**Thursday 28th February 2019 – Hildenborough run**

Attendance = 14. Cool and dry. Coaches – Mark Hookway, Richard Owen. Each lap measured at 1.59 kms or 0.99 miles by gps. Distances – 2 laps = 3.18km (1.98 miles) 3 laps = 4.77kms (2.96 miles), . Er against previous best means en route.

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| **Course** | **Distance** | **8 mins**  **per mile** | **7.30 mins**  **per mile** | **7 mins**  **per mile** | **6.30 mins**  **per mile** | **6 mins**  **per mile** | **5.30 mins**  **per mile** | **5 mins**  **per mile** | **Male**  **Record** | **Female**  **Record** |
| **2 laps** | **3.18km/**  **1.98 miles** | **15.50** | **14.51** | **13.52** | **12.52** | **11.53** | **10.53** | **9.54** | **n.a.** | **n.a.** |
| **3 laps** | **4.77 km/**  **2.96 miles** | **23.41** | **22.12** | **20.43** | **19.14** | **17.46** | **16.17** | **14.48** | **14.54**  **Robbie F-R er** | **16.44**  **Nicole Taylor** |
| **4 laps** | **6.36 km/**  **3.95 miles** | **31.36** | **29.38** | **27.39** | **25.41** | **23.42** | **21.44** | **19.45** | **20.00**  **Robbie F-R er** | **22.44**  **Ashley Gibson** |
| **5 laps** | **7.95 km/**  **4.94 miles** | **39.31** | **37.03** | **34.35** | **32.07** | **29.38** | **27.10** | **24.42** | **25.04**  **Robbie F-R** | **30.25**  **Nicola Wilkinson** |

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| **Name** | **Lap 1**  **0.99 miles** | **Lap 2**  **1.98 miles** | **Lap 3**  **2.97 miles** | **Lap 4**  **3.96 miles** | **Hills** | **Comment** |
| Sean Molloy | 5.17 | 10.29  (5.12) | 15.43  (5.14) | 20.41  (4.58) | 10 | **All ok and going well. Ran 7 miles with Robbie Wed** |
| Jamie Bryant | 5.17 | 10.29  (5.12) | 15.43  (5.14) | 20.48  (5.05) | 10 | **All ok** |
| Cameron Payas | 5.21 | 10.35  (5.14) | 15.51  (5.16) | 21.09  (5.18) | 10 | **Stomach a bit dodgy and felt sick after run** |
| Michael Ellis | 5.23 | 10.39  (5.16) | 15.54  (5.15) | 21.11  (5.17) | 1 | **Back tightened up. Also has cold etc Friday morning** |
| Bede Pitcairn-Knowles | 5.20 | 10.41  (5.21) | 16.10  (5.29) | 21.46  (5.36) | 10 | **All ok** |
| Ben Murphy | 5.23 | 10.50  (5.27) | 16.22  (5.32) | 21.55  (5.33) | 10 | **All ok although calves a little tight** |
| Nicole Taylor | 5.29 | 10.56  (5.27) | 16.30  (5.34) | 22.01  (5.31) | 8 | **Going very well and ran fastest for 3 and 4 laps that I have on my records** |
| Harry Lawson | 5.37 | 11.35  (5.58) | 17.42  (6.07) | 23.05  (6.23) | 10 | **Not sure how felt tonight as looked a bit tired** |
| Mark Coates | 5.41 | 11.51  (6.10) | 18.06  (6.15) |  | 8 | **All ok** |
| Robbie Farnham-Rose | 5.24 | 10.42  (5.18) | 16.09  (5.27) |  | Nil | **Had wrong shoes which cause feet issue. Saw Chiropratcor Friday am re back and niggles.** |
| Simon Coppard | 5.36 | 11.34  (5.58) | 17.41  (6.07) |  | Nil | **Just did the run and could feel niggle in achilles a little** |
| Ellen Pitcairn-Knowles | 6.38 | 13.36  (5.58) | 20.29  (6.53) |  | 6 | **Ran with Alice plus some hills** |
| Alice Wood | 6.38 | 13.36  (5.58) | 20.29  (6.53) |  | Nil | **Ran with Ellen at quicker pace than has done** |
| **Absent** |  |  |  |  |  | **Comment** |
| Dan Bradley |  |  |  |  |  | **Went on track as said did same run last week** |
| **Absent** |  |  |  |  |  | **Comment** |
| Alasdair Kinloch |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  | **Resting a few days as one shin sore** |
| Alex Howard |  |  |  |  |  |  |
| Charlie Crick |  |  |  |  |  | **Had loads of school work so couldn’t make TAC** |
| Charlie Joslin-Allen |  |  |  |  |  | **USA – long chat Wed evening and training well** |
| Chloe Bird |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  | **USA – tune up race over 1500m in a couple of weeks** |
| Corey De’Ath |  |  |  |  |  | **St Marys – 10,5,10,5,5 and felt tired so will be steady next few days** |
| Dan Madams |  |  |  |  |  |  |
| Dan Seagrove |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  | **Away** |
| Dominic Brown |  |  |  |  |  |  |
| Elle Baker |  |  |  |  |  | **Signed up for Southern Road relays** |
| George Duggan |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  | **Reported on final shockwave treatment on achilles and have loaded on web site under ‘Illness and Injuries’** |
| Harry Paton |  |  |  |  |  | **Foot is still bothering him so x training** |
| James Puxty |  |  |  |  |  |  |
| James West |  |  |  |  |  | **USA – qualified for 3k and DMR at next week’s NCAA Champs** |
| Jamie Bingham |  |  |  |  |  | **Gone away travelling for a while** |
| Jamie Brown |  |  |  |  |  |  |
| Jamie Goodge |  |  |  |  |  |  |
| Joe Watts |  |  |  |  |  |  |
| Jordan Saul |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  | **Cardiff – had rest after BUCS indoors for 4 days. Tues 8x200. Fri 5x4mins off 90s** |
| Kieran Reilly |  |  |  |  |  |  |
| Kiri Marsh |  |  |  |  |  |  |
| Lottie Richardson |  |  |  |  |  | **Feeling better after illness. Has had call up to S** |
| Luca Russo |  |  |  |  |  |  |
| Lucy Thompson |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |
| Nathan Chapman |  |  |  |  |  | **Not seen or heard from for a while now** |
| Nathan Marsh |  |  |  |  |  | **Recovered from being unwell after Saturday and due to chat over weekend. Thurs 10 miles with 6 at 5.45 p/m** |
| Peter Bannister |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |
| Ryan Driscoll |  |  |  |  |  | **Thursday am 6 miles pm 10 miles with middle 8 in 42.48. Will be at Saturday TAC session** |
| Sam Crick |  |  |  |  |  | **Had a cold this week. Did circuits** |
| Sian Robertson |  |  |  |  |  | **Away** |
| Simon Fraser |  |  |  |  |  | **Family commitment** |
| Toby Ryan |  |  |  |  |  |  |
| Tom Cox |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  | **Achilles still a bit sore. Seeing S & C specialist with experience in neural pathways on Friday re weakness on right hand side** |
| Tom Richards |  |  |  |  |  | **X training 8x4mins . Knee still fragile and now referred to Jon Houghton for scanning etc on 11th March. 3 months since ran properly now.** |
| Will Beeston |  |  |  |  |  |  |