**Thursday 23rd January – Run course G or track**

Attendance = 31. Cool, and damp.

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

|  |  |  |
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| **Name** | **Track** | **Comment** |
| Ben Murphy |  | **2x200,2x300,500,2x300,2x200 all off 3 mins****27.3,28.1,42.4,40.5,70.8,46.9,44.7,29.1,28.9****Was struggling especially after 500. Tired from work etc** |
| Sean Molloy |  | **2x200,2x300,500,2x300,2x200 all off 3 mins****27.3,28.1,42.4,40.5,70.0,42.4,41.5,25.4,26.9****Looked good and strong** |
| Ryan Driscoll |  | **On own 5x 1600m off 200 jog/90s****4.52,4.49,4.49,4.49,4.51****Seeing physio again Friday as just feels hip a bit** |
| Cameron Payas |  | **1600m 4.52, 12x300 off 100 jog/60s. All ok****47,48,47/8,47,47,47/8,47,47,46/7,46,47,46** |
| Steve Strange |  | **1600m 4.52, 12x300 off 100 jog/60s. All ok****47,48,47/8,47,47,47/8,47,47,46/7,46,47,46****Racing Southern on Saturday** |
| **Not racing at weekend** | **Run** | **Comment** |
| Charlie Lindsay |  | **All ok**  |
| Dan Bradley | 13.38k54.14 | **All ok**  |
| Edo Leone |  | **Ran with Dan B** |
| Ellen Pitcairn-Knowles | 9.78k52.52 | **All ok**  |
| Matt Dennis |  | **Ran with Dan B** |
| Nathan Chapman |  | **Ran with Dan B** |
| **Racing at weekend****Most did 8k** | **Run** | **Comment** |
| Adam Van der Plas |  | **All ok**  |
| Alex Sandberg |  | **All ok**  |
| Alex Thompson |  | **All ok**  |
| Alice Wood |  | **All ok**  |
| Charlie Crick |  | **All ok**  |
| Dan Schofield |  | **All ok**  |
| Harriet Woolley |  | **All ok**  |
| Ingmar Gunn |  | **All ok**  |
| James Kingston |  | **All ok**  |
| Jamie Goodge |  | **All ok** |
| Katie Goodge |  | **All ok** |
| Mark Coates |  | **All ok** |
| Michael Ellis | 16.39k67.49 | **All ok** |
| Nichola Evans | 13.39k63.25 | **Racing Canterbury 10 on Sunday** |
| Nicole Taylor |  | **All ok** |
| Sarah Cronin |  | **Racing Canterbury 10 on Sunday** |
| Stuart Brown | 10.11k43.27 | **All ok** |
| Will Kingswood |  | **All ok** |
| **Other** |  | **Comment** |
| Abianne Coates |  | **Back from uni and saw Richard Puxty. Has plantar fasciitis** |
| Toby Emm |  | **At club to see Louise who wasn’t there. Have lent ultrasound re calf** |
| **Absent** |  | **Comment** |
| Adam Durbaba |  | **Exeter** |
| Adam Tibbals |  |  |
| Alex Crockford |  | **Did very light and short run and strides at home as been tired** |
| Alice Ralph |  |  |
| Becky Morrish |  | **Ok and racing Saturday** |
| Chris Olley |  | **USA – next race in a week** |
| Corey De’Ath |  | **Racing Saturday** |
| Dan Madams |  |  |
| Dan Seagrove |  | **Norwich** |
| Dane Poore |  | **Running as builds up gradually** |
| Dominic Brown |  | **Sheffield – did 8 miles good pace** |
| George Marshall |  | **Durham** |
| Graeme Saker |  | **Awaiting cortisone injection** |
| Harry Paton |  |  |
| Helen Gaunt |  |  |
| Jacqui O’Reilly |  |  |
| James Puxty |  | **Leeds** |
| James Stoney |  |  |
| James West |  | **USA – next race in a week** |
| Jamie Brown |  |  |
| Jamie Bryant |  | **Foot still not perfect but upto 4 miles easy now** |
| Jordan Saul |  | **Has Canterbury 10 on Sunday** |
| Kathleen Faes |  |  |
| Kieran Reilly |  | **Guildford – 8 miles progression on treadmill. Groin/quad still an issue** |
| Kiri Marsh |  | **Nottingham** |
| Liz Weeks |  |  |
| Lucy Thompson |  | **Cambridge** |
| Luke Hooper |  | **Ran at home** |
| Luke Reeves |  | **Racing Saturday** |
| Maria Heslop |  | **Parents evening** |
| Miles Weatherseed |  | **Oxford** |
| Nathan Marsh |  | **Leeds** |
| Olly Kingston |  | **Exeter** |
| Phoebe Barker |  | **Cambridge – been x training re foot and improved, but not racing now on Saturday** |
| Polly Pitcairn-Knowles |  |  |
| Sam Crick |  | **Racing Saturday** |
| Simon Coppard |  | **Loughborough – all ok** |
| Tom Holden |  | **Wednesday saw Jayne Nixon Manor Clinic so stayed at home and did new drills etc nearby.** |
| Tom Richards |  |  |
| Tom Woolley |  |  |
| Will Beeston |  | **Loughborough - Not racing at weekend as had quad and groin strain** |