**Thursday 24th January 2019 – Run course D**

Attendance = 19. Very cold and wet, with rain/snow. Coaches – Mark Hookway, Richard Owen (with Nicole)

Run Longmead, Whistler Rd, Hunt Rd, Higham Lane: shorter straight to Hadlow Rd and back, longer via Barchester Rd.

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| **Group** | **Run** | **Other** | **Due to race at Southern** | **Comment** |
| Cameron Payas | 8.23k/35.06 | 10x200 off 200 jogAll around 29/30, rec 60s | **No** | **All ok and going well****Entering Ashford 10k on 10th Feb as can’t do KL** |
| Ben Murphy | 8.21k/34.53 | 10x200 off 200 jogAll around 29/30, rec 60s | **No** | **All ok. Still wants to race indoors and due to send race thoughts over** |
| Luca Russo | 8.2k | 10x200 off 200 jogAll around 29/30, rec 60s | **No** | **All ok and holding others on 200s** |
| James Puxty | 8.2k | 10x200 off 200 jogAll around 29/30, rec 60s | **No** | **All ok. Back to Leeds and racing BUCS NEXT W/E** |
| Simon Fraser | 10k | Yes | **No** | **Felling a lot better as shattered Tuesday** |
| Jamie Bryant | 11.52k/48.19 |  | **Yes** | **All ok. Calves a little tight** |
| Michael Ellis | 10.42k/43.40 |  | **Yes** | **All ok** |
| Dan Bradley | 10.36k/43.54 |  | **Yes** | **All ok** |
| Nathan Chapman | 8k ? |  | **Yes** | **Missed club a couple of times re parents evenings at school** |
| Tom Cox | 10k |  | **Yes** | **All ok** |
| Sian Robertson | 8k |  | **Yes** | **Calves a bit tight so didn’t do strides** |
| Joe Watts | 8k ? |  | **Yes** | **All ok** |
| Will Beeston | 8.82k/37.15 | 4x200 | **Yes** | **Foot all ok and racing** |
| **Other** |  |  | **Race** | **Comment** |
| Nicole Taylor |  |  | **Yes** | **On track assessing if ok to race Saturday after unwell earlier in week** |
| Ellen Pitcairn-Knowles |  |  | **No** | **With Vets group 200s on track** |
| Jordan Saul |  |  | **Yes** | **Ran earlier with Robbie and saw Louise** |
| Robbie Farnham-Rose |  |  | **Yes** | **Ran earlier with Jordan and saw Louise re tight back** |
| Sean Molloy |  |  | **800 Sunday** | **Racing London Games Sunday. Not sure what he id** |
| Simon Coppard |  |  | **No** | **Very easy jog as achilles improves** |
| **Absent** |  |  | **Due to race at Southern** | **Comment** |
| Alasdair Kinloch |  |  | **No** |  |
| Alex Crockford |  |  | **Yes** | **Cardiff – was very tired Tuesday so adjusted and ran Wed 30 mins with 3x2mins pick up** |
| Alex Howard |  |  | **Yes** | **Getting fitter and may well race Chichester 10k coming up after Southerns** |
| Alice Wood |  |  | **No** | **Was at circuits Wed** |
| Bede Pitcairn-Knowles |  |  | **No** | **Away** |
| Charlie Crick |  |  | **No** | **Has done a couple of runs, although quad still tight** |
| Charlie Joslin-Allen |  |  | **5000m** | **USA – Due to race 5000 Sat** |
| Chloe Bird |  |  | **No** | **Nottingham** |
| Chris Olley |  |  | **3k Washington** | **USA dud to race at Washington Saturday** |
| Corey De’Ath |  |  | **No** |  |
| Dan Madams |  |  | **Canterbury 10** |  |
| Dan Seagrove |  |  | **No** | **Norwich** |
| Dane Poore |  |  | **No** | **Training in Wales** |
| Dominic Brown |  |  | **No** | **Sheffield – paced BMC Wed and session Sat planned** |
| Elle Baker |  |  | **Yes** | **Had slight knee issue so not racing Sat** |
| Graeme Saker |  |  | **No** |  |
| Harry Lawson |  |  | **Yes** |  |
| Harry Paton |  |  | **No** |  |
| Jacqui O’Reilly |  |  | **No** |  |
| James West |  |  | **DMR & 800****Washington** | **USA – racing distance medley relay Friday and 800 Sat** |
| Jamie Bingham |  |  | **Yes** | **Been away** |
| Jamie Brown |  |  | **No** |  |
| Jamie Goodge |  |  | **Yes** | **Loughborough** |
| Kieran Eland |  |  | **No** | **Cardiff** |
| Kieran Reilly |  |  | **Vienna** | **Loughborough – been managing achilles this week** |
| Kiri Marsh |  |  | **No** | **Nottingham** |
| Lottie Richardson |  |  | **No** | **Nottingham – Wed 1k, 2x400,1k,2x400,1k,2x400** |
| Lucy Thompson |  |  | **No** | **Cambridge** |
| Luke Hooper |  |  | **Yes** |  |
| Mark Coates |  |  | **No** |  |
| Matt Dennis |  | Yes | **No** |  |
| Nathan Marsh |  |  | **No** | **Leeds 7/8 miles with 4 quicker** |
| Peter Bannister |  |  | **No** | **Brighton** |
| Phoebe Barker |  |  | **No** | **Cambridge** |
| Polly Pitcairn-Knowles |  |  | **No** | **Cornwall** |
| Ryan Driscoll |  |  | **Yes** | **London – just tapering for Sat** |
| Sam Crick |  | Yes | **No** |  |
| Toby Ryan |  |  | **Yes** | **Has been unwell so may pull out of Sat** |
| Tom Holden |  |  | **No** | **Loughborough** |
| Tom Richards |  |  | **No** | **X training** |