**Tuesday 19th March 2019 – 10 minute Run plus Stacey Rd 300s**

Attendance = 19. Mild and dry. Coaches – Mark Hookway, Richard Owen.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Group 1** | **Run**  **Split** | **1**  **2** | **3**  **4** | **5**  **6** | **7**  **8** | **9**  **10** | **11**  **12** | **13**  **14** | **15**  **16** | **17**  **18** | **19**  **20** | **Av** | **Comment** |
| **Distance** | **10min**  **1.87k**  **2.44k**  **3.01k** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** |  |  |
| **Recovery** | **5min** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |
| Sean Molloy | 5.46  7.35  9.24 | 51  49 | 47  47 | 47  47 | 45  46 | 45  45 | 44  44 | 44  43 | 40  38 | 50  49 | 48  43 | **45/6** | **Said 300s total = 5.5 miles**  **Pushed very hard on 16th ie Ben’s last one !**  **Tempo was 2 miles in 10 mins** |
| Jamie Bryant | 5.46  7.35  9.24 | 50  49 | 46  48 | 47  48 | 46  47 | 47  47 | 45  47 | 48  46 | 46  45 | 47  47 | 47  44 | **47** | **All ok and going well.**  **Tempo was 2 miles in 10 mins** |
| Cameron Payas | 5.46  7.35  9.24 | 50  49 | 47  48 | 47  47 | 46  47 | 47  46 | 46  47 | 49  48 | 47  45 | 48  47 | 47  44 | **47** | **All ok and going well.**  **Tempo was 2 miles in 10 mins.**  **Did 69 miles last week.** |
| Dane Poore | 5.46  7.35  9.25 | 50  49 | 47  48 | 48  47 | 47  47 | 47  48 | 45  47 | 48  47 | 47  45 | 49  48 | 48  44 | **47** | **Tempo was 2 miles in 10 mins.**  **Going very well and nailing best running since with TAC currently** |
| Ben Murphy | 5.54  7.49  9.47 | 50  48 | 47  47 | 47  47 | 45  46 | 45  45 | 44  44 | 44  43 | 41  39 |  |  | **45** | **Very good session. Did 16 as planned as a bit of caution after recent niggles.** |
| Bede Pitcairn-Knowles | 5.46  7.35  9.24 | 50  49 | 48  49 | 48  48 | 48  49 | 49  49 | 46  48 | 49  49 | 47  44 |  |  | **48** | **All ok and going well.**  **Tempo was 2 miles in 10 mins.** |
| Robbie Farnham-Rose | 6.08  8.02  9.54 | 51  50 | 49  x | x | x | x | x | x | x | x | x | **n.a.** | **Had a good week last week, but unsure what was wrong as left and awaiting reply to text.** |
| **Group 2** | **Run**  **Split** | **1**  **2** | **3**  **4** | **5**  **6** | **7**  **8** | **9**  **10** | **11**  **12** | **13**  **14** | **15**  **16** | **17**  **18** | **19**  **20** | **Av** | **Comment** |
| **Distance** | **10min** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** |  |  |
| **Recovery** | **5min** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |
| Michael Ellis | 5.47  7.35  9.25 | 54  54 | 56  54 | 55  54 | 54  54 | 54  49 | 54  54 | 53  52 | 51  52 | 51  51 | 51  50 | **53** | **Went on group 2 as precaution but all ok after recent hip issue. Tempo was 2 miles in 10 mins.** |
| Dan Bradley | 6.13  8.14  10.10 | 55  55 | 56  55 | 55  55 | 55  55 | 55  54 | 54  54 | 54  53 | 54  54 | 52  53 | 53  51 | **54** | **All ok and very consistent** |
| Phoebe Barker | 6.40  8.50 | 57  56 | 57  56 | 57  56 | 56  56 | 55  55 | 56  56 | 55  55 | 55  56 | 55  55 | 54  53 | **55/6** | **Back from uni and going well** |
| Luke Fisher | 5.50  7.45  9.40 | 54  54 | 56  54 | 55  54 | 53  54 | 54  52 | 54  54 | 54  53 | 51  52 |  |  | **53/4** | **Said after 2 years of struggle issue identified via scan with back and 2 discs under pressure from muscles. Seen Kevin Hunt Spinal physio who has helped massively. Best has felt running for ages.**  [**https://www.spinalphysio.co.uk/kevin-hunt**](https://www.spinalphysio.co.uk/kevin-hunt) |
| **Group 3** | **Run**  **Split** | **1**  **2** | **3**  **4** | **5**  **6** | **7**  **8** | **9**  **10** | **11**  **12** | **13**  **14** | **15**  **16** | **17**  **18** | **19**  **20** | **Av** | **Comment** |
| **Distance** | **10min** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** |  |  |
| **Recovery** | **5min** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |
| Jordan Saul | 6.29  8.35  10.46 | 60  55 | 54  53 | 53  53 | 52  50 | 52  52 | 52  52 | 52  52 | 52  52 | 52  52 | 51  49 | **52/3** | **Might stick neck out and say best ever session.** |
| Simon Fraser | 6.40  8.50 | 61  61 | 59  58 | 58  57 | 57  56 | 57  58 | 56  55 | 55  55 | 55  54 | 54  56 | 57  55 | **56/7** | **Felt drained beforehand with work etc but got going and completed 20** |
| Toby Ryan | 6.18  8.24  10.35 | 60  59 | 58  57 | 56  55 | 55  53 | 54  54 | 53  54 | 55  57 | 55  55 |  |  | **55/6** | **Feeling a lot better than last week after illness** |
| Mark Coates | 6.16  8.20  10.27 | 60  55 | 54  54 | 53  50 | 55  54 | 57  60 | 58  59 | 60  57 | 58  59 |  |  | **56/7** | **All ok and did 16x300** |
