**Tuesday 16th April 2019 – 400s on track**

Attendance = 32 (25 on track). Warmer, still and dry (perfect). Coaches – Mark Hookway, Pete Brenchley, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **Av** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Cameron Payas | 65 | 64 | 64 | 65 | 66 | 65 | 65 | 65 | 65 | 64 | 64 | 65 | 65 | 59 | **64/5** | **Going well and good finish. Racing 1500 Monday. Also BAL 800 12th May** |
| Miles Weatherseed | 65 | 64 | 64 | 65 | 66 | 65 | 65 | 65 | 65 | 64 | 64 | 65 | 65 | 60 | **64/5** | **All ok** |
| Jamie Bryant | 65 | 64 | 65 | 65 | 66 | 65 | 65 | 64 | 65 | 64 | 64 | 65 | 65 | 62 | **64/5** | **All ok after good SAL 5k Sat. Racing BAL 3k on 12th May** |
| Michael Ellis | 71 | 70 | 66 | 66 | 66 | 66 | 66 | 65 | 65 | 65 | 65 | 65 | 65 | 61 | **66** | **All ok after good SAL 5k Sat + other events. Racing 3k s/c at BAL 12th May** |
| Bede Pitcairn-Knowles | 71 | 69 | 68 | 69 | 70 | 68 | 69 | 68 | 69 | 70 | 68 | 67 | 66 | 64 | **68** | **All ok and finished strongly, when reminded. Hoping can do 3k s/c at BAL 12th May** |
| James Puxty | 71 | 70 | 68 | 69 | 70 | 68 | 69 | 68 | 69 | 70 | 68 | 67 | 67 | 68 | **68/9** | **All ok. Coming back after bout of tonsillitis** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **Av** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Dan Seagrove | 72 | 69 | 71 | 71 | 71 | 71 | 71 | 71 | 72 | 71 | 71 | 70 | 70 | 65 | **70/1** | **All ok with good finish. May race 600 Monday (tbc), then 800 before BUCS 800** |
| Dan Bradley | 71 | 70 | 71 | 71 | 70 | 71 | 71 | 70 | 72 | 71 | 71 | 70 | 70 | 68 | **70/1** | **Recovering from bad cold etc** |
| Charlie Crick | 72 | 70 | 70 | 71 | 71 | 71 | 71 | 71 | 72 | 71 | 71 | 70 | 70 | 67 | **70/1** | **Raced 800/1500 Sat and doing 600 Mon. Good consistent session** |
| James Price | 72 | 70 | 72 | 71 | 72 | 72 | 72 | 71 | 73 | 72 | 72 | 70 | 71 | 69 | **71/2** | **All ok** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **Av** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Olly Kingston | 78 | 75 | 74 | 72 | 72 | 73 | 73 | 73 | 73 | 72 | 73 | 74 | 73 | 71 | **73/4** | **All ok and very consistent** |
| George Marshall | 80 | 76 | 75 | 74 | 72 | 76 | 75 | 74 | 74 | 71 | 73 | 72 | 70 | 67 | **73/4** | **Good session and finished strongly** |
| Toby Ryan | 79 | 76 | 75 | 72 | 75 | 75 | 75 | 72 | 74 | 74 | 76 | 71 | 72 | 68 | **74** | **Good session and finished strongly** |
| Jordan Saul | 80 | 76 | 75 | 74 | 74 | 75 | 74 | 74 | 74 | 72 | 72 | 74 | 73 | 70 | **74** | **Achilles still a bit sore but trying to do all rehab and strengthening exercises** |
| Mark Coates | 80 | 77 | 76 | 77 | 76 | 78 | 76 | 76 | 76 | 76 | 77 | 78 | 80 | 82 | **77/8** | **All ok. Wanted to go in this group** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **Av** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Alice Wood | 85 | 84 | 82 | 83 | 83 | 80 | 82 | 82 | 79 | 80 | 80 | 80 | 81 | 77 | **81/2** | **All ok. Awaiting treadmill examination re foot from PK etc, but quite good currently** |
| Liz Weekes | 88 | 85 | 82 | 83 | 83 | 81 | 82 | 83 | 78 | 81 | 80 | 78 | 81 | 75 | **81/2** | **Tried session with group for first time and all ok** |
| Michael Mason | 89 | 87 | 82 | 84 | 84 | 82 | 83 | 83 | 81 | 81 | 80 | 79 | 81 | 78 | **82/5** | **Said was tough and goes back to Cheltenham soon** |
| Clara Tyler | 89 | 85 | 84 | 85 | 84 | 83 | 84 | 84 | 83 | 82 | 80 | 82 | 82 | 77 | **83** | **Has done really well in group, but unsure whether can keep up momentum at school** |
| Abianne Coates | 89 | 85 | 85 | 85 | 85 | 84 | 86 | 85 | 85 | 83 | 81 | 84 | 83 | 78 | **84** | **Good session as was a bit nervous about doing it all. Paced well and finished stronbgly** |
| Polly Pitcairn-Knowles | 89 | 86 | 85 | 85 | 85 | 84 | 85 | 85 | 86 | 84 | 85 | 85 | 84 | 79 | **85** | **All ok and finished strongly** |
| India James | 89 | 87 | 85 | 84 | 86 | 84 | 85 | 84 | x | 82 | 79 | 83 | 86 | 78 | **n.a.** | **Missed one as planned to put spikes on for last 5. All ok and now joined TAC** |
