**Tuesday 15th January 2019 – Shakespeare Road reps**

Attendance = 25. Cold and dry.

Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av.** | **Comment** |
| **Laps** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** |  | **Total 6 = 4950m** |
| **Distance** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** |  | **Total 8 = 6600m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  | **Total 10 = 8250m** |
| Cameron Payas | 2.42 | 2.37 | 2.37 | 2.39 | 2.38 | 2.40 | 2.39 | 2.39 | 2.39 | 2.37 | **2.39** | **All ok and good session** |
| Robbie Farnham-Rose | 2.43 | 2.40 | 2.36 | 2.40 | 2.38 | 2.44 | 2.41 | 2.39 | 2.38 | 2.30 | **2.39** | **Stomach issue and so held back. Good session and getting fitter** |
| James Puxty | 2.37 | 2.33 | 2.33 | 2.35 | 2.36 | 2.40 | 2.36 | 2.30 |  |  | **2.35** | **Very good and attacked from start. Back from uni for 2 weeks** |
| Ben Murphy | 2.43 | 2.39 | 2.38 | 2.40 | 2.37 | 2.40 | 2.38 | 2.34 |  |  | **2.39** | **Getting fitter and s** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av.** | **Comment** |
| **Laps** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** |  | **Total 6 = 4950m** |
| **Distance** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** |  | **Total 8 = 6600m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  | **Total 10 = 8250m** |
| Nathan Chapman | 2.47 | 2.43 | 2.46 | 2.43 | 2.43 | 2.43 | 2.44 | 2.43 | 2.44 | 2.44 | **2.44** | **Very good and consistent. Probably one of best sessions with us** |
| Luke Hooper | 2.54 | 2.52 | 2.53 | 2.50 | 2.50 | 2.49 | 2.51 | 2.52 | 2.47 | 2.44 | **2.50** | **Probably best ever session and said legs heavy from longer Sunday run** |
| Harry Lawson | 2.42 | 2.42 | 2.42 | 2.39 | 2.40 | 2.41 | 2.40 | 2.34 |  |  | **2.40** | **Probably best ever session** |
| Jamie Brown | 2.45 | 2.45 | 2.44 | 2.41 | 2.42 | 2.43 | 2.48 | 2.43 |  |  | **2.44** | **Good session and very consistent. Seems so much stronger than in the past.** |
| Nicole Taylor | 2.51 | 2.47 | 2.47 | 2.46 | 2.45 | 2.45 | 2.44 | 2.44 |  |  | **2.46** | **Very good session. Last year av. 2.48. Raced in Spain Sunday for England** |
| Dan Bradley | 2.49 | 2.46 | 2.47 | 2.47 | 2.45 | 2.46 | 2.47 | 2.47 |  |  | **2.47** | **All ok. Last year av. 2.48** |
| Julian Rendall | 2.52 | 2.47 | 2.49 | 2.48 | 2.47 | 2.47 | 2.49 | 2.47 |  |  | **2.48** | **Very rarely see Julian with group** |
| Sam Crick | 2.52 | 2.50 | 2.51 | 2.48 | 2.49 | 2.50 | 2.51 | 2.52 |  |  | **2.50** | **Very good and is stringing some good days together.** |
| Kiri Marsh | 2.59 | 2.57 | 2.57 | 2.54 | 2.56 | 2.58 | 2.59 | 2.59 |  |  | **2.57** | **All ok and back from uni currently. Group 3 tonight would have been better maybe.** |
| Dan Madams | 2.52 | 2.50 | 2.49 | x | 2.45 | 2.45 | 2.45 | 2.45 | 2.45 | 2.45 | **n.a.** |  |
| Luca Russo | x | x | x | 2.39 | 2.39 | 2.40 | 2.39 | 2.42 |  |  | **2.40x5** | **Went to Stacey Rd in error as late and ran quite hard to Shakespeare Rd. Decent session as quite quick for 5.** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av.** | **Comment** |
| **Laps** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** |  |  |  | **Total 6 = 4950m** |
| **Distance** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** | **825m** |  |  |  |  | **Total 8 = 6600m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  | **Total 10 = 8250m** |
| Tom Cox | 2.55 | 2.52 | 2.50 | 2.51 | 2.52 | 2.52 | 2.47 | 2.46 |  |  | **2.51** | **Suddenly getting fitter as started training a bit !** |
| Simon Fraser | 3.00 | 2.58 | 2.57 | 2.56 | 2.56 | 2.58 | 2.50 | 2.54 |  |  | **2.56** | **All ok and good session** |
| Jordan Saul | 3.00 | 2.59 | 3.02 | 2.57 | 2.56 | 2.58 | 2.57 | 2.55 |  |  | **2.58** | **Said hamstrings tight but still a good session** |
