5.39 | 5.25 | 30 | 30 | **5.25** |  | **16.56 5k pace** |
| Sian Robertson | 5.45 | 5.42 | 5.46 | 5.39 | 5.39 |  |  | **5.42** |  | **17.49 5k pace** |
| Toby Ryan | 5.55 | 5.46 | 5.46 | 5.43 | 5.25 |  |  | **5.43** | **19/5 Triathlon** | **All ok. Doing triathlon in Cambridge at w/e** |
| Angel Lópex-Cáceres | 5.55 | 5.46 | 5.47 | 5.44 | 5.41 |  |  | **5.47** |  | **18.04 5k pace** |
| Simon Fraser | 5.55 | 5.54 | 5.46 | 5.39 | 5.25 |  |  | **5.44** |  | **Got quicker each rep**  **13/5 Vets league – 1500 4.34.9.** |
| Joe Watts | 5.55 | 5.55 | 5.55 | 5.55 | 5.56 |  |  | **5.55** |  | **Very consistent. 18.29 5k pace** |
| Liz Weeks | 5.48 | 5.54 | 5.59 | 6.03 | 4.32  1200 | 32 | 33 | **5.56** |  | **18.32 5k pace** |
| Chloe Bird | 5.54 | 5.55 | 5.56 | 5.55 | 5.55 | 35 | 35 | **5.55** | **27/5 London 10k** | **Very consistent. 18.29 5k pace** |
| Mark Coates | 4.27  1200 | 5.40 | 5.54 | 5.50 | 5.54 |  |  | **5.49** |  | **Missed start of 1st rep** |
| Alice Wood | 5.57 | 5.57 | 5.57 | 6.01 | 4.30  1200 |  |  | **5.58** |  | **18.39 5k pace** |
| Harriet Woolley | 5.49 | 6.05 | 6.20 | 4.34  1200 | 4.39  1200 | 34 | 34 | **6.05**  **4.36** |  | **Just started a bit quick so adapted** |
| Tom Cox | 5.38 | 5.51 | 3.00  800 | 5.53 | 5.57 |  |  | **n.a.** |  | **Said would also be at TAC Thursday** |
| **Other** |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Simon Coppard | 89 | 82 | 81 | 78 | 70 | 74 |  |  |  | **Joined in odd laps of 400m. Managing achilles with help from Angel.** |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Mon – 2x200 7 4x600 off 5mins**  **30.9,30.3,97.0,98.4,97.0,96.0. Did Monday as film project Tuesday** |
| Tom Richards |  |  |  |  |  |  |  |  |  | **Upto 17 mins jog at w/e. Tonight jog and gym** |
| Ben Murphy |  |  |  |  |  |  |  |  | **15/5 Watford BMC 800** | **Jog and strides as racing Wed** |
| Nathan Chapman |  |  |  |  |  |  |  |  | **Would like to do SAL** | **Achilles was sore last week, so took a few days off. Tonight did warm up and easy running** |
| Charlie Crick |  |  |  |  |  |  |  |  |  | **11/5 Kent 400 – 3rd u20m 51.48** |
| **Absent** |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  |  |  | **15/5 Lee Valley 5000**  **19/5 LIA 3k sc** | **Racing Wed** |
| Ashley Gibson |  |  |  |  |  |  |  |  | **27/5 London 10k** | **11/5 Ipswich 5k ran 16.30** |
| Cameron Payas |  |  |  |  |  |  |  |  | **15/5 Watford 800**  **22/5 Eltham** | **Racing Wed** |
| Chris Olley |  |  |  |  |  |  |  |  | **23-25/5 Regional champs 5000** | **USA - 2x200 (200 jog), 400 (2 mins), 800 (3 mins), 1200 (4 mins), 1600 (4 mins), 1200 (3 mins), 800 (2 mins), 400 (200 jog), 2x200 (200 jog).**  **Times were 30, 20, 64, 2:08, 3:24, 4:29, 3:21, 2:08, 58, 27, 27** |
| Clara Tyler |  |  |  |  |  |  |  |  |  | **Exams** |
| Corey De’Ath |  |  |  |  |  |  |  |  | **19/5 LIA 3000 ?**  **27/5 London 10k** | **St Marys - 1600 (60s)m 400 ( lap jog)**  **3x1k ( off 200 jog), ( lap jog)**  **5x400 ( off 60s) Times**  **4.40, 67, 2.50/2.55/2.55, 62,66,66,66,67** |