| Alex Crockford | 85 | n.a. | 83 | n.a. | 84 | n.a. | 86 | n.a. | 86 | n.a. | 86 | n.a. | 86 | n.a. | **85** | **Shin/calf been ok so did every other one** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** |  |  |  |  |  |  |  |  | **Av** | **Comment** |
| **Distance** | **1200** | **1200** | **1200** | **1200** | **1200** | **1200** |  |  |  |  |  |  |  |  |  |  |
| **Recovery** | **(Below)** | **(Below)** | **(Below)** | **(Below)** | **(Below)** |  |  |  |  |  |  |  |  |  |  | **Recovery shown in brackets** |
| Dan Madams | 3.48(1.34) | 3.46(1.12) | 3.47(1.51) | 3.46(1.43) | 3.48(1.35) | 3.49 |  |  |  |  |  |  |  |  |  | **Tapering for London Marathon 28th April** |
| Luke Hooper | 4.00(1.46) | 3.58(1.24) | 4.02(2.06) | 4.01(1.58) | 4.00(1.47) | 4.03 |  |  |  |  |  |  |  |  |  | **Tapering for London Marathon 28th April** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **In gym with Tom. Achilles still not good. Seeing PK etc next week for treadmill analysis** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **In gym with Simon. About to have first shockwave treatment re knee** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran Monday and in gym tonight. Seeing PK etc re heel and treadmill analysis** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **On grass as tapering for marathon** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **On grass 10x600 as tapering for marathon** |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **On grass 10x600** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **On grass** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Battersea – 4x(200,200,600) in 29/93****Rec 1,2,3, mins. Signed up for BAL 1500 on 12th May** |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away with Sean and doing track session Wed. Ran Mon, Tues** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA. Ran 3.56 1500m on Sat** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA – ran 1500m in 3.47 Sat and 2nd. Racing 5000 Thursday** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough - 2k ( lap jog)****1600 ( 200 jog) ,5x1k,(Lap jog)****4x400 ( off 75s) Times****6.00, 4.47,2.59/3.00/3.00/3.00/2.59****65/65/64/63** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Shin been sore again so easing off and x training. Hopes to see physio later in week** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away on short break but training** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Achilles has improved a bit again. Managed a jog and lot of cycling** |
| Harriet Wooley |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Racing London Marathon but not seen for week or so** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away and was due to do track session in Cornwall. Raced 800 Sat but found it tough in 2.11** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Has managed some easy running after calf injury** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Family commitment** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Couldn’t get to TAC. Did 8x500 in 85 off 60s recovery. Racing 600m Monday.** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran 3.08 marathon Sunday.Pb by 23 mins** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Couldn’t get to TAC and was due to do 400s at Canterbury** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away with uni squad. 10x400,2x300** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Not seen or updated** |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Matt Randall |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds – Sat 12 min tempo +6x300. Tues migraine. Races – Ipswich 5k possible, Leeds BMC3k and Sports City 5k** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran 10k debut Sunday in 30.40. Snowdonia Monday with work, so easy runs as very tired.****Signed up for BAL 1500 on 12th May** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away with Ben M and doing track session Wed. Ran Mon, Tues** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Sun 7 miles and awaiting update since. Aims to be at TAC Thursday and session Saturday** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Knee improved and been easy running** |