**Tuesday 22nd January 2019 – Run plus Stacy Rd reps**

Attendance = 16. Very cold and wet, with rain/snow. Coaches – Mark Hookway, Richard Owen, Bill Mutler

Run, 7k Sportsground, Hildenborough, Brookmead loop, back to Stacey Rd or 3.3k straight to Stacey Rd. Reps less structured as taper for weekend.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av.** | **Due to** | **Comment** |
| **Laps** | **2** | **2** | **2** | **2** | **2** | **2** | **1** | **1** | **1** | **1** |  | **Race at** | **Total 6+4 = 9120m** |
| **Distance (m)** | **1140** | **1140** | **1140** | **1140** | **1140** | **1140** | **570** | **570** | **570** | **570** |  | **Southern** | **Total 6+2 = 7980m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Cameron Payas | 3.39  1.49/1.50 | 3.40  1.49/1.51 | 3.37  1.48/1.49 | 3.38  1.47/1.51 | 3.37  1.47/1.50 | 3.39  1.48/1.51 | 1.44 | 1.42 | 1.43 | 1.43 | **3.38**  **1.43** | **No** | **Just about all on his own and very good. 70 mile weeks consistently** |
| Kiri Marsh | 4.02  2.00/2.02 | 4.01  1.58/2.03 | 4.00  1.59/2.01 | 4.00  1.59/2.01 | 4.03  1.59/2.04 | 4.04  1.59/2.05 | 1.59 | 1.56 |  |  | **4.02**  **1.57** | **No** | **Just about all on own and very consistent** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** |  |  |  |  |  | **Due to** | **Comment** |
| **Laps** | **Run** | **2** | **1** | **1** | **1** | **1** |  |  |  |  |  | **Race at** |  |
| **Distance (m)** |  | **1140** | **570** | **570** | **570** | **1140** |  |  |  |  |  | **Southern** |  |
| **Recovery**  **(Time in brackets)** |  | **Lap jog** | **Lap jog** | **Lap jog** | **Lap jog** |  |  |  |  |  |  |  |  |
| Jamie Bryant | 26.50  (3.17) | 3.34  1.47/1.47  (4.19) | 1.39  (3.39) | 1.40  (3.43) | 1.38  (3.45) | 3.26  (1.42/1.44) |  |  |  |  |  | **Yes** | **All ok, recovered from illness and going well. Started each with Harry.** |
| Harry Lawson | 27.05  (3.02) | 3.37  1.48/1.49  (4.16) | 1.41  (3.37) | 1.41  (3.42) | 1.40  (3.43) | 3.33  (1.44/1.49) |  |  |  |  |  | **Yes** | **All ok and training well. Just got extremely cold in vest and no gloves. Started each with Harry** |
| Michael Ellis | 29.18  (2.37) | 3.44  1.49/1.55  (2.27) | 1.50  (2.24) | 1.49  (2.24) | 1.51  (2.27) | 3.39  1.49/1.50 |  |  |  |  |  | **Yes** | **All ok. Ran with Dan M and kept it moving on recovery laps.** |
| Dan Madams | 29.18  (2.37) | 3.49  1.54/1.55  (2.22) | 1.50  (2.24) | 1.49  (2.24) | 1.51  (2.27) | 3.44  1.52/1.52 |  |  |  |  |  | **Canterbury 10** | **All ok. Ran with Michael and kept it moving on recovery laps.** |
| Dan Bradley | 29.18  (2.37) | 3.59  1.59/2.00  (3.06) | 1.52  (3.26) | 1.52  (3.31) | 1.52  (3.32) | 3.59  1.58/2.01 |  |  |  |  |  | **Yes** | **All ok. With Tom** |
| Tom Cox | 27.50\*  (3.15) | 4.00  1.58/2.02  (3.05) | 1.52  (3.26) | 1.51  (3.32) | 1.47  (3.37) | 4.00  1.58/2.02 |  |  |  |  |  | **Yes** | **All ok. With Dan B** |
| Jordan Saul | 30.16  (2.40) | 3.55  1.59/1.56  (2.48) | 1.56  (2.54) | 1.54  (3.11) | 1.50  (3.13) | 3.57  2.02/1.55 |  |  |  |  |  | **Yes** | **All ok. With Sian** |
| Sian Robertson | 29.18  (2.38) | 3.55  1.57/1.58  (2.48) | 1.56  (2.54) | 1.56  (3.09) | 1.59  (3.04) | 4.07  2.02/2.05 |  |  |  |  |  | **Yes** | **All ok. With Jordan** |
| Will Beeston | 29.18  (2.37) | 1.53  2.15 | 1.43  2.25 | 1.52  2.25 | 1.52  2.24 |  |  |  |  |  |  | **Yes** | **Testing foot out and all ok. Just up and down pace.** |
| Mark Coates | 30.16  (2.24) | 4.25  2.07/2.18  (0.15) | 4.32  2.17/2.15  (1.05) | 4.25  2.09/2.16  (1.19) | 4.25  2.10/2.15  (1.16) | 2.07  (1.30) | 2.05 |  |  |  |  | **No** | **Did longer run than planned and then started with Kiri.** |
| Ellen Pitcairn-Knowles | 24.40  (2.39) | 2.12  (3.23) | 2.07  (3.33) | 2.08  (3.29) | 2.10  (3.34) | 2.12 |  |  |  |  |  | **No** | **All ok. Did 5x1 lap with longer recovery** |
| Simon Fraser | 30.16 | x | x | x | x | x | x | x | x | x | **x** | **No** | **Said had felt shattered Monday and also tonight** |
| Sam Crick | 30.16 | x | x | x | x | x | x | x | x | x | **x** | **Yes** | **Said ankles suddenly hurt so stopped.** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  | **Race** | **Comment** |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Felt sick on arrival so returned home** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  | **Race** | **Comment** |
