**Thursday 16th May 2019 – 20min run and 300s on grass**

Attendance = 32. Cool, sunny, dry, breezy.

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1k**  **2k** | **3k**  **4k** | **5k**  **6k** | **20 min**  **Run** | **1/2** | **3/4** | **5/6** | **7/8** | **other** | **Av.** | **Races** | **Comment** |
| **Distance** | **Splits** | **Splits** | **Splits** |  | **300m** | **300m** | **300m** | **300m** |  |  |  | * **Went too long on 1st 300** |
| **Recovery** |  |  |  | **5min** | **75s** | **75s** | **75s** | **4min** |  |  |  |  |
| Sean Molloy | 3.22  6.43 | 10.03  13.23 | 16.41  19.52 | 6040 | 52\*  46 | 46  45 | 44  42 | 44  42 |  | **44** |  | **All ok. Has Sat session in London**  **Couldn’t manage last 1600** |
| Dominic Brown | 3.21  6.43 | 10.03  13.23 | 16.41  19.55 | 6025 | x  47 | 46  47 | 46  46 | 47  45 | 45 | **46** | **19/5 LIA 1500** | **Missed 1st 300.**  **15/5 BMC 1500 4th in 3.50**  **2.44 at bell last night. Racing Sunday and in control here** |
| Jamie Bryant | 3.21  6.43 | 10.03  13.23 | 16.41  19.55 | 6025 | 52\*  48 | 48  47 | 48  47 | 48  48 | 1600  2.31/5.04 | **48** | **22/5 – Eltham 5000** | **All ok** |
| Bede Pitcairn-Knowles | 3.22  6.43 | 10.03  13.23 | 16.41  20.05 | 5980 | 55\*  51 | 51  50 | 52  52 | 52  53 | 1600  2.31/4.59 | **51** | **27/5 London 10k** | **Said varied how felt, but finished really well** |
| Ben Murphy | 3.23  6.48 | 10.14  13.34 | 16.52  x | 5970 | 51\*  47 | 46  45 | 44  42 | 44  42 | 1600  2.31/5.06 | **44** | **22/5 Eltham BMC 1500 or Brighton** | **15/5 BMC 800 1.50.67 pb**  **Was knackered before last mile rep so great effort** |
| Cameron Payas | 3.23  6.45 | 10.08  13.30 | 16.53  x |  | 53\*  49 | 48  48 | 47  47 | 48  46 | 1600  2.34/5.15 | **48** | **22/5 Eltham** | **15/5 BMC 800 1.57**  **Dug deep to do last mile rep. Has been struggling with hayfever/asthma so new medication Friday/Sat comming** |
| Michael Ellis | 3.27  6.56 | 10.22  13.49 | 17.14  x |  | 53\*  49 | 49  49 | 49  48 | 48  46 |  | **48** | **19/5 SAL 3k**  **22/5 Beckenham relay**  **2/6 SEAA 3k s/c** | **All ok and racing Sunday** |
| James Puxty | 3.23  6.48 | 10.16  13.49 | 17.16  x |  | 55\*  50 | 51  50 | 50  51 | 49  50 |  | **50** | **22/5 Beckenham relay** | **Best session yet. Went to toilet but could have managed mile at end** |
| **Group 2** | **1k**  **2k** | **3k**  **4k** | **5k**  **6k** | **20 min**  **Run** | **1/2** | **3/4** | **5/6** | **7/8** | **other** | **Av.** | **Races** | **Comment** |
| **Distance** | **Splits** | **Splits** | **Splits** |  | **300m** | **300m** | **300m** | **300m** |  |  |  | * **Went too long on 1st 300** |
| **Recovery** |  |  |  | **5min** | **60s** | **60s** | **60s** | **60s** |  |  |  | **Recovery less than other groups** |
| James Price | 3.32  7.04 | 10.35  14.09 | 17.16  x |  | 58\*  55 | 50  54 | 51  55 | 55  47 |  | **53** |  | **Good session and 5k split not far away from pb** |
| Harry Lawson | 3.31  7.03 | 10.,35  14.09 | 17.42  x |  | 57\*  49 | 48  49 | 48  49 | 49  48 |  | **48/9** | **19/5 SAL 3000**  **3/6 Battersea 5k** | **Good to see Harry again and going well. Racing Sunday** |
| Dan Schofield | 3.33  7.04 | 10.36  14.09 | 17.43  x |  | 57\*  53 | 52  52 | 51  52 | 50  49 |  | **51** | **27/5 London 10k** | **Sessions definitely getting better** |
| Nicole Taylor | 3.33  7.04 | 10.36  14.09 | 17.44  x |  | 57\*  54 | 52  52 | 52  53 | 52  52 | 52  51 | **52** | **29/5 3k Watford or Brighton**  **7/6 Fast Friday 5000** | **Did 10x300 and all ok** |
