**Tuesday 21st January – Stacey Rd reps**

Attendance = 39. Cold and damp, but not slippery.

Coaches – Mark Hookway, Richard Owen, Bill Mutler, Pete Brenchley (at track)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **Run**  **10 mins** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av.** | **Comment** |
| **Distance metres** | **Splits at**  **1.87k**  **2.45k/3.03k** | **581** | **581** | **581** | **581** | **581** | **581** | **581** | **581** | **581** | **581** |  |  |
| **Recovery** | **4min** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** |  |  |  |
| Sean Molloy | 5.55  7.49/9.41 | 1.44 | 1.43 | 1.39 | 1.39 | 1.38 | 1.37 | 1.37 | 1.37 | 1.36 | 1.30 | **1.38** | **Not a good race on Sunday over 800m but had run 10 miles day before. In good shape and strong.** |
| Steve Strange | 5.58  7.51/9.42 | 1.45 | 1.43 | 1.40 | 1.40 | 1.40 | 1.40 | 1.38 | 1.40 | 1.40 | 1.34 | **1.40** | **Going well. Due to race Southern Sat** |
| Stuart Brown | 5.57  7.50/9.42 | 1.47 | 1.44 | 1.42 | 1.41 | 1.39 | 1.38 | 1.37 | 1.37 | 1.38 | 1.42 | **1.41** | **All ok and going well. Racing Southern at w/e** |
| Ben Murphy | 6.01  7.57/9.56 | 1.43 | 1.41 | 1.39 | 1.40 | 1.44 | 1.45 | 1.44 | 1.43 | 1.39 | 1.33 | **1.41** | **Ran 1.52 800m Sunday and close to some good guys. Have talked re disciplines and planning now working.** |
| Ryan Driscoll | 5.58  7.53/9.47 | **1.44** | **1.43** | **1.40** | **1.39** | **1.41** | **1.42** | **1.40** | **1.38** | **1.41** | **x** | **1.41x9** | **Very long day (as normal) and rushed to get to session when needs more prep time re hip. It was niggling again tonight.** |
| Jamie Goodge | 5.56  7.50/9.41 | 1.45 | 1.43 | 1.40 | 1.41 | 1.41 | 1.40 | 1.38 | 1.39 |  |  | **1.41** | **All ok. Racing Southern Sat. Had hood weekend although Sunday run a bit faster than usual.** |
| James Kingston | 5.56  7.50/9.42 | 1.45 | 1.43 | 1.41 | 1.41 | 1.41 | 1.40 | 1.39 | 1.38 |  |  | **1.41** | **Did 8 as planned as between races again. 2nd in Kent Schools Sat** |
| James Puxty | 5.56  7.50/9.42 | 1.46 | 1.44 | 1.42 | 1.41 | 1.42 | 1.43 | 1.42 | 1.42 |  |  | **1.43** | **All ok although found it tough. Getting fitter again.** |
| **Group 2** | **Run**  **10 mins** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av.** | **Comment** |
| **Distance metres** | **Splits at**  **1.87k**  **2.45k/3.03k** | **581** | **581** | **581** | **581** | **581** | **581** | **581** | **581** | **581** | **581** |  |  |
| **Recovery** | **4min** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** |  |  |  |
| Dan Bradley | 6.10  8.09/10.06 | 1.50 | 1.48 | 1.49 | 1.48 | 1.48 | 1.48 | 1.49 | 1.47 | 1.46 | 1.45 | **1.48** | **Good consistent session** |
| Luke Hooper | 6.18  8.17/10.16 | 1.51 | 1.49 | 1.50 | 1.49 | 1.49 | 1.49 | 1.49 | 1.47 | 1.44 | 1.47 | **1.48/9** | **All ok and looking less tired. Entered half marathon 16th Feb** |
| Nathan Chapman | 6.10  8.07/10.05 | 1.48 | 1.45 | 1.45 | 1.43 | 1.44 | 1.45 | 1.44 | 1.41 |  |  | **1.44** | **Going well and finished quickly. Next race Chichester 10k on 2nd Feb. Was doing 1.50s back in October** |
| Charlie Crick | 6.10  8.08/10.10 | 1.48 | 1.45 | 1.46 | 1.43 | 1.44 | 1.46 | 1.46 | 1.42 |  |  | **1.45** | **Ran 1.58 800m Sunday and all ok** |
| Adam Van der Plas | 6.29  8.33/10.32 | 1.47 | 1.44 | 1.46 | 1.43 | 1.44 | 1.47 | 1.47 | 1.46 |  |  | **1.46** | **All ok. Between races as 5th in Kent Schools and has Southern Sat** |
| Dan Schofield | 6.29  8.33/10.32 | 1.48 | 1.45 | 1.47 | 1.45 | 1.47 | 1.47 | 1.47 | 1.46 |  |  | **1.46/7** | **Racing Southern Sat and think in decent shape and going well** |
| Harry Paton | 6.22  8.25/10.28 | 1.51 | 1.49 | 1.50 | 1.49 | 1.49 | 1.50 | 1.50 | 1.48 |  |  | **1.50** | **All ok** |
| Nicole Taylor | 6.11  8.13/10.10 | 1.50 | 1.48 | 1.49 | 1.48 | 1.48 | 1.48 |  |  |  |  | **1.48/9** | **All ok and did 6 as planned. Southern Sat.** |
