**Thursday 17th January 2019 – 500m reps on track**

Attendance = 21. Very cold and dry. Track a little slippery in places and just about everyone in flats.

Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Av.** | **Comment** |
| **Laps** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** |  | **Total 10 = 5000m** |
| **Distance (m)** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** |  | **Total 12 = 6000m** |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  | **Target = 85 early on** |
| Robbie Farnham-Rose | 87 | 86 | 83 | 83/4 | 85 | 84 | 82 | 82 | 82 | 79 | 81 | 77 | **82/3** | **All ok. Having a decent week** |
| Cameron Payas | 86 | 86 | 83 | 84 | 85 | 84 | 82 | 82 | 82 | 79 | 81 | 79 | **83** | **Going very well tonight** |
| James Puxty | 87 | 87 | 84 | 84 | 85 | 84 | 84 | 84 | 83 | 82 | 85 | 84 | **84/5** | **All ok and going well** |
| Ben Murphy | 87 | 87 | 85 | 88 | 87 | 88 | 88 | 88 | 88 | 86 | 87 | 85 | **87** | **Kept in control and good progress** |
| Michael Ellis | 88 | 88 | 85 | 88 | 86 | 88 | 87 | 87 | 87 | 87 | 88 | 88 | **87** | **Kept it in control but knee all ok** |
| Sean Molloy | 87 | 87 | 84 | 84 | 85 | 84 | 82 | 82 | 82 | 77 |  |  | **83/4** | **Racing 800m at Cardiff on Wed. Looked strong. Suggested 6 and some strides but felt needed to adjust race build up a bit and said was in control.** |
| Jamie Bryant | 87 | 87 | 83 | 86 | 86 | 85 | 86 | 86 | 85 | 85 |  |  | **85/6** | **Back after a few days unwell and was sensible** |
| Luca Russo | 87 | 87 | 85/6 | 88 | 86 | 88 | 88 | 88 | 89 | 86 |  |  | **87** | **Went in group 1 for first time and took it sensibly** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Av.** | **Comment** |
| **Laps** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** |  | **Total 10 = 5000m** |
| **Distance (m)** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** |  | **Total 12 = 6000m** |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Jamie Brown | 89 | 90 | 91 | 93 | 91 | 92 | 90 | 91 | 89 | 91 | 87 | 85 | **90** | **All ok and good session** |
| Dan Bradley | 89 | 90 | 91 | 93 | 91 | 92 | 90 | 91 | 89 | 91 | 88 | 89 | **90** | **All ok and good session** |
| Sam Crick | 90 | 92 | 92 | 94 | 93 | 93 | 92 | 92 | 89 | 90 | 86 | 83 | **90/1** | **Paced well and much stronger than a few weeks back** |
| Tom Cox | 90 | 91 | 92 | 94 | 92 | 92 | 91 | 92 | 90 | 91 | 89 | 86 | **91** | **Pleased getting fitter** |
| Bede Pitcairn-Knowles | 90 | 91 | 92 | 94 | 93 | 93 | 92 | 92 | 91 | 92 | 89 | 90 | **91/2** | **Good, consistent session. Missing Southerns as away skiing** |
| Matt Dennis | 91 | 91 | 93 | 94 | 94 | 94 | 93 | 93 | 91 | 92 | 90 | 88 | **92** | **Good session and plans Saturday run with Nicole** |
| Nicole Taylor | 90 \* | 90 | 91 | 93 | 91 | 92 | 90 | 91 | 89 | 91 | 1000  3.03 |  | **91** | **Did 3000 beforehand in 10.29, 10x500 and then 1k at end.** |
| Kiri Marsh | 94\* | 98 | 97 | 98 | 98 | 98 | 98 | 98 | 98 | 97 | 1000  3.23 |  | **97/8** | **Did 3000 beforehand in 10.53, 10x500 and then 1k at end.** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Av.** | **Comment** |
| **Laps** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** | **1** |  | **Total 10 = 5000m** |
| **Distance (m)** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** |  | **Total 12 = 6000m** |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Simon Fraser | 98 | 98 | 99 | 1.40 | 98 | 98 | 98 | 98 | 98 | 95 | 94 | 91 | **97** | **All ok and looked in control** |
| Jordan Saul | 99 | 1.40 | 99 | 1.40 | 99 | 98 | 98 | 98 | 98 | 95 | 94 | 91 | **97/8** | **All ok and training well** |
| Mark Coates | 1.40 | 1.41 | 1.40 | 1.42 | 1.41 | 1.41 | 1.43 | 1.42 | 1.41 | 1.42 | 1.43 | 1.45 | **1.42** | **All ok** |
| Sian Robertson | 99 | 1.40 | 99 | 1.40 | 99 | 99 | 1.40 | 1.41 | 99 | 1.42 |  |  | **1.40** | **Did well as stomach issue to battle with** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |  | **Saw Louise re foot which is improving but niggling.** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Alasdair Kinloch |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cardiff – racing Chepstow 10k on Sun. Wed 4min, 8x40s, 4min. Thursday rest** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  |  | **Has had the flu** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA – have messaged re update** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |  | **Nottingham – 8mins,10x90s, 4mins** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA – all ok although had a slight cold end of last week. Racing 1 mile at Texas 10pm UK time Friday** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |  | **St Marys** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  |  | **Run from home to avoid track after Tuesday when ran hard** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  |  | **Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |  | **Wales** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  |  | **Sheffield – awaiting update. Plan was 2x400,800,2x400, 800 all controlled at 3k pace. Racing Sunday 3k Cardiff** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  |  | **Trained from home on track 16x500 off 60s in 96 with last one in 84** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |  |  | **Still has foot issue** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **With Pete and Andy group** |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA – scheduled 3k time trial this w/e** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – had lab test re V02 max etc** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |  | **Racing Chepstow 10k on Sunday** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  | **Racing 800m at Cardiff Sunday. Tune up 1x300,1x200,1x100 off 2min in 38.9,26.8,12.2** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – 6.5 miles plus strides. Foot a bit sore after strides. Selected for England 1500m in Vienna 26th Jan so not racing 3k at Cardiff Sunday** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |  | **Nottingham – run plus 4x200** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran from home as calves sore after Tuesday reps** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  | **Didn’t do planned Tuesday session as unwell. Wed gym and short run. Thurs 3x1500+1k** |
| Peter Bannister |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  |  | **London – am 6 miles easy, pm 8 miles in 42.56** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  |  | **Swimming re achilles** |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  |  |  | **Racing Gloucester half marathon Sunday** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – awaiting an update after planned Thursday run** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran 20mins on treadmill Monday but knee nagging since..** |