**Tuesday 17th September 2019 Run – Denbeigh Drive reps**

Attendance = 33. Warm, clear, dry. Coaches – Mark Hookway, Richard Owen, Bill Mutler.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **Average** | **Comment** |
| **Distance** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** |  | **Total 6 reps = 9204m, 5 reps = 7670m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |
| Ben Murphy | 4.48  2.23/2.25 | 4.45  2.22/2.23 | 4.42  2.21/2.21 | 4.40  2.19/2.21 | 4.38  2.19/2.19 | 4.32  2.17/2.15 | **4.41** | **Going well and all ok. Building again.** |
| Ryan Driscoll | 4.48  2.23/2.25 | 4.45  2.22/2.23 | 4.43  2.21/2.22 | 4.41  2.19/2.22 | 4.46  2.20/2.26 | 4.40  2.17/2.23 | **4.44** | **All ok and just started back after a break** |
| Steve Strange | 4.49  2.24/2.25 | 4.46  2.23/2.23 | 4.45  2.22/2.23 | 4.45  2.21/2.24 | 4.46  2.20/2.26 | 4.36  2.17/2.19 | **4.44** | **All ok** |
| James Puxty | 4.51  2.25/2.26 | 4.46  2.23/2.23 | 4.44  2.21/2.23 | 4.45  2.22/2.23 | 4.37  2.19/2.18 |  | **4.45** | **Best session yet** |
| Will Beeston | 4.51  2.25/2.26 | 4.46  2.23/2.23 | 4.44  2.22/2.22 | 4.45  2.21/2.24 | 4.56  2.26/2.30 |  | **4.48** | **Just feeling it at the end. Last year av. 5.05x4 and 2.23x2** |
| Michael Ellis | 5.01  2.28/2.33 | 5.01  2.27/2.34 | 5.00  2.28/2.32 | 5.05  2.27/2.38 |  |  | **5.02** | **Just really flat. Had raced Sat and 15 miles Sunday in the heat. 79 miles last week** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **Average** | **Comment** |
| **Distance** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **1 lap**  **767m** | **1 lap**  **767m** |  | **Total 6 reps = 7670m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |
| Dan Bradley | 5.03  2.29/2.34 | 5.00  2.30/2.30 | 4.58  2.30/2.28 | 4.59  2.30/2.29 | 4.58  2.30/2.28 | 2.19 | **5.00** | **All ok. Raced Saturday and Sunday** |
| Dan Schofield | 5.04  2.34/2.30 | 5.02  2.31/2.31 | 5.00  2.31/2.29 | 5.01  2.31/2.30 | 5.00  2.30/2.30 | 2.16 | **5.01** | **Strong finish. Has moved up a level in training, so hope can kick on.** |
| Nicole Taylor | 5.08  2.34/2.34 | 5.06  2.31/2.35 | 5.04  2.31/2.33 | 5.02  2.31/2.31 | 5.01  2.30/2.31 | 2.22 | **5.04** | **All ok, after winning 10k Sunday** |
| Charlie Crick | 5.09  2.34/2.35 | 5.07  2.32/2.35 | 5.05  2.32/2.33 | 5.08  2.33/2.35 | 5.10  2.34/2.36 | 2.17 | **5.08** | **One of best longer sessions.**  **Last year av. 5.30x4 + 1x2.28** |
| George Marshall | 5.14  2.35/2.39 | 5.20  2.35/2.45 | 5.08\*  2.30/2.38 | 4.23  2.36/1.47 | 4.26  2.39/1.47 | 2.30 | **5.14/4.24** | **Moved to group 3 on 3rd rep** |
| Tom Trimble | 4.56  2.29/2.27 | 4.52  2.28/2.24 | 4.31  2.18/2.13 |  |  |  | **4.46x3** | **Lincoln Wellington and guest of Kiri. Did 3 as had had hip issue. Has run 14.43 5k** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **Average** | **Comment** |