| Dan Madams |  |  |  |  |  |  |  |  |  | **Running most days from home now after marathon and considering races** |
| Dan Schofield |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Couldn’t make TAC – did suggest Monday session but didn’t hear back** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  | **Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  | **Has started running and 3 days in a row upto 15 mins** |
| Dominic Brown |  |  |  |  |  |  |  |  | **15/5 BMC 1500**  **19/5 LIA 1500** | **Racing Wed. Sheffield Sat - 2x200 and 4x600 off 5mins – 28,29,88,87,88,89** |
| George Marshall |  |  |  |  |  |  |  |  |  | **Exams** |
| Graeme Saker |  |  |  |  |  |  |  |  |  | **Hopes to be down Thursday** |
| Harry Lawson |  |  |  |  |  |  |  |  | **3/6 Battersea 5k** |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  | **19/5 SAL 1500**  **9/6 Staplehurst 10k** | **Working late so did session Wed on country** |
| James Puxty |  |  |  |  |  |  |  |  |  | **Mon – 2x200 and 4x600 off 5mins**  **30.9,30.3,97.0,98.4,98.4,1.41.4**  **Still not 100% after tonsillitis** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  | **12/12 Pac 12 Conf 1500 3rd in 3.42 with 1.53.2 last 800. Then 5k later in 14.43** |
| Jamie Goodge |  |  |  |  |  |  |  |  | **19/5 LIA 1500** | **Loughborough – open meet on Wed cancelled so did Tues session – 4x(400,200) off 30s/5min - 62,30,61,30,60,30,59,30** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  | **19/5 LIA 1500** | **Loughborough – open meet on Wed cancelled so did Tues session – 4x(400,200) off 30s/5min - 57,27,55,27,57,27,56,28** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  | **Nottingham** |
| Lottie Richardson |  |  |  |  |  |  |  |  | **18/5 Parkrun**  **27/5 London 10k**  **10/6 Charnwood 1500/3k** | **11/5 Sussex 5000 – 18.53 3 pb 3rd**  **Nottingham – run with 15min pick up pace** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  | **18/5 Varsity 1500** | **Oxford** |
| Nathan Marsh |  |  |  |  |  |  |  |  | **5k**  **25/5 BMC Sports City 5000** | **Saw Paul Massey last week and some progress. 10 miles Sunday and could feel knee slightly towards end** |
| Phoebe Barker |  |  |  |  |  |  |  |  | **15/5 Watford 1500**  **18/5 Varsity** | **Cambridge. Racing Wed** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  | **Bristol on course . Mon 5, Tues 30 mins + 7 miles with 4 mile pick up, finish with 4.56,53**  **Sorting various issues after difficult week so not racing at w/e now** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |
| Steve Fennell |  |  |  |  |  |  |  |  | **27/5 London 10k** |  |
| Tom Holden |  |  |  |  |  |  |  |  |  | **Loughborough – Sat managed 5x600 and struggled as tired, Sun 8 miles, Mon 5, Tues 5. Has just felt very tired last few days** |
| Will Beeston |  |  |  |  |  |  |  |  | **29/5 Maybe Loughborough open** | **Loughborough – 33k last week, Sun gym, Tues all in spikes –**  **Mon – 2x200 and 4x600 off 5mins**  **61,30/60,29/59,29/59,28** |