**Thursday 16th January – Shakespeare Rd reps**

Attendance = 39. Cool, very windy and damp, so not nice.

Coaches – Mark Hookway, Richard Owen, Bill Mutler, Pete Brenchley (at track)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av.** | **Comment** |
| **Distance metres** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** |  |  |  | **Total 8x825m = 6600m** |
| **Recovery from back** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** |  |  |  |  |  |
| Jamie Goodge | 2.36 | 2.35 | 2.35 | 2.36 | 2.32 | 2.31 | 2.33 | 2.32 |  |  | **2.34** | **Had been really tired after Tuesday so skipped Wed circuits and going well tonight. At w/e planned run with Joe A at Brighton** |
| Stuart Brown | 2.39 | 2.35 | 2.36 | 2.36 | 2.35 | 2.33 | 2.35 | 2.34 |  |  | **2.35** | **All ok and going well** |
| Steve Strange | 2.39 | 2.35 | 2.36 | 2.37 | 2.38 | 2.40 | 2.44 | 2.34 |  |  | **2.38** | **Found it tough but picked up well on last rep. Racing indoors 29th Jan 1 mile** |
| James Puxty | 2.37 | 2.35 | 2.36 | 2.36 | 2.37 | 2.38 | 2.41 | 2.45 |  |  | **2.38** | **Had to work pretty hard at the end** |
| Michael Ellis | 2.49 | 2.45\* | 2.43 | 2.41 | 2.41 | 2.43 | 2.42 | 2.36 | 2.54\* | 2.55\* | **2.42/3**  **x8** | **Was a bit tight from volume plus massage etc on Wed. Moved to group 2 after 1 rep and ok. Last 2 to help Nicole.** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av.** | **Comment** |
| **Distance metres** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** |  |  |
| **Recovery** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** |  |  |  |
| Nicole Taylor | 2.53 | 2.50 | 2.51 | 2.52 | 2.51 | 2.52 | 2.53 | 2.53 | 2.54 | 2.55 | **2.52/3** | **All ok** |
| Nathan Chapman | 2.49 | 2.44 | 2.42 | 2.42 | 2.42 | 2.43 | 2.43 | 2.43 |  |  | **2.43/4** | **Going well** |
| Dan Schofield | 2.51 | 2.47 ? | 2.48 | 2.49 | 2.47 | 2.45 | 2.43 | 2.38 |  |  | **2.46** | **One of best sessions recently and finished well** |
| Dan Bradley | 2.51 | 2.47 | 2.48 | 2.49 | 2.48 | 2.49 | 2.50 | 2.46 |  |  | **2.48/9** | **All ok and consistent** |
| Luke Hooper | 2.52 | 2.48 | 2.50 | 2.51 | 2.50 | 2.51 | 2.52 | 2.52 |  |  | **2.51** | **All ok and consistent** |
| Tom Woolley | 2.51 | 2.49 | 2.58 | 3.00 | 3.03\* | x | x | x |  |  | **2.56x5** | **2nd taster session. Moved to group 3 for 5th rep.**  **Said tired after Tuesday hills and also achilles getting tighetr** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av.** | **Comment** |
| **Distance metres** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** |  | **Rep 2 video blew over but think times correct** |
| **Recovery from back** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** |  |  |  |
| Jordan Saul | 3.09 | 3.03 | 3.01 | 2.59 | 2.57 | 2.55 | 2.59 | 2.58 | 2.56 | 2.51 | **2.59** | **Paced it nicely and finished strongly** |
| Alice Wood | 3.13 | 3.10 | 3.10 | 3.09 | 3.08 | 3.09 | 3.08 | 3.08 | 3.06 | 3.05 | **3.08/9** | **All ok and picked up at end** |
| Becky Morrish | 3.14 | 3.11 | 3.11 | 3.10 | 3.13 | 3.13 | 3.12 | 3.11 | 3.12 | 3.08 | **3.11/2** | **All ok and felt starting to move better again** |
| Harriet Woolley | 3.12 | 3.09 | 3.09 | 3.08 | 3.12 | 3.13 | 3.18 | 3.13 | 3.14 | 3.10 | **3.12** | **Worked hard and ok** |
| Dan Madams | 3.08 | 3.02 | 3.00 | 2.58 | 2.58 | 2.55 | 2.57 | 2.55 |  |  | **2.59** | **First appearance of the Vaporflys in training ! All ok and said starting to feel better** |
| Adam Roeder | 3.13 | 3.05 | 3.03 | 3.01 | 3.04 | 3.06 | 3.03 | 3.04 |  |  | **3.05** | **All ok and consistent** |
| Mark Coates | 3.12 | 3.07 | 3.08 | 3.06 | 3.07 | 3.07 | 3.05 | 3.08 |  |  | **3.07/8** | **All ok and consistent tonight** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av.** | **Comment** |
| **Distance metres** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** | **825** |  |  |
| **Recovery from back** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** |  |  |  |
| Tom Holden | 3.28 | 3.24 | 3.18 | 3.22 | 3.17 | 3.13 | 3.20 | 3.05 | 3.26\* | 3.25\* | **3.18x8** | **Said smoother on uphill than downhill. Did 2 ‘extra’ to help Jacqui** |
| Jacqui O’Reilly | 3.23 | 3.22 | 3.26 | 3.31 | 3.34 | 3.31 | 3.30 | 3.28 | 3.26 | 3.25 | **3.27/8** | **Worked hard and ok** |
| Nichola Evans | 3.28 | 3.22 | 3.21 | 3.22 | 3.20 | 3.18 | 3.18 | 3.14 |  |  | **3.20** | **Good session and picked up at end** |
| Alice Ralph | 3.35 | 3.26 | 3.25 | 3.24 | 3.20 | 3.20 | 3.20 | 3.19 |  |  | **3.24** | **One of best sessions so far** |