| **Distance** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **1+1 laps**  **1277m** | **1+1 laps**  **1277m** | **1 lap**  **767m** |  | **Total 6 reps = 7670m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |
| Tom Cox | 5.04  2.29/2.35 | 5.03  2.26/2.37 | 5.04  2.27/2.37 | 4.14  2.31/1.43 | 4.23  2.40/1.43 | 2.19 | **5.04/4.18** | **All ok** |
| James Stoney | 5.18  2.40/2.38 | 5.10  2.31/2.39 | 5.13  2.34/5.09 | 4.19  2.35/1.44 | 4.29  2.40/1.49 | 2.31 | **5.14/4.25** | **Getting fitter** |
| Dan Seagrove | 5.13  2.33/2.40 | 5.19  2.33/2.46 | 5.20  2.39/2.41 | 4.32  2.43/1.49 | 4.32  2.44/1.48 | 2.28 | **5.17/4.32** | **All ok** |
| Sam Crick | 5.28  2.44/2.44 | 5.23  2.38/2.45 | 5.20  2.40/2.40 | 4.18  2.34/1.44 | 4.10  2.30/1.40 | 2.22 | **5.24/4.14** | **Getting fitter** |
| Mark Coates | 5.18  2.36/2.42 | 5.25  2.37/2.48 | 5.29  2.42/2.47 | 4.37  2.43/1.54 | 4.42  2.45/1.57 | 2.45 | **5.24/4.39** | **All ok** |
| Sian Robertson | 5.32  2.45/2.47 | 5.27  2.41/2.46 | 5.24  2.41/2.43 | 4.33  2.42/1.51 | 4.33  2.44/1.49 | 2.38 | **5.28/4.33** | **All ok and quicker than last year** |
| Helen Gaunt | 5.37  2.52/2.45 | 5.39  2.47/2.52 | 5.37  2.47/2.50 | 4.41  2.48/1.53 | 4.37  2.46/1.51 | 2.39 | **5.38/4.39** | **1st session with group. Had won 10k on Sunday at Larkfield** |
| Harriet Woolley | 5.37  2.52/2.45 | 5.39  2.47/2.52 | 5.40  2.47/2.53 | 4.42  2.49/1.53 | 4.45  2.50/1.55 | 2.50 | **5.38/4.43** | **Had raced 10k on Sunday** |
| Kiri Marsh | 5.11  2.33/2.38 | 5.08  2.30/2.38 | 5.09  2.30/2.39 | 4.17  2.33/1.44 | 2.26 |  | **5.09** | **Going well** |
| Phoebe Barker | 5.11  2.33/2.38 | 5.10  2.31/2.39 | 5.17  2.34/2.43 | 4.23  2.35/1.48 | 2.31 |  | **5.13** | **Had raced 10k on Sunday. Very tired** |
| Alice Wood | 5.36  2.45/2.51 | 5.36  2.43/2.53 | 5.39  2.44/2.55 | 4.42  2.47/1.55 | 2.44 |  | **5.37** | **All ok** |
| Graeme Saker | 5.32  2.45/2.47 | 5.28  2.42/2.46 | 5.26  2.42/2.44 | 5.19 \*  2.39/2.40 |  |  | **5.26x4** | **Did 4x2 laps. Last year av 5.32** |
| Liz Weeks | 5.49  2.54/2.55 | 5.47  2.52/2.56 | 5.48  2.51/2.57 | 4.50  2.53/1.57 |  |  | **5.48** | **Had raced 10k Sunday and very tired** |
| Becky Morrish | 5.56  2.58/2.58 | 5.47  2.54/2.53 | 5.34  2.50/2.44 |  |  |  | **5.46x3** |  |
| **Group 3a** | **1** | **2** | **3** | **4** | **5** | **6** | **Average** | **Comment** |
| **Distance** | **1+1 laps**  **1277m** | **1+1 laps**  **1277m** | **1+1 laps**  **1277m** | **1+1 laps**  **1277m** | **1 lap**  **767m** | **1 lap**  **767m** |  | **Total 6 reps = 6642m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |
| Nichola Evans | 4.53  2.56/1.57 | 4.44  2.49/1.55 | 4.44  2.48/1.56 | 4.46  2.50/1.56 | 2.48 | 2.44 | **4.46/2.46** | **Raced 10k Sunday and felt a bit flat before but ok** |
| Jacqui O’Reilly | 4.59  2.57/2.02 | 5.00  2.57/2.03 | 4.57  2.58/1.59 | 5.02  3.01/2.01 | 2.54 | 2.55 | **4.59/2.54** | **Said felt very tired last few days, but paced well and completed** |
