**Thursday 18th April 2019 – Pump house loops on grass**

Attendance = 31. Warm, still and dry. Coaches – Mark Hookway, Pete Brenchley, Richard Owen

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av** | **Races** | **Comment** |
| **Laps** | **2** | **2** | **2** | **2** | **2** | **2** | **1** | **1** |  |  |  |
| **Distance (metres)** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** | **500** | **500** |  |  | **Total = 7000m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Kieran Reilly | 2.59 | 2.56 | 2.57 | 2.56 | 2.56 | 2.57 | 1.22 | 1.20 | **2.57**  **1.21** | **4/5 BUCS 800** | **All ok and having a good spell without injury. Back has been a bit tight. Had also done 12x400 Wed as delayed from Tues.** |
| Nathan Marsh | 2.58 | 2.56 | 2.57 | 2.57 | 2.57 | 2.56 | 1.21 | 1.22 | **2.57**  **1.21** | **29/4 BMC Leeds 3k, 11/5 Ipswich 5k**  **25/5 BMC Sports City 5000** | **Very good session and all ok** |
| Cameron Payas | 3.05 | 3.02 | 3.02 | 3.00 | 3.00 | 2.58 | 1.22 | 1.19 | **3.01**  **1.20** | **22/4 – TAC 1500**  **12/5 – BAL 800** | **A bit tired after Tuesday and circuits, but all ok and finished well** |
| Jamie Goodge | 3.04 | 3.03 | 3.03 | 3.01 | 3.01 | 3.01 | 1.23 | 1.22 | **3.02**  **1.22** | **22/4 – TAC 600**  **27/4 BUCS trials 1500**  **12/5 BAL 3k possible** | **Back from Portugal Wed and has trained hard** |
| Michael Ellis | 3.10 | 3.06 | 3.05 | 3.02 | 3.01 | 3.04 | 1.27 | 1.26 | **3.05**  **1.26** | **12/5 – BAL 3000 S/C**  **2/6 Southern 3k s/c** | **Said a bit tired from Tuesday and circuits** |
| Bede Pitcairn-Knowles | 3.09 | 3.03 | 3.11 | 3.10 | 3.12 | 3.10 | 1.30 | 1.24 | **3.09**  **1.27** |  | **All ok and finished well.** |
| James Puxty | 3.11 | 3.07 | 3.11 | 3.10 | 3.14 | 3.15 | 1.32 | 1.30 | **3.11**  **1.31** |  | **Has missed training with illness (tonsils) and building steadily** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av** | **Races** | **Comment** |
| **Laps** | **2** | **2** | **2** | **2** | **2** | **2** | **1** | **1** |  |  |  |
| **Distance (metres)** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** | **500** | **500** |  |  | **Total = 7000m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Dan Bradley | 3.20 | 3.14 | 3.15 | 3.16 | 3.16 | 3.16 | 1.32 | 1.29 | **3.16**  **1.30** |  | **All ok** |
| Nicole Taylor | n.a. | 3.15 | 3.14 | 3.14 | 3.15 | 3.16 | 1.32 | 1.30 | **3.15x5**  **1.31** |  | **Just back from hols and all ok** |
| James Price | 3.21 | 3.17 | 3.18 | 3.21 | 3.22 | 3.22 | 1.33 | x | **3.20** |  | **Said was tight so stopped before last rep** |
| **Group 2a** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av** | **Races** | **Comment** |
| **Laps** | **2** | **2** | **2** | **2** | **2** | **2** | **1** | **1** |  |  |  |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **500** | **500** | **500** | **500** |  |  | **Total = 6000m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Will Beeston | 3.21 | 3.15 | 3.14 | 3.12 | 1.31 | 1.30 | 1.26 | 1.26 | **3.15**  **1.28** |  | **First session for a while but knee ok** |
| Dan Seagrove | 3.21 | 3.15 | 3.15 | 3.13 | 1.30 | 1.30 | 1.25 | 1.25 | **3.16**  **1.27** | **22/4 – TAC 1500**  **4/5 - BUCS 800** | **All ok and getting fitter** |
| Charlie Crick | 3.21 | 3.15 | 3.14 | 3.20 | 1.31 | 1.32 | 1.30 | 1.28 | **3.17**  **1.30** | **22/4 – TAC 600** | **All ok and getting fitter** |
| George Marshall | 3.21 | 3.18 | 3.19 | 3.23 | 1.36 | 1.35 | 1.34 | 1.29 | **3.20**  **1.33** | **Said unsure** | **All ok and worked hard** |
| **Group 2b** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av** | **Races** | **Comment** |
| **Laps** | **2** | **2** | **2** | **2** | **2** | **2** | **1** | **1** |  |  |  |
| **Distance (metres)** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** | **500** | **500** |  |  | **Total = 7000m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Jordan Saul | 3.38 | 3.30 | 3.29 | 3.19 | 3.20 | 3.19 | 1.33 | 1.28 | **3.27**  **1.30** |  | **Managing achilles. Good session and strong finish** |
| Toby Ryan | 3.38 | 3.31 | 3.29 | 3.25 | 3.27 | 3.19 | 1.36 | 1.31 | **3.28**  **1.33** |  | **All ok** |
| Simon Fraser | 3.38 | 3.31 | 3.30 | 3.29 | 3.31 | 3.33 | 1.40 | 1.41 | **3.32**  **1.40** | **28/4 London Marathon** | **All ok** |
| Mark Coates | 3.33 | 3.29 | 3.36 | 3.34 | 3.42 | 3.40 | 1.48 | 1.49 | **3.36**  **1.48** |  | **All ok** |
| Luke Hooper | 3.35 | 3.30 | 3.28 | 3.16 | 1.34\* | 1.34 | 1.32 | 1.31 | **3.27**  **1.33** | **28/4 London Marathon** | **After double laps moved to 2a**  **All ok and in control** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av** | **Races** | **Comment** |
| **Laps** | **2** | **2** | **2** | **2** | **2** | **2** | **1** | **1** |  |  |  |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **500** | **500** | **500** | **500** |  |  | **Total = 6000m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Adam Durbaba | 3.39 | 3.36 | 3.39 | 3.38 | 1.52 | 1.48 | 1.46 | 1.42 | **3.38**  **1.47** |  | **All ok and finished well** |