| Luke Hooper | 3.34  7.04 | 10.38  14.15 | 17.57  x |  | 60\*  56 | 55  55 | 53  55 | 55  51 |  | **54** |  | **Completed full session as planned and all ok** |
| Dan Bradley | 3.33  7.11 | 10.54  14.37 | 18.22  x |  | 60\*  56 | 55  52 | 54  54 | 54  54 |  | **54** | **22/5 Beckenham relay** | **Think all ok** |
| Matt Dennis | 3.38  7.16 | 10.59  14.43 | 18.28  x |  | 61\*  57 | 57  56 | 55  55 | 56  52 |  | **55** |  | **Completed full session as planned and all ok and foot a lot better** |
| Jordan Saul | 3.50  7.34 | 11.24  15.16 | 19.06  x |  | 59\*  55 | 51  51 | 52  53 | 51  50 | 800  2.45 | **52** |  | **All ok. Found extra rep tough and stopped at halfway** |
| **Group 3** | **1k**  **2k** | **3k**  **4k** | **5k**  **6k** | **20 min**  **Run** | **1/2** | **3/4** | **5/6** | **7/8** | **other** | **Av.** | **Races** | **Comment** |
| **Distance** | **Splits** | **Splits** | **Splits** |  | **300m** | **300m** | **300m** | **300m** |  |  |  | * **Went too long on 1st 300** |
| **Recovery** |  |  |  | **5min** | **75s** | **75s** | **75s** | **75s** |  |  |  |  |
| Simon Fraser | 3.57  7.52 | 11.42  15.33 | 19.22  x |  | 60\*  55 | 56  55 | 54  53 | 50  52 |  | **54** |  | **All ok** |
| Sian Robertson | 3.57  7.52 | 11.44  15.33 | 19.22  x |  | 63\*  59 | 58  58 | 56  56 | 57  55 |  | **57** | **On hold re work etc** | **All ok and good session** |
| Angel Lópex-Cáceres | 3.57  7.52 | 11.44  15.41 | 19.40  x |  | 60\*  57 | 55  56 | 55  55 | 56  56 |  | **56** |  | **All ok** |
| Chloe Bird | 4.01  8.03 | 12.04  16.04 | 19.59  x | 5005 | 64\*  61 | 60  61 | 58  57 | 58  59 |  | **59** | **27/5 London 10k**  **7/6 Fast Friday 5000** | **All ok** |
| Alice Wood | 4.01  8.03 | 12.04  16.05 | 20.05  x | 4980 | 65\*  62 | 60  59 | 59  58 | 58  58 |  | **59** |  | **All ok** |
| Mark Coates | 3.42  7.39 | 11.42  15.48 | x  x |  | 66\*  62 | 61  62 | 60  62 | 62  63 |  | **61** |  | **All ok** |
| Adam Durbaba | 3.51  7.52 | 11.53  16.03 | x  x | 4970 | 65\*  60 | 61  60 | 60  62 | 62  60 |  | **61** |  | **In midst of exam period so hadn’t run much** |
| Harriet Woolley | 4.01  8.04 | 12.09  16.28 | x  x |  | 65\*  62 | 61  61 | 60  61 | 62  61 |  | **61** |  | **All ok** |
| **Group 4** | **1k**  **2k** | **3k**  **4k** | **5k**  **6k** | **20 min**  **Run** | **1/2** | **3/4** | **5/6** | **7/8** | **other** | **Av.** | **Races** | **Comment** |
| **Distance** | **Splits** | **Splits** | **Splits** |  | **300m** | **300m** | **300m** | **300m** |  |  |  | * **Went too long on 1st 300** |
| **Recovery** |  |  |  | **5min** | **75s** | **75s** | **75s** | **75s** |  |  |  |  |
| Graeme Saker | 4.01  8.04 | 12.04  16.04 | 20.01  x | 6000 | 68\*  62 | 65  63 | 67  67 | 67  64 |  | **65** |  | **1st session back for a while and ok. Was cautious and eased deliberately on 300s** |
| Jacqui O’Reilly | 4.13  8.31 | 12.49  17.04 | x  x |  | 66\*  61 | 61  60 | 59  60 | 59  55 |  | **59** | **19/5 SAL 1500**  **22/5 Beckenham relay**  **9/6 Staplehurst 10k** | **All ok and going well. Racing Sunday** |
| Abianne Coates | 4.12  8.31 | 12.54  17.20 | x  x |  | 66\*  62 | 61  61 | 61  60 | 59  60 |  | **60** |  | **All ok** |
| Alex Crockford | 4.17  8.39 | 13.05  17.26 | x  x |  | 67\*  66 | 67  67 | 66  67 | 66  65 |  | **66** | **27/5 London 10k**  **26/6 Kent 3000** | **Almost went for an easy run rather than do session as said tired from working on dissertation. However, all ok.** |
| Ellen Pitcairn-Knowles | 4.17  8.39 | 13.05  17.32 | x  x |  | 70\*  68 | 70  69 | 67  67 | 67  63 |  | **67** | **18/5 Parkrun** | **Almost went for an easy run rather than do session as wanted to be fresh for parkrun on Saturday** |
