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

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 | 5.467.359.24 | 5149 | 4747 | 4747 | 4546 | 4545 | 4444 | 4443 | 4038 | 5049 | 4843 | **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 | 5.467.359.24 | 5049 | 4648 | 4748 | 4647 | 4747 | 4547 | 4846 | 4645 | 4747 | 4744 | **47** | **All ok and going well.****Tempo was 2 miles in 10 mins** |
| Cameron Payas | 5.467.359.24 | 5049 | 4748 | 4747 | 4647 | 4746 | 4647 | 4948 | 4745 | 4847 | 4744 | **47** | **All ok and going well.****Tempo was 2 miles in 10 mins.** **Did 69 miles last week.** |
| Dane Poore | 5.467.359.25 | 5049 | 4748 | 4847 | 4747 | 4748 | 4547 | 4847 | 4745 | 4948 | 4844 | **47** | **Tempo was 2 miles in 10 mins.****Going very well and nailing best running since with TAC currently** |
| Ben Murphy | 5.547.499.47 | 5048 | 4747 | 4747 | 4546 | 4545 | 4444 | 4443 | 4139 |  |  | **45** | **Very good session. Did 16 as planned as a bit of caution after recent niggles.** |
| Bede Pitcairn-Knowles | 5.467.359.24 | 5049 | 4849 | 4848 | 4849 | 4949 | 4648 | 4949 | 4744 |  |  | **48** | **All ok and going well.****Tempo was 2 miles in 10 mins.** |
| Robbie Farnham-Rose | 6.088.029.54 | 5150 | 49x | 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 | 5.477.359.25 | 5454 | 5654 | 5554 | 5454 | 5449 | 5454 | 5352 | 5152 | 5151 | 5150 | **53** | **Went on group 2 as precaution but all ok after recent hip issue. Tempo was 2 miles in 10 mins.** |
| Dan Bradley | 6.138.1410.10 | 5555 | 5655 | 5555 | 5555 | 5554 | 5454 | 5453 | 5454 | 5253 | 5351 | **54** | **All ok and very consistent** |
| Phoebe Barker | 6.408.50 | 5756 | 5756 | 5756 | 5656 | 5555 | 5656 | 5555 | 5556 | 5555 | 5453 | **55/6** | **Back from uni and going well** |
| Luke Fisher | 5.507.459.40 | 5454 | 5654 | 5554 | 5354 | 5452 | 5454 | 5453 | 5152 |  |  | **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 | 6.298.3510.46 | 6055 | 5453 | 5353 | 5250 | 5252 | 5252 | 5252 | 5252 | 5252 | 5149 | **52/3** | **Might stick neck out and say best ever session.** |
| Simon Fraser | 6.408.50 | 6161 | 5958 | 5857 | 5756 | 5758 | 5655 | 5555 | 5554 | 5456 | 5755 | **56/7** | **Felt drained beforehand with work etc but got going and completed 20** |
| Toby Ryan | 6.188.2410.35 | 6059 | 5857 | 5655 | 5553 | 5454 | 5354 | 5557 | 5555 |  |  | **55/6** | **Feeling a lot better than last week after illness** |
| Mark Coates | 6.168.2010.27 | 6055 | 5454 | 5350 | 5554 | 5760 | 5859 | 6057 | 5859 |  |  | **56/7** | **All ok and did 16x300** |
| Lucy Thompson | 6.479.02 | 6261 | 6161 | 6161 | 6161 | 6162 | 6060 | 6161 | 6057 |  |  | **60/1** | **Back from uni and paced it well. Looks like going well.** |
| Jamie Brannigan (guest) | 6.007.579.52 | 6055 | 5453 | 5148 | 5150 | 5152 | 5251 |  |  |  |  | **52** | **Guest with Lucy and was going well, but just had stomach issue.** |
| Joe Watts | 7.049.21 | 6060 | 5756 | 5556 | 5554 | 5557 | 5656 |  |  |  |  | **56/7** | **All ok and kept at 12** |
| Ellen Pitcairn-Knowles | 7.3910.11 | 6666 | 6667 | 6768 | 6868 | 71x | 6666 | 7075 |  |  |  | **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.** |