| Lucy Thompson | 6.47  9.02 | 62  61 | 61  61 | 61  61 | 61  61 | 61  62 | 60  60 | 61  61 | 60  57 |  |  | **60/1** | **Back from uni and paced it well. Looks like going well.** |
| Jamie Brannigan (guest) | 6.00  7.57  9.52 | 60  55 | 54  53 | 51  48 | 51  50 | 51  52 | 52  51 |  |  |  |  | **52** | **Guest with Lucy and was going well, but just had stomach issue.** |
| Joe Watts | 7.04  9.21 | 60  60 | 57  56 | 55  56 | 55  54 | 55  57 | 56  56 |  |  |  |  | **56/7** | **All ok and kept at 12** |
| Ellen Pitcairn-Knowles | 7.39  10.11 | 66  66 | 66  67 | 67  68 | 68  68 | 71  x | 66  66 | 70  75 |  |  |  | **67/8**  **X9** | **Had run 18k on Monday evening to track and a bit tired. Training well and doing relay on Sunday** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  | **Battersea on track 4x4x400 in 66/7 with last one of each set at 63. Said felt good and hamstrings looser after dnf at Redaing 1/2M Sun** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  | **Has scan on foot Wed evening** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  |  | **Did school session – 3x400,3x300,2x200 with 90s/2min rec. 65s, 45/6,26 and said felt good** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  |  | **USA** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  | **USA – won 1500 on Sat in 3.47 and good start to outdoor season** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  | **Had a rest for few days and some steady running** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  | **Did 10k on treadmill at home and felt good** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  | **Norwich – been running regularly now since National ie 3 weeks** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  | **Away – Sun 12, Tues 3 miles at 4.57 pace and 8x60s on /off. Much better after fall last week** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |  | **Still ok for relays. Sunday managed 9 mile run in 62 mins, longest yet** |
| George Duggan |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – recovery from hamstring issue** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  | **Achilles progressing and seeing physio again this week** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  | **Trained from home as very busy. Will do session Wed** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |  | **Injured** |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds** |
| James West |  |  |  |  |  |  |  |  |  |  |  |  | **USA – awaiting update after busy week and if got blood test** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  |  | **Away on travels** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  | **Been too busy with work and uni to get to TAC but doing 60 miles a week and racing relays Sunday** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – has been unwell with cough etc** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  | **Cardiff – 52 miles last week, highest ever. Tues 3x (3min,400m) with about 980m and 63,62,58. Rec 60s/3min** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – steady running and ok as has uni work deadlines to hit** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  | **Nottingham** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  | **Nottingham – 57k last week and good mix. Regular 60mins on Sundays and session paces getting quicker** |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  |  |  | **Family commitments. Managed 58 last week** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  | **Couldn’t get to TAC** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds – have messaged and awaiting update** |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |  |  |  | **Ran from home. Raced Reading 1/2M in 80.19 Sunday** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  | **Battersea on track 4x4x400 in 66/7 with last one of each set at 63. All ok. Did last session Friday 321 miles with 3 min rec, 14.55,10.03,4.55 in rough weather. 80 last week** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  | **Cycled as locked out of house with no key !** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  |  |  | **Couldn’t get to TAC** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  | **Rested as achilles grumbling still** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – all ok. Has done 2 sessions of new drills recommended. Due to do 2x6x200m Wed** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  | **Back from Far East trip** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – rehab on knee and managed 3.5k but still a way to go re pain.** |