| **Group 3** | **Run**  **10 mins** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av.** | **Comment** |
| **Distance metres** | **Splits at**  **1.87k**  **2.45k/3.03k** | **581** | **581** | **581** | **581** | **581** | **581** | **581** | **581** |  |  |  |  |
| **Recovery** | **4min** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** |  |  |  |  |  |
| Alex Sandberg | 6.34  8.37/10.38 | 1.49 | 1.49 | 1.48 | 1.48 | 1.49 | 1.47 | 1.47 | 1.46 |  |  | **1.48** | **All ok and good race Sat for 9th in Kent Schools. Hitting best form of Winter. Moved to group 3 so chance to be at front and not strain.** |
| Alex Thompson | 6.34  8.37/10.38 | 1.49 | 1.49 | 1.48 | 1.48 | 1.49 | 1.48 | 1.51 | 1.50 |  |  | **1.48** | **All ok. Moved to group 3 so chance to be at front and not strain.** |
| Sam Crick | 6.08  8.08/10.08 | 1.52 | 1.51 | 1.50 | 1.49 | 1.51 | 1.47 | 1.54 | 1.42 |  |  | **1.49/50** | **Getting fitter again. Doing Southern at w/e more for training** |
| Dan Madams | 6.28  8.31/10.34 | 1.52 | 1.51 | 1.51 | 1.49 | 1.50 | 1.50 | 1.51 | 1.49 |  |  | **1.50** | **Says feeling better. Not doing Southern now** |
| Jordan Saul | 6.34  8.37/10.38 | 1.53 | 1.51 | 1.51 | 1.51 | 1.52 | 1.51 | 1.52 | 1.51 |  |  | **1.51/2** | **All ok. Racing Canterbury 10 on Sunday** |
| Will Kingswood | 6.38  8.46/10.56 | 1.55 | 1.55 | 1.56 | 1.55 | 1.56 | 1.55 | 1.56 | 1.52 |  |  | **1.55** | **Between races – 18th in Kent Schools and has Southern at w/e.** |
| Adam Tibbals | 6.39  8.47/10.57 | 1.56 | 1.56 | 1.56 | 1.56 | 1.57 | 1.56 | 1.56 | 1.54 |  |  | **1.56** | **All ok and very consistent.** |
| Mark Coates | 6.30  8.38/10.48 | 1.59 | 1.56 | 2.01 | 1.58 | 2.00 | 1.58 | 1.55 | 1.59 |  |  | **1.58/9** | **All ok and very consistent.** |
| Tom Woolley | 6.26  8.31/10.36 | 1.49 | 1.52 | 1.52 | 1.54 | 1.54 | 1.53 |  |  |  |  | **1.52** | **Did 6 and achilles all ok. Has been running on it last few days and thinks maybe hills aggravate it ie last Tuesday** |
| Alice Wood | 6.39  8.48/10.59 | 1.55 | 1.57 | 1.56 | 1.56 | 1.57 | 1.56 |  |  |  |  | **1.56** | **All ok and racing Southern Sat. Did 6 as planned.** |
| Katie Goodge | 6.44  8.55 | 1.58 | 1.57 | 1.57 | 1.57 | 1.58 | 1.57 |  |  |  |  | **1.57** | **Felt shin a little. 2nd in Kent Schools on Sat and racing Southern on Sat** |
| Harriet Woolley | 6.41  8.51/10.59 | 1.58 | 1.58 | 1.59 | 1.59 | 2.02 | 2.00 |  |  |  |  | **1.59** | **Did 6 as planned. Racing Southern Sat.** |
| **Group 4** | **Run**  **10 mins** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av.** | **Comment** |
| **Distance metres** | **Splits at**  **1.87k**  **2.45k/3.03k** | **581** | **581** | **581** | **581** | **581** | **581** | **581** | **581** |  |  |  |  |
| **Recovery** | **4min** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** | **75s** |  |  |  |  |  |
| Tom Holden | 7.25  9.47 | 2.09 | 2.02 | 2.04 | 2.03 | 2.03 | 2.02 | 2.04 | 2.00 |  |  | **2.03** | **All ok. Takes a bit to get going. Went in gym before to do activation drills. Seeing Jayne Nixon after video assessment Wednesday.** |
| Maria Heslop | 7.00  8.26 | 2.03 | 2.02 | 2.05 | 2.03 | 2.05 | 2.05 | 2.05 | 2.04 |  |  | **2.04** | **All ok and very consistent. Not racing Saturday.** |
| Liz Weeks | 7.06  8.26 | 2.06 | 2.05 | 2.04 | 2.05 | 2.06 | 2.04 | 2.06 | 2.02 |  |  | **2.05** | **All ok. Double day. Has Chichester 10k on 2nd Feb** |
| Nichola Evans | 7.17  8.37 | 2.10 | 2.07 | 2.05 | 2.04 | 2.05 | 2.06 | 2.06 | 2.01 |  |  | **2.04/5** | **Going well and finished strongly. Canterbury 10 on Sunday** |
| Sarah Cronin | 7.17  8.37 | 2.10 | 2.07 | 2.05 | 2.04 | 2.05 | 2.05 | 2.06 | 2.03 |  |  | **2.04/5** | **Going well tonight** |
| Alice Ralph | 7.34  10.01 | 2.13 | 2.12 | 2.11 | 2.09 | 2.10 | 2.10 | 2.11 | 2.15 |  |  | **2.11** | **All ok** |
| Jacqui O’Reilly | 7.28  9.54 | 2.12 | 2.08 | 2.06 | 2.05 | 2.05 | 2.01 |  |  |  |  | **2.06** | **Did 6 as planned and all ok, finishing strongly** |