| Tom Richards | 3.35 | 3.28 | 3.31 | 3.30 | 3.26 | 3.26 | 3.16 | 3.07 |  |  | **3.25** | **Hamstrings still a bit tight but got it done and picked up at the end** |
| Ellen Pitcairn-Knowles | 3.35 | 3.26 | 3.30 | 3.26 | 3.28 | 3.27 | 3.24 | 3.22 |  |  | **3.27** | **Been consistent with training and starting to push on. Goes away start of Feb to Madrid for work** |
| Charlie Lindsay | 3.36 | 3.31 | 3.32 | 3.31 | 3.27 | 3.27 | 3.22 | 3.29 |  |  | **3.29/30** | **Kept it consistent** |
| Alex Crockford | 3.34 | 3.31 | 3.31 | 3.31 | 3.34 | 3.30 | 3.28 | 3.27 |  |  | **3.31** | **Feeling a bit better** |
| Maria Heslop | 3.17 | 3.16 | 3.16 | 3.17 | 3.15 | x | 3.14\* | 3.20 |  |  | **3.16x5** | **Missed 6th rep (think just feeling it). Said was more than used to and on way back.** |
| **Group 5** |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Helen Gaunt |  |  |  |  |  |  |  |  |  |  |  | **4x4laps with 90s jog recovery ie 3.3k reps** |
| Greg Cole |  |  |  |  |  |  |  |  |  |  |  | **3x4laps with 90s jog recovery ie 3.3k reps** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  | **Short run plus 8x200 with last 3 pick up, with Charlie. Racing 800m Sunday** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  | **Short run plus 8x200 with last 3 pick up, with Simon. Racing 800m Sunday** |
| Ryan Driscoll | **Track** |  |  |  |  |  |  |  |  |  |  | **Agreed to miss session at Shakespeare Rd as previously aggravated hip. Corey joined him. 1.75miles at 5.15 p/m plus 7x800 off 75s in 2.19/20 and a 400 with Corey. Found it tough, but ok Friday and hip ok.** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  | **Joined Ryan 1.75miles plus 8x800 off 75s. Moved a few secs away on each in 2nd half. All ok** |
| Alex Sandberg |  |  |  |  |  |  |  |  |  |  |  | **Racing Kent Schools Saturday. Ran to Judd then loop back and some 200s on the track** |
| Alex Thompson |  |  |  |  |  |  |  |  |  |  |  | **Racing Kent Schools Saturday. Ran to Judd then loop back and some 200s on the track** |
| Katie Goodge |  |  |  |  |  |  |  |  |  |  |  | **Racing Kent Schools Saturday. Ran to Judd then loop back and some 200s on the track** |
| James Kingston |  |  |  |  |  |  |  |  |  |  |  | **Racing Kent Schools Saturday. Ran to Judd then loop back and some 200s on the track** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  |  | **Went on track but don’t know what he did. Due to race 800m Sunday** |
| Toby Emm |  |  |  |  |  |  |  |  |  |  |  | **Said calf was sore after Knole Run and saw Louise for treatment** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  | **Bath – tried a bit of running but foot not good. Did 8x3mins on bike Thursday and 45min on x trainer Wed. Seeking a good physio who can help so was due to ask Grace F for recommendation.** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |
| Adam Tibbals |  |  |  |  |  |  |  |  |  |  |  |  |
| Adam Van der Plas |  |  |  |  |  |  |  |  |  |  |  |  |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  |  |  |
| Cameron Payas |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  | **USA – racing Sat 1 mile section 1 at Seattle** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  | **Sheffield – Mon 10, Tues am 3.5, pm 8x3mins off 60s, Wed am run only, Thurs 6 miles plus 10x45s hill, then 4 miles. All ok although some longish hours** |
| Edo Leone |  |  |  |  |  |  |  |  |  |  |  |  |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |  |
| Ingmar Gunn |  |  |  |  |  |  |  |  |  |  |  |  |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  | **USA – racing Sat 1000m section 1 at Seattle** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  |  | **Foot improving and ran a bit longer Tuesday to 3 miles, then did circuits Wed** |
| Kathleen Faes |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **Quad a lot better after treating. John Allen says groin strain. Longish treadmill run and could feel a bit. Going to check how it is Friday before deciding if to go ahead and race 3k Sunday** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  |  |  |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  | **Messaged saying been struggling with busy at work, but training. Managed 6 mile son own with 3 at good pace.** |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |
| Olly Kingston |  |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |
| Sarah Cronin |  |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |
| Will Kingswood |  |  |  |  |  |  |  |  |  |  |  |  |