**Tuesday 19th February 2019 – Run and Stacey Rd varied pace**

Attendance = 19. Cool and dry. Coaches – Mark Hookway, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |
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| **Group 1** | **Run** | **1** | **2** | **3** | **4** | **Total**  **4560m** | **Av.** | **Racing**  **National** | **Comment** |
| **Distance** |  | **570** | **570m** | **570m** | **570m** |  |  |  |  |
| **Recovery** |  | **Steady/**  **Fast** | **Steady/**  **Fast** | **Steady/**  **Fast** | **Steady/**  **Fast** |  |  |  |  |
| Luca Russo | 4 miles  30min | 2.24  1.49 | 2.19  1.44 | 2.20  1.43 | 2.21  1.38 | **16.18** | **2.21**  **1.43** | **Yes** | **All ok** |
| Michael Ellis | 4 miles  30min | 2.24  1.48 | 2.20  1.44 | 2.20  1.41 | 2.23  1.39 | **16.19** | **2.22**  **1.43** | **Yes** | **Feeling a lot better and achilles/calf good** |
| Cameron Payas | 4 miles  30min | 2.24  1.49 | 2.19  1.45 | 2.19  1.44 | 2.20  1.40 | **16.20** | **2.20**  **1.44** | **Yes** | **All ok** |
| Jamie Bryant | 4 miles  30min | 2.24  1.49 | 2.19  1.45 | 2.19  1.44 | 2.20  1.42 | **16.22** | **2.20**  **1.45** | **Yes** | **All ok** |
| Bede Pitcairn-Knowles | 4 miles  30min | 2.24  1.49 | 2.19  1.45 | 2.19  1.43 | 2.21  1.42 | **16.22** | **2.21**  **2.45** | **Yes** | **All ok** |
| Dan Madams | 4 miles  30min | 2.24  1.50 | 2.19  1.46 | 2.17  1.46 | 2.18  1.43 | **16.23** | **2.19**  **1.46** | **½ marathon** | **All ok and easing down this week for half marathon on Sunday** |
| Dan Bradley | 4 miles  30min | 2.24  1.49 | 2.19  1.47 | 2.17  1.50 | 2.16  1.51 | **16.33** | **2.19**  **1.49** | **Yes** | **All ok** |
| Luke Hooper | 4 miles  30min | 2.25  1.51 | 2.17  1.50 | 2.14  1.53 | 2.17  1.56 | **16.43** | **2.18**  **1.52** |  | **Big pb half marathon Sunday** |
| Robbie Farnham-Rose | 4 miles  30min | 2.24  1.49 | 2.20  1.48 | 2.16  1.56 | 2.17  1.56 | **16.46** | **2.19**  **1.52** | **Yes** | **Said was struggling but hills Saturday were good** |
| Tom Cox | 4 miles  30min | 2.24  1.51 | 2.22  1.54 | 2.19  1.55 | 2.15  1.57 | **16.57** | **2.20**  **1.54** | **Yes** | **All ok** |
| Mark Coates | 4 miles  30min | 2.24  1.51 | 2.19  2.03 | 2.14  2.08 | 2.16  2.11 | **17.26** | **2.18**  **2.03** |  | **All ok** |
| Simon Fraser | 4 miles  30min | 2.25  1.56 | 2.16  2.07 | 2.27  2.13 | 2.29  2.12 | **18.05** | **2.24**  **2.07** | **Yes** | **All ok** |
| Charlie Crick | 4 miles  30min | 2.25  1.59 | 2.22  2.07 | 2.26  2.11 | 2.29  2.10 | **18.09** | **2.25**  **2.07** | **Yes** | **Getting back after being out with injury** |
| Alex Crockford | 20min | 2.27  2.14 | 2.26  2.17 | 2.29  2.18 | 2.29  2.16 | **18.56** | **2.28**  **2.16** | **Yes** | **All ok although steady laps could have been a bit slower** |
| Ellen Pitcairn-Knowles | 20min | 2.28  2.24 | 2.35  2.29 | 2.36  2.29 | 2.37  2.30 | **20.08** | **2.34**  **2.28** | **Yes** | **All ok although steady laps could have been a bit slower** |
| Toby Ryan | 4 miles  30min | 2.24  1.52 | 2.17  1.48 | X | X | **8.21** | **2.20**  **1.50** | **Yes** | **All ok. Had to get home** |
| **Group 2** | **Run** | **1** | **2** | **3** | **4** |  | **Av.** | **Racing**  **National** | **Comment** |
| **Distance** |  | **3 laps**  **1710m** | **3 laps**  **1710m** | **3 laps**  **1710m** | **3 laps**  **1710m** |  |  |  | **Total = 6840m** |
| **Recovery** |  | **90s** | **60s** | **60s** |  |  |  |  |  |
| Dane Poore | 4 miles  30min | 5.28  1.46/1.50/1.52 | 5.37  1.50/1.53/1.54 | 5.40  1.49/1.56/1.55 | 5.54  1.53/2.01/2.00 |  | **5.40** | **Yes** | **Wanted to keep marathon prep going. Aim was 60s rec for 1st time and set off a bit quick** |