| **Other** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Nathan Chapman | 3.34  7.03 | 10.34  14.12 | 18.10  x |  |  |  |  |  |  |  | **Would like to do SAL** | **Achilles ok but found run tough. Almost stopped going into 5th km** |
| Toby Ryan | 3.57  7.52 | 11.44  15.41 | 19.40  x |  |  |  |  |  |  |  | **19/5 Triathlon** | **Has triathlon at w/e so just did run** |
| Simon Coppard | 3.57  7.52 | 11.42  15.35 | x  x |  |  |  |  |  |  |  |  | **Stopped at 4k as precaution re achilles, but positive** |
| **Absent** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  | **19/5 LIA 3k sc**  **7/6 Fast Friday 5000** | **15/5 Lee Valley 5000 14.55 pb**  **Racing Sunday** |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** |  |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  | **18/5 Eton school race** | **Has seen Richard Puxty re shins.** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **23-25/5 Regional champs 5000** | **USA – Friday due tempo session and short reps** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  | **Exams** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Did steady runs and not racing at Loughborough. Has exam and presentation work on.** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  | **Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  | **All ok and running again** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  | **USA** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  | **Train issue getting to Tonbridge** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  | **19/5 LIA 1500** | **Loughborough – 12k run with Stuart B and Will B** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **At home – due to do 500,400,300,200,100 Sat** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  | **19/5 LIA 1500** | **Loughborough – racing Sunday. Did 4x300 off 70,60,50 recovery** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **Nottingham** |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  | **22/5 Beckenham relay** |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  | **18/5 Parkrun**  **27/5 London 10k**  **10/6 Charnwood 1500/3k** | **Nottingham – 20min run and hills** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  | **Cambridge – going all ok currently.**  **Sat 1600,1200,800,400 wit 1 mile floats at 6min/mile recovery on grass** |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  | **18/5 Varsity 1500** | **Oxford – racing Sat** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  | **25/5 BMC Sports City 5000** | **Awaiting update** |
| Nichola Evans |  |  |  |  |  |  |  |  |  |  | **18/5 Vets Relay** | **Taking easy as racing Sat** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  | **18/5 Varsity**  **7/6 Fast Friday 5000** | **15/5 Watford 1500 – 4.41** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |  | **Back home but fell off moped. Not sure what plans are and if will run etc** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  | **Wed 10 miles at Bristol. Thurs 4x1600 at St Marys off 2mins in 4.53/52/49/56**  **Had stressful period and withdrew from races.** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  | **22/5 Beckenham relay**  **27/5 London 10k** |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – Wed 4.6 miles and felt better** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  | **29/5 Maybe Loughborough open** | **Loughborough – 12k run with Stuart B and Jamie G** |