| Alasdair Kinloch |  |  |  |  |  |  |  |  |  |  |  | **No** | **Loughborough** |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Cardiff – big pb 10k Sunday 40.29** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Battersea – 15mins + 4x3mins off 90s** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  | **No** | **Has recovered from illness and tried a bit of off/on running** |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **No** | **Away** |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  |  | **No** | **Have messaged. Ran Mon and also Wed am but 60min bike Tues as hip tight.** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  | **No** | **X training still re quad/knee** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  | **No** | **USA - ran a 4.20 mile** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  | **No** | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  | **No** | **USA – won mile in 4.11 Fri at altitude. 3k this w/e** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  | **No** | **St Marys - 6 ( off 90), 2x3 , 4**  **2x3, 4, 4x90 ( off 75)** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  | **No** | **Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  | **No** | **Wales and training hard eg 6x mile** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  | **No** | **Did 15 mins + 4x3x200 off 30s/2.5min. Indoors and all ok. Ran 8.21 3k Sunday after 5.20 at 2k.** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Ran 40+ last week although knee sore so didn’t run today** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  | **No** | **Had final shockwave treatment on achilles. Ran 40+ last week.** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  | **No** | **Foot improving** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  | **No** | **Training with vets group** |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  | **No** | **Working so ran from home.** |
| James West |  |  |  |  |  |  |  |  |  |  |  | **No** | **USA – due to race this w/e DMR and/or 800. 3k time trial in 8.16 with pick up Sat. 87 last 600. All ok** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Away and back this week** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  | **No** | **Ran 60 miles last week and all ok** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Loughborough – plan was 20 mins + 4m3x2,4 mins** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Ran 10k pb Sunday 37.12** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **No** | **Cardiff – dnf 800 at Cardiff Sunday** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **Vienna** | **Had treatment on foot and been managing it with x training and runs** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  | **No** | **Nottingham – 58k last week with sessions and all ok** |
| Luca Russo |  |  |  |  |  |  |  |  |  |  |  | **No** |  |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  | **No** | **Cambridge** |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Did 4x 1 mile at home off 90s 5.39/27/30/31** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  | **No** |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  | **Yes** |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **No** | **Leeds – unwell with cold etc last week but managed 42 miles inc 90 mins Sunday** |
| Peter Bannister |  |  |  |  |  |  |  |  |  |  |  | **No** | **Brighton** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  | **No** | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **No** | **Cornwall** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Ran from home. Said groin a bit sore at w/e after Thursday** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Battersea – 15mins + 4x3mins off 90s. Kept very controlled** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  |  | **No** | **Was at track but not sure what he did. 1.52.3 800m Sunday** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  | **No** | **X training re achilles. Saw Paul Massey and believes tight glute is cause.** |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  | **Yes** | **Sunday 79.11 big pb half marathon** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  | **No** | **Loughborough – big exam week. Ran 7+ miles Sunday and good drills session Sat** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  | **No** | **X training and seeing Paul Massey at Ashford for 2nd opinion re foot next Wed** |