| Alex Crockford | 4.59  2.57/2.02 | 5.00  2.57/2.03 | 4.57  2.57/2.00 | 5.03  3.01/2.02 | 2.56 | 2.56 | **5.00/2.56** | **Raced 10k Sunday, so quite tired but better than has been after reviewing fuel intake.** |
| Tom Holden | 5.00  2.57/2.03 | 5.00  2.55/2.05 | 4.57  2.55/2.02 | 5.08  3.02/2.06 | 2.50 | 2.45 | **5.01/2.47** | **Very consistent and good finish. Finding it tough currently ie mentally.** |
| Clara Tyler | 5.00  2.58/2.02 | 5.00  2.57/2.03 | 4.58  2.57/1.59 | 5.06  3.02/2.04 | 2.55 | 2.55 | **5.01/2.55** | **Has gap year and working in London** |
| **Other** |  |  |  |  |  |  |  | **Comment** |
| Nathan Chapman |  |  |  |  |  |  |  | **Easy run** |
| Sean Molloy |  |  |  |  |  |  |  | **Gym** |
| **Absent** |  |  |  |  |  |  |  | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  | **Now at Bath uni** |
| Adam Durbaba |  |  |  |  |  |  |  | **Now at Exeter uni** |
| Alice Ralph |  |  |  |  |  |  |  | **Not seen for a few weeks** |
| Angel López-Cáceres |  |  |  |  |  |  |  | **Working** |
| Ashley Gibson |  |  |  |  |  |  |  | **Foot sore after Great North Run so just started easy running** |
| Cameron Payas |  |  |  |  |  |  |  | **Back at Guildford for uni** |
| Chloe Bird |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  | **USA – Tues am 4x10 mins off 2.5 mins on own. Around 5.05 mile pace.** |
| Claire Day |  |  |  |  |  |  |  | **Raced 10k Sunday in pb** |
| Corey De’Ath |  |  |  |  |  |  |  | **USA – Did 95 miles last week** |
| Dan Madams |  |  |  |  |  |  |  | **Racing Vets AC 10k Wed** |
| Dane Poore |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  | **Sheffield** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  | **Away** |
| Harry Lawson |  |  |  |  |  |  |  | **St Marys** |
| Holly Gordon |  |  |  |  |  |  |  | **Back at Uni** |
| James West |  |  |  |  |  |  |  | **USA** |
| Jamie Brown |  |  |  |  |  |  |  |  |
| Jamie Bryant |  |  |  |  |  |  |  | **Late from work so ran at home** |
| Jamie Goodge |  |  |  |  |  |  |  | **Been in gym Mon and Tuesday on bike as calf tight after race Sat and long run Sunday** |
| Joe Watts |  |  |  |  |  |  |  |  |
| Jordan Saul |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  | **Buildiing up. Did 2 solid legs in 12.58/13.03 on Sat at relays. Tues on own 4x 5mins off 90s at av 5.06 pace.** |
| Lucy Thompson |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  |  |  | **Family commitment so ran from home 10k with some progressive running in. Raced 10k Sunday** |
| Matt Dennis |  |  |  |  |  |  |  | **Away** |
| Miles Weatherseed |  |  |  |  |  |  |  | **Oxford** |
| Nathan Marsh |  |  |  |  |  |  |  | **Leeds** |
| Olivia Lucas |  |  |  |  |  |  |  | **Has had tight hip so wont race at w/e** |
| Olly Kingston |  |  |  |  |  |  |  | **Exeter** |
| Simon Coppard |  |  |  |  |  |  |  | **Loughbororough** |