**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 | 3.226.43 | 10.0313.23 | 16.4119.52 | 6040 | 52\*46 | 4645 | 4442 | 4442 |  | **44** |  | **All ok. Has Sat session in London****Couldn’t manage last 1600** |
| Dominic Brown | 3.216.43 | 10.0313.23 | 16.4119.55 | 6025 | x47 | 4647 | 4646 | 4745 | 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 | 3.216.43 | 10.0313.23 | 16.4119.55 | 6025 | 52\*48 | 4847 | 4847 | 4848 | 16002.31/5.04 | **48** | **22/5 – Eltham 5000** | **All ok** |
| Bede Pitcairn-Knowles | 3.226.43 | 10.0313.23 | 16.4120.05 | 5980 | 55\*51 | 5150 | 5252 | 5253 | 16002.31/4.59 | **51** | **27/5 London 10k** | **Said varied how felt, but finished really well** |
| Ben Murphy | 3.236.48 | 10.1413.34 | 16.52x | 5970 | 51\*47 | 4645 | 4442 | 4442 | 16002.31/5.06 | **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 | 3.236.45 | 10.0813.30 | 16.53x |  | 53\*49 | 4848 | 4747 | 4846 | 16002.34/5.15 | **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 | 3.276.56 | 10.2213.49 | 17.14x |  | 53\*49 | 4949 | 4948 | 4846 |  | **48** | **19/5 SAL 3k****22/5 Beckenham relay****2/6 SEAA 3k s/c** | **All ok and racing Sunday** |
| James Puxty | 3.236.48 | 10.1613.49 | 17.16x |  | 55\*50 | 5150 | 5051 | 4950 |  | **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 | 3.327.04 | 10.3514.09 | 17.16x |  | 58\*55 | 5054 | 5155 | 5547 |  | **53** |  | **Good session and 5k split not far away from pb** |
| Harry Lawson | 3.317.03 | 10.,3514.09 | 17.42x |  | 57\*49 | 4849 | 4849 | 4948 |  | **48/9** | **19/5 SAL 3000****3/6 Battersea 5k** | **Good to see Harry again and going well. Racing Sunday** |
| Dan Schofield | 3.337.04 | 10.3614.09 | 17.43x |  | 57\*53 | 5252 | 5152 | 5049 |  | **51** | **27/5 London 10k** | **Sessions definitely getting better** |
| Nicole Taylor | 3.337.04 | 10.3614.09 | 17.44x |  | 57\*54 | 5252 | 5253 | 5252 | 5251 | **52** | **29/5 3k Watford or Brighton****7/6 Fast Friday 5000** | **Did 10x300 and all ok** |
| Luke Hooper | 3.347.04 | 10.3814.15 | 17.57x |  | 60\*56 | 5555 | 5355 | 5551 |  | **54** |  | **Completed full session as planned and all ok** |
| Dan Bradley | 3.337.11 | 10.5414.37 | 18.22x |  | 60\*56 | 5552 | 5454 | 5454 |  | **54** | **22/5 Beckenham relay** | **Think all ok** |
| Matt Dennis | 3.387.16 | 10.5914.43 | 18.28x |  | 61\*57 | 5756 | 5555 | 5652 |  | **55** |  | **Completed full session as planned and all ok and foot a lot better** |
| Jordan Saul | 3.507.34 | 11.2415.16 | 19.06x |  | 59\*55 | 5151 | 5253 | 5150 | 8002.45 | **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 | 3.577.52 | 11.4215.33 | 19.22x |  | 60\*55 | 5655 | 5453 | 5052 |  | **54** |  | **All ok** |
| Sian Robertson | 3.577.52 | 11.4415.33 | 19.22x |  | 63\*59 | 5858 | 5656 | 5755 |  | **57** | **On hold re work etc** | **All ok and good session** |
| Angel Lópex-Cáceres | 3.577.52 | 11.4415.41 | 19.40x |  | 60\*57 | 5556 | 5555 | 5656 |  | **56** |  | **All ok** |
| Chloe Bird | 4.018.03 | 12.0416.04 | 19.59x | 5005 | 64\*61 | 6061 | 5857 | 5859 |  | **59** | **27/5 London 10k****7/6 Fast Friday 5000** | **All ok** |
| Alice Wood | 4.018.03 | 12.0416.05 | 20.05x | 4980 | 65\*62 | 6059 | 5958 | 5858 |  | **59** |  | **All ok** |
| Mark Coates | 3.427.39 | 11.4215.48 | xx |  | 66\*62 | 6162 | 6062 | 6263 |  | **61** |  | **All ok** |
| Adam Durbaba | 3.517.52 | 11.5316.03 | xx | 4970 | 65\*60 | 6160 | 6062 | 6260 |  | **61** |  | **In midst of exam period so hadn’t run much** |
| Harriet Woolley | 4.018.04 | 12.0916.28 | xx |  | 65\*62 | 6161 | 6061 | 6261 |  | **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 | 4.018.04 | 12.0416.04 | 20.01x | 6000 | 68\*62 | 6563 | 6767 | 6764 |  | **65** |  | **1st session back for a while and ok. Was cautious and eased deliberately on 300s** |
| Jacqui O’Reilly | 4.138.31 | 12.4917.04 | xx |  | 66\*61 | 6160 | 5960 | 5955 |  | **59** | **19/5 SAL 1500****22/5 Beckenham relay****9/6 Staplehurst 10k** | **All ok and going well. Racing Sunday** |
| Abianne Coates | 4.128.31 | 12.5417.20 | xx |  | 66\*62 | 6161 | 6160 | 5960 |  | **60** |  | **All ok** |
| Alex Crockford | 4.178.39 | 13.0517.26 | xx |  | 67\*66 | 6767 | 6667 | 6665 |  | **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 | 4.178.39 | 13.0517.32 | xx |  | 70\*68 | 7069 | 6767 | 6763 |  | **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 | 3.347.03 | 10.3414.12 | 18.10x |  |  |  |  |  |  |  | **Would like to do SAL** | **Achilles ok but found run tough. Almost stopped going into 5th km** |
| Toby Ryan | 3.577.52 | 11.4415.41 | 19.40x |  |  |  |  |  |  |  | **19/5 Triathlon** | **Has triathlon at w/e so just did run** |
| Simon Coppard | 3.577.52 | 11.4215.35 | xx |  |  |  |  |  |  |  |  | **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** |