| Kathleen Faes | 7.34  10.02 | 2.13 | 2.12 | 2.12 | 2.14 | 2.15 | 2.15 |  |  |  |  | **2.13/4** | **All ok** |
| Alex Crockford | 7.34  9.48 | 2.16 | 2.21 | 2.20 | 2.19 | 2.19 | 2.20 |  |  |  |  | **2.20** | **Said legs just not responding tonight. Had done biggest ever week last week, but rested Monday. Racing Southern Sat** |
| Ellen Pitcairn-Knowles | 7.17  8.38 | 2.14 | x | x | 2.09 | 2.11 | 2.12 | 2.10 | 2.03 |  |  | **n.a.** | **Missed a couple for toilet break at the Beefeater !** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Charlie Lindsay |  |  |  |  |  |  |  |  |  |  |  |  | **Arrived late and went in wrong group** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |  | **Bath – foot has still been an issue but x training well and seeing Richard Puxty when back on Thursday. ON wATT BIKE - x30s,3x60s,3x90s,3x2mins,3x90s,3x60s,3x30s with recovery the same as the rep to come.** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  | **Exeter** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |  | **Unwell** |
| Cameron Payas |  |  |  |  |  |  |  |  |  |  |  |  | **Won race in Gibraltar Sunday** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  | **USA – 4.01 mile pb Sat and 1.22 600m. All ok**  **Did the 3x2k 200 on/off session this evening, did 2x200 in 30, then 6:01 (41, 31, 41, 30, 42, 31, 41, 31, 39, 31), 5:57 (40, 30, 40, 30, 41, 31, 41, 30, 39, 30), 5:54 (39, 30, 40, 29, 39, 29, 43, 30, 41, 29). Next race 3000m Seattle week on Saturday** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  | **Tues - 2x90(75), 6 ( 90s), 4x3, 2x2, 4x75 ( 60s), 3**  **Splits 4.45-4.50(90), 4.40(6), 2.55/57 1k (3), 4.35-4.40 (2)**  **4.30(75), 2.55 1k (3). All ok and feels good. Racing Southern Sat.** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  | **Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  | **Sheffield – won open cross country Sat. Tues 24x300 with jog infield on 25/30s recovery as track icy in part** |
| Edo Leone |  |  |  |  |  |  |  |  |  |  |  |  | **12th in Kent Schools on Sat** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Helen Gaunt |  |  |  |  |  |  |  |  |  |  |  |  | **Did own session of long reps** |
| Ingmar Gunn |  |  |  |  |  |  |  |  |  |  |  |  | **Kent Schools 11th Sat after missing Knole run with tight achilles. Due to race Southern on Sat** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  | **Durham** |
| James West |  |  |  |  |  |  |  |  |  |  |  |  | **USA 2.23 for 1000m Sat. Training well and feeling good. Added significant weights this Winter. Next race 1200m DMR Arkansas Friday week, then 800m Sat** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  | **4th in Gibraltar road race Sunday** |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  |  |  | **Been easy running re foot** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  | **Guildford – ran 8.22 3000 on Sunday and last 800m was really hard as was sub 8.10 pace. Quad been a bit tight since and managing niggles.** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  | **Nottingham** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |  | **St Marys** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  |  |  | **Did session earlier as working in evening. At Denbeigh 4 laps plus 8xsmall lap of 510m off 90s. Racing Southern Sat** |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds – some good news ! Back in training and did BUCS trials at w/e and made team. Had seen Ian Blackburn physio and freed foot up.** |
| Olly Kingston |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  | **Cambridge – been x training re foot and assessing for Southern on Sat** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – good race Sat to win in 1.53 off 59s first 400. All ok** |
| Toby Emm |  |  |  |  |  |  |  |  |  |  |  |  | **Calf been sore and seeing Louise Thursday** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough** |