**Saturday 27th April 2019 – 600s over hurdles at Tonbridge and sprints at Deangate, Hoo**

Cold, very windy but dry

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group Tonbridge** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |  | **6 hurdles in total** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Ryan Driscoll | 1.48 | 1.47 | 1.46 | 1.46/7 | 1.44 | 1.45 | 1.42 | 1.41 |  |  | 1.45 | **Looking good and in control** |
| Alex Howard | 1.49 | 1.47 | 1.47 | 1.46/7 | 1.48 | 1.45 | 1.49 | 1.41 |  |  | 1.47 | **Feeling it by 7th rep but really good effort on last. Hurdling well** |
| Michael Ellis | 1.57 | 1.56 | 1.55 | 1.55 | 1.54 | 1.54 | 1.54 | 1.52 |  |  | 1.55 | **Said started a bit tired but generally hurdles smooth. A few stutters** |
| **Group Tonbridge a** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Comment** |
| Beth Murray | 2.01 | 2.01 | 2.02 | 2.03 | 2.03 | 2.03 | 2.03 | 2.02 |  |  | 2.02 |  |
| **Group Deangate** | **Run** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Comment** |
| **Distance** | **5 min** | **110** | **120** | **130** | **140** | **150** | **160** | **170** | **180** | **190** | **200** | **Aim to add 1s each 10m ie get faster and longer** |
| **Recovery** |  | **No time** | **No time** | **No time** | **No time** | **No time** | **No time** | **No time** | **No time** | **No time** |  | **Recovery walk/jog around track** |
| Sean Molloy | 5min | 12.3 | 14.2 | 15.4 | 16.4 | 18.1 | 19.0 | 19.9 | 22.7 | 24.8 | 25.0 | **Said other two behind !** |
| Ben Murphy | 5min | 12.6 | 14.5 | 16.0 | 16.7 | 18.6 | 19.4 | 20.7 | 22.8 | 25.1 | 25.0 | **No times etc** |
| Cameron Payas | 5min |  |  |  |  |  |  |  |  |  |  | **No times etc** |
| **Group Deangate a** | **Run** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Run** |  | **Comment** |
| **Distance** | **2 miles** | **200** | **200** | **300** | **300** | **300** | **300** | **1200** | **300** | **1 mile** |  |  |
| **Recovery** | **3min** | **200 jog** | **200 jog** | **200 jog** | **200 jog** | **200 jog** | **200 jog** | **200 jog** | **3min** |  |  |  |
| Jordan Saul | 11.20 | 34 | 34 | 33 | 33 | 33 | 33 | 32 | 30 | 5.30 |  | **Said achilles not bad (maybe harder track). Got appt with Paul Massed next Friday plus heel inserts** |

Note if do the 110 to 200 again then maybe something like 15,16,17,18,19,20,21,22,23,24 ie start a bit slower to finish faster