| Michael Mason | 3.45 | 3.49 | 3.53 | 3.39 | 1.46 | 1.40 | 1.39 | 1.38 | **3.46**  **1.41** |  | **All ok. Goes back to Cheltenham now** |
| Tom Holden | 3.39 | 3.42 | 3.50 | 3.52 | 1.47 | 1.48 | 1.47 | 1.40 | **3.46**  **1.45** |  | **Biggest session for a while and did well to get through** |
| Polly Pitcairn-Knowles | 3.45 | 3.51 | 3.57 | 3.53 | 1.54 | 1.49 | 1.46 | 1.41 | **3.51**  **1.47** | **Thought would parkrun Sat** | **All ok** |
| Clara Tyler | 3.45 | 3.48 | 3.54 | 3.56 | 1.54 | 1.51 | 1.47 | 1.40 | **3.51**  **1.48** | **Trying to convince to try parkrun etc**  **No school competition** | **Note fast last rep. On study leave early May** |
| Abianne Coates | 3.45 | 3.50 | 3.56 | 3.53 | 1.55 | 1.53 | 1.50 | 1.42 | **3.51**  **1.50** | **Trying to convince to try parkrun etc** | **Worked hard and finished well** |
| Alice Wood | 3.38 | 3.40 | 3.42 | 3.38 | 1.46 | 1.42 |  |  | **3.39**  **1.44** | **Parkrun** | **All ok** |
| Erica Bowen | 3.43 | 3.47 | 3.48 | 1.45  500 | 1.50 | 1.47 |  |  | **3.46**  **1.47** |  | **Arrived late for Pete/Andy group** |
| Alex Crockford | 3.58 | 4.05 | 4.09 | 1.55  500 | 2.00 | 1.57 |  |  | **4.04**  **1.57** |  | **Regaining fitness** |
| India James | 1.52  500\* |  |  |  |  |  |  |  |  | **Orienteering competition on Good Friday** | **Just did warm up and down plus stretched legs for one lap** |
| **Other** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  | **In gym with Sam** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  | **In gym with Simon** |
| **Absent** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Alex Howard |  |  |  |  |  |  |  |  |  | **12/5 BAL 1500** | **London – doing steeplechase session Sat** |
| Ben Murphy |  |  |  |  |  |  |  |  |  | **Tbc** | **Away. Wed 6x(700/300) rec 30s/1.45** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  | **20/4 10,000 Princeton**  **25/4 Penn Relays USA 5000 entered** | **USA – racing Saturday** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  |  | **18/4 5000 Bryan Clay Invite** | **5k in 13.54. had struggled with cold/hayfever symptoms since w/e** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  | **BUCS 10,000m** | **On own - 5 (90s) , 3x3, 5, 6x90**  **4x30( off 45),Splits 4.38(5),2.55 for a 1k I think , 4.50 (5)** |
| Dan Madams |  |  |  |  |  |  |  |  |  | **28/4 London Marathon** |  |
| Dan Schofield |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Away** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  | **Cross training** |
| Dominic Brown |  |  |  |  |  |  |  |  |  | **4/5 BUCS 800** | **Sheffield – 600m, 4min, 10x200 off 2min, 4min, 600**  **98s, 26s,90** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  | **11/5 Ipswich 5k** | **Away** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |
| Harriet Wooley |  |  |  |  |  |  |  |  |  | **28/4 London Marathon** |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  | **Away** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  | **19/4 Folkestone 10**  **22/4 TAC 1500** | **Folkestone 10 Friday in 72min** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  | **19/4 5000 at Stanford** | **USA – achilles been better and racing Friday evening** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  | **Away** |
| Jamie Brown |  |  |  |  |  |  |  |  |  | **22/4 – TAC 600** |  |
| Jamie Bryant |  |  |  |  |  |  |  |  |  | **12/5 – BAL 3000** | **Away** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  | **Recovery from marathon** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  | **Ran 1.55 800m at Watford Wed** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Away with Nottingham uni training** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  | **Was at circuits and IT still been a bit tight** |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  | **28/4 London Marathon** | **Ran from home** |
| Matt Randall |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  | **25/4 Penn Relays USA 5000**  **4/5 BUCS 1500**  **18/5 Varsity 1500** | **At Oxford. Wed 6, Thurs 9 plus short hills** |
| Nick James |  |  |  |  |  |  |  |  |  |  | **Away** |
| Olly Kingston |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  | **22/4 TAC 1500**  **4/5 BUCS 5000** | **Away** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  | **Away** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  | **11/5 Ipswich 5k**  **12/5 BAL 1500** | **London – doing steeplechase session Sat. Thurs 10x2min off 60s in run.** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  | **Away. Wed 6x(700/300) rec 30s/1.45**  **(2:05,49), (2:05,48), (2:03,48) (1:59,47), (1:57,46), (1:56,43)** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  | **Been unwell** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |