**Thursday 28th March 2019 – Run, hills, 200s**

Attendance = 23. Cool, dry and still. Coaches – Mark Hookway, Richard Owen

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| **Group 1** | **Run** | **Hills** | **200s** | **Other** | **Comment** |
| **Distance** | **20 mins** |  |  |  |  |
| **Recovery** | **7min** | **Unsure** |  |  |  |
| Alice Wood | 20min | 8 | Nil |  | **Decent run and hills and reassuring foot pretty good** |
| Ben Murphy | 5.79k | 8 | 6 |  | **Felt maybe has a cold coming on** |
| Cameron Payas | Gps error at 6.17k | 8 | 6 |  | **Tempo distance not right as behind Miles and Jamie. All ok otherwise** |
| Charlie Crick | 20min | 8 | 6 |  | **All ok** |
| Dan Bradley | 5.50k | 8 | 6 |  | **All ok** |
| Ellen Pitcairn-Knowles | 20min | 6 | 6 |  | **All ok and completed as planned** |
| Harriet Wooley | 20min | 8 | Nil | 3 miles | **1st time trial. Aiming at 3.10 in London Marathon. TWH currently** |
| Jamie Bryant | 6.15k | 8 | 6 |  | **All ok** |
| Jordan Saul | 20min | 8 | 6 |  | **Going well again on hills and 200s etc** |
| Luke Hooper | 5.52k | 8 | Nil | 3 miles | **All ok. Did 3 miles after hills rather than 200s as has marathon coming up.** |
| Mark Coates | 20min | 8 | 6 |  | **All ok** |
| Matt Dennis | 20min | 8 | Nil | 3 miles | **Did 3 miles after hills rather than 200s as has marathon coming up.** |
| Michael Ellis | 20min | 8 | 6 |  | **Said felt good** |
| Miles Weatherseed | 6.06k | 8 | 6 |  | **Back from uni and moving well. Said has been busy with work and als has had touch of hayfever. Hopes to make w/e training.** |
| Nicole Taylor | 20min | 8 | 6 |  | **All ok** |
| Phoebe Barker | 20min | 8 | 6 |  | **All ok** |
| Robbie Farnham-Rose | 20min | 6 | 4? |  | **Felt better than Tuesday but generally a bit flat.** |
| Sean Molloy | 20min | 8 | 6+ |  | **Said back tight on grass . Hills and 200s good. Maybe did a couple extra 200s** |
| Sian Robertson | 20min | 8 | Nil | 3 miles | **All ok. Did 3 miles after hills.** |
| Toby Ryan | 20min | 8 | Nil |  | **Still coming back a bit after recent illness and work being busy etc** |
| **Other** |  |  |  |  | **Comment** |
| Dane Poore |  |  |  |  | **Saw Louise as shin sore. Said soleous and needs stretching and treatment** |
| Simon Coppard |  |  |  |  | **Went on bike in gym and following Angel LC recommendations re achilles** |
| Simon Fraser |  |  |  |  | **Just continued run on grass** |
| **Absent** |  |  |  |  | **Comment** |
| Alex Crockford |  |  |  |  | **Managing shin. Back from Cardiff** |
| Alex Howard |  |  |  |  | **London – hopes to make Saturday session** |
| Bede Pitcairn-Knowles |  |  |  |  | **Away** |
| Charlie Joslin-Allen |  |  |  |  | **USA – messaged re catch up this w/e** |
| Chloe Bird |  |  |  |  | **Nottingham** |
| Chris Olley |  |  |  |  | **USA -racing Stanford 5000 Friday** |
| Corey De’Ath |  |  |  |  | **St Mary’s** |
| Dan Madams |  |  |  |  | **Treadmill run at home** |
| Dominic Brown |  |  |  |  | **Sheffield- awaiting update** |
| Elle Baker |  |  |  |  | **Ok after Sunday. Now sessions on grass hopes to get to TAC** |
| George Duggan |  |  |  |  | **Loughborough** |
| Graeme Saker |  |  |  |  | **Rehab achilles and work** |
| Harry Lawson |  |  |  |  | **Did 6x600 in 1.42 at home Wed. Thurs 5k 17.40,8x25/30s hills, 6x200 in 30s** |
| Harry Paton |  |  |  |  | **Injured** |
| James Puxty |  |  |  |  | **Leeds** |
| James West |  |  |  |  | **USA – blood test showed clear and achilles improving and running. Has Spring training camp** |
| Jamie Bingham |  |  |  |  | **Away** |
| Jamie Brown |  |  |  |  | **Couldn’t get to TAC** |
| Jamie Goodge |  |  |  |  | **Loughborough and away 2 weeks in Portugal** |
| Joe Watts |  |  |  |  | **Ran from Southborough and back plus Powdermills loop** |
| Kieran Eland |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  | **Loughborough – been really busy with dissertation so ticking over. Hands in Friday** |
| Lottie Richardson |  |  |  |  | **Nottingham – 2x10mins off 3min** |
| Lucy Thompson |  |  |  |  | **Managing IT band** |
| Nathan Marsh |  |  |  |  | **Leeds – 16x400 off 30s planned. Awaiting update.** |
| Polly Pitcairn-Knowles |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  | **London – aims to do 4x1mile at TAC Sat** |
| Sam Crick |  |  |  |  | **Has sore heel and due to see Mark PK** |
| Tom Holden |  |  |  |  | **Loughborough – doing gym/x training as tight calf, but had Wed massage etc** |
| Tom Richards |  |  |  |  | **X training re knee** |
| Will Beeston |  |  |  |  | **Loughborough – did some aqua running re knee** |