| Sian Robertson | 3.00 | 2.59 | 2.58 | 2.59 | 3.00 | 3.03 | 3.02 | 3.00 |  |  | **3.00** | **All ok and calf fine now** |
| Chloe Bird | 3.08 | 3.07 | 3.08 | 3.08 | 3.06 | 3.08 | 3.05 | 3.03 |  |  | **3.07** | **All ok and really consistent now** |
| Mark Coates | 3.03 | 3.05 | 3.12 | 3.10 | 3.09 | 3.05 | 3.05 | 3.12 |  |  | **3.08** | **All ok** |
| Joe Watts | 3.03 | 3.01 | 3.02 | 3.02 | 3.02 | 3.04 |  |  |  |  | **3.02x6** | **Just being careful at 6 as had a niggle last week and racing 10k this coming Sunday.** |
| Ellen Pitcairn-Knowles | 3.27 | n.a. | 3.24 | n.a. | 3.28 | n.a. | 3.27 | n.a. |  |  | **3.26** | **Did alternate and all ok.** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  |  | **Hurt inside of knee at swimming Friday and sore Sunday/Monday** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  | **Did some 200s but stopped early as achilles sore** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Alasdair Kinloch |  |  |  |  |  |  |  |  |  |  |  | **Loughborough** |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  | **Cardiff – Couldn’t make session re placement work but ran 5 miles. Did 37/8 miles last week inc 60min Sunday** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  | **Battersea – 4x1.75 miles off 2min rec** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  | **Been unwell** |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Back from skiing and ran with Monday group but have messaged as not sure why not training** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  |  |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  | **USA** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  | **USA – racing 3000m Friday** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  | **St Mary’s - 3mins ( off 90s), 6mins, 3x3mins, 6mins**  **4x2mins ( off 75) , 6x30s ( off 45)** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  | **At Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  | **Away in Wales training. 5x1mile,2x800** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  | **Sheffield – aim was 300s. Racing Sunday 3k and won Northern 3k last Sunday in 8.19 4.17/4.02** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  | **Ran on grass at home to protect achilles** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  | **USA – Sat ran 4.06 mile time trial in flast with first half 2.06. Last lap 57** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  |  | **Felling quite unwell Tuesday morning so resting. Had run a little bit last few days** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – plan was 3x10mins and di on grass with 3min rec covering 2.7/8km on each** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – due to race 3k Sunday** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  | **Nottingham – good race Sat 13th in league** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **Leeds – very good 3rd in Varsity on Sat. Was planning 3x10mins and awaiting update. Knee doing well.** |
| Peter Bannister |  |  |  |  |  |  |  |  |  |  |  | **Brighton** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  | **Battersea – 4x1.75 miles off 2min rec in 8.35/34/21/20. 15 mile day, 93 last week. Sat 25 mins of hilly loop alt 2.30/50s, Sun 18 miles** |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – Sat drills and short video showed looking more stable and stronger. Sun 7.5 miles. Tues 6x2mins off 60s covering about 600m. Very positive and starting to really believe that the comeback is on.** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  | **Been x training** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  | **Loughborough -** |