| **Other** |  |  |  |  |  |  |  |  | **Comment** |
| Sean Molloy |  |  |  |  |  |  |  |  | **Ran 72.49 half marathon Sun and was on track** |
| Ben Murphy |  |  |  |  |  |  |  | **BMC 800**  **Wed** | **Jog and easy strides as racing Lee Valley Wed** |
| **Absent** |  |  |  |  |  |  |  |  | **Comment** |
| Alasdair Kinloch |  |  |  |  |  |  |  | **Yes** | **Loughborough** |
| Alex Howard |  |  |  |  |  |  |  | **Yes** | **Battersea – 9min +4x3min.** |
| Alice Wood |  |  |  |  |  |  |  | **Yes** | **Has upped runs a fraction** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  | **USA – won conference 5k in 15.15** |
| Chloe Bird |  |  |  |  |  |  |  | **Yes** | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  | **USA – 84 last week. Fri 15x400 off 80s steady. Tues due 8x(300,200)** |
| Corey De’Ath |  |  |  |  |  |  |  | **Yes** | **St Marys – 6,4,3x2,6x75,5x30** |
| Dan Seagrove |  |  |  |  |  |  |  | **Yes** | **Norwich – no update since 6 days ago was seeing physio as knee pain** |
| Dominic Brown |  |  |  |  |  |  |  |  | **Sheffield – having steady week after winning BUCS 1500m at w/e** |
| Elle Baker |  |  |  |  |  |  |  |  |  |
| George Duggan |  |  |  |  |  |  |  | **Yes** | **Loughborough – hamstring ok and will race Sat** |
| Graeme Saker |  |  |  |  |  |  |  |  | **Not racing Sat now** |
| Harry Lawson |  |  |  |  |  |  |  | **Yes** | **Away and training. 10k run** |
| Harry Paton |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  | **Yes** | **Leeds** |
| James West |  |  |  |  |  |  |  |  | **USA – 3.57.75 mile pb at w/e** |
| Jamie Bingham |  |  |  |  |  |  |  | **Yes** |  |
| Jamie Brown |  |  |  |  |  |  |  |  |  |
| Jamie Goodge |  |  |  |  |  |  |  | **Yes** | **Loughborough – plan similar to TAC** |
| Joe Watts |  |  |  |  |  |  |  | **Yes** |  |
| Jordan Saul |  |  |  |  |  |  |  | **Yes** | **Ran half marathon Sunday in 83.06 debut. Calves tight so easy at home** |
| Kieran Eland |  |  |  |  |  |  |  |  | **Cardiff – ran BUCS 800 and 400 at w/e** |
| Kieran Reilly |  |  |  |  |  |  |  | **Yes** | **Loughborough – did 7x800 off 100 jog/60s in control. All good after BUCS 1500 3rd at w/e. 5x2.25,2x2.22** |
| Kiri Marsh |  |  |  |  |  |  |  | **Yes** | **Nottingham – 6th BUCS 3k at w/e 9.58** |
| Lottie Richardson |  |  |  |  |  |  |  | **TBC** | **Still has cold & cough. Ran pb BUCS 3k 11.10. Will decide re Sat** |
| Lucy Thompson |  |  |  |  |  |  |  | **Yes** | **Cambridge** |
| Matt Dennis |  |  |  |  |  |  |  |  | **Big pb half marathon Sunday** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  | **Yes** | **Leeds – Having good spell. 55 last week. Hills Sat and 2x2+ miles Tuesday** |
| Nicole Taylor |  |  |  |  |  |  |  | **Yes** | **Away** |
| Peter Bannister |  |  |  |  |  |  |  |  | **Has had wrist op** |
| Phoebe Barker |  |  |  |  |  |  |  | **Yes** | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  | **Yes** | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  | **Yes** | **Battersea – 9min +4x3min. 93 last week with Sat run with hill work** |
| Sam Crick |  |  |  |  |  |  |  | **Yes** | **Late back from coaching course at Stevenage** |
| Sian Robertson |  |  |  |  |  |  |  | **Yes** | **Late work so had to run from home** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  | **Loughborough – 200,3x800 with good rec eg 6 mins. All 2.44** |
| Tom Richards |  |  |  |  |  |  |  |  | **Been x training hard** |
| Will Beeston |  |  |  |  |  |  |  | **Yes** | **Loughborough - Has had 3 days off as knee sore (front)** |