**Tuesday 28th May 2019 – 1600 and down the clock or 400s on grass**

Attendance = 30. Cool, sunny, dry.

Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler.

Have shown pace per 400 on earlier reps.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **Races** | **Comment** |
| **Distance** | **1600** | **1400** | **1200** | **1000** | **800** | **600** | **400** | **200** | **200** |  | **Total = 7400m** |
| **Recovery** | **3min** | **3min** | **2min** | **2min** | **90s** | **90s** | **60s** | **60s** |  |  |  |
| Ryan Driscoll | 4.52  73 | 4.10  71/2 | 3.30  70 | 2.53  69 | 2.14  67 | 1.38  65 | 61 | 29 | 28 | **9/6 BAL** | **Much better. All in spikes and pace got quicker each rep. Sat 6x800 over 5 hurles/lap off 2min in 2.21/22/22/29/28 then 69 400 and dnf** |
| James Puxty | 5.07  76 | 4.27  76 | 3.49  76 | 3.07  75 | 2.26  73 | 1.45  70 | 65 | 31 | 29 | **3/8 Wimbledon 5000** | **Paced it well and getting quicker.**  **Sat 10x200 off 90s. Av 28/9** |
| Luke Reeves | 5.21  80 | 4.39  80 | 4.00  80 | 3.21  80 | 2.36  78 | 1.57  78 | 74 | 34 | 34 |  | **All ok and completed well** |
| Dan Bradley | 5.25  81 | 4.50  83 | 4.01\*  80 | 3.20  80 | 2.33  76 | 1.52  75 | 69 | 33 | 31 |  | **Moved to group 2 on 3rd rep. Says not sure why but struggling for pace.** |
| Dane Poore | 5.09  77 | 4.29  77 | 3.55  78 | 1.56  600  77 | x | x | x | x | X | **29/6 Lee Valley 1/2M** | **Just struggled a bit on 1st session back. Just needs to hold back a fraction.** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **Races** | **Comment** |
| **Distance** | **1600** | **1400** | **1200** | **1000** | **800** | **600** | **400** | **200** | **200** |  | **Total = 7400m** |
| **Recovery** | **3min** | **3min** | **2min** | **2min** | **90s** | **90s** | **60s** | **60s** |  |  |  |
| Tom Cox | 5.40  85 | 4.51  83 | 4.03  81 | 3.22  80/1 | 2.33  76 | 1.54  76 | 67 | 30 | 28.5 |  | **Getting fitter again.** |
| Simon Fraser | 5.40  85 | 4.53  83/4 | 4.06  82 | 3.25  82 | 2.39  80 | 1.58  79 | 74 | 34 | 40 | **31/5 Vets League 1500** | **All ok and pace got quicker** |
| Joe Watts | 5.47  87 | 4.55  84 | 4.15  85 | 3.31 | 2.44 | 2.02 | 76 | 34 | 33 | **1/6 Harvel 5 miles**  **16/6 Chepstow 10k**  **14/7 Mid Kent 5** | **26/5 Westminster road mile 5.26**  **All ok and racing Saturday** |
| Sian Robertson | 5.43  86 | 4.55  84 | 4.17  86 | 2.15  600 | x | x | x | x | X | **On hold re work etc** | **Just struggled tonight and said felt very tired** |
| Angel Lópex-Cáceres | 5.54 | x | x | x | x | x | x | x | x |  | **Stopped after one rep** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **Races** | **Comment** |
| **Distance** | **1600** | **1400** | **1200** | **1000** | **800** | **600** | **400** | **200** | **200** |  | **Total = 7400m** |
| **Recovery** | **3min** | **3min** | **2min** | **2min** | **90s** | **90s** | **60s** | **60s** |  |  |  |
| Harriet Woolley | 6.06  91 | 5.21  92 | 4.31  90 | 3.47  91 | 2.56  88 | 2.11  87 | 82 | 37 | 35 |  | **All ok** |
| Nichola Evans | 6.08  92 | 5.23  92 | 4.37  92 | 3.51  92 | 3.04  92 | 2.15  90 | 85 | 39 | 39 | **31/5 Vets League 1500** | **26/5 Westminster mile 5.53**  **All ok** |
| Graeme Saker | 6.06  91 | 5.14  90 | 4.26  85 | 3.40  88 | 2.48  84 | x | x | x | x |  | **All ok and just stopped as a precaution re achilles** |
| Liz Weeks | 6.07  91 | 5.20  91 | 4.32  91 | 3.45  90 | dnf | 2.08  85 | 80 | 37 | 37 | **31/5 Vets League 1500** | **Said had had a cold and breathing off so stopped on the 800.** |
| Adam Durbaba | 6.02\*  90 | 5.36  96 | 94\* | x | 2.54  87 | x | 76 | x |  |  | **Said hasn’t run much re exams etc so just lacking fitness. Started in group 2 and moved after a rep.** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** |  |  | **Av.** | **Races** | **Comment** |
| **Distance** | **200** | **400** | **400** | **400** | **400** | **400** |  |  |  |  |  |
| **Recovery** | **4min** | **4min** | **4min** | **4min** | **4min** |  |  |  |  |  |  |
| Ben Murphy | 28 | 59/60 | 58 | 57 | 55.1 | 53.7  (26.0/27.7) |  |  | 57 | **1/6 SEAA Champs 800** | **All ok and going very well. Racing at w/e** |
| Cameron Payas | 28 | 60 | 59 | 59 | 58 | 60.2  (28.3/31.9) |  |  | 59 | **12/6 BMC Watford 1500**  **19/6 1500 Eltham**  **6029/6 Watford** | **Found it tough but worked hard.**  **Sat 10x200 off 90s. Av 27/8**  **100 13.1,80 10.8,709.2,60 7.7** |
| Kieran Eland | 28 | 60 | 59 | 59 | 61 | x |  |  | 60x4 |  | **Stopped after 4. Back uncomfortable. Seeing Chiropractor at Cardiff 6/6** |
| **Other** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Alex Crockford |  |  |  |  |  |  |  |  |  | **26/6 Kent 3000** | **27/5 London 10k – 41.31**  **Easy 10k with girls. Also saw Angel earlier for assessment and work on hips and also inside of shins stretches etc** |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  | **Easy 10k with girls** |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k – 33.29 debut**  **Easy recovery run but cut short as foot hurt** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k - 33.02 debut**  **Easy recovery run** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Easy 10k with girls as had been unwell with stomach bug** |
| India James |  |  |  |  |  |  |  |  |  |  | **Easy 10k with girls** |
| James Price |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k – 34.50 debut**  **Easy recovery run** |
| Michael Ellis |  |  |  |  |  |  |  |  |  | **2/6 SEAA 3k s/c** | **27/5 London 10k – 32.49 pb**  **Recovery run earlier + sports massage Tonbridge clinic. Easy jog.** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  | **Would like to do SAL** | **Had raced Folkestone 10k in 36.18 and struggled. Said just feels tired and maybe not recovered from marathon.** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k – 41.28 debut**  **Easy 10k with girls** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  | **Gym – heel still sore and liaising with Angel on way forward** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  | **4x3x300 off 60s/3mins**  **Av 49,48,47/7,47/8**  **Leg ok although last few days needs 15 mins to warm up** |
| **Absent** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  | **Didn’t race at London 10k as quite unwell** |
| Alex Howard |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** |  |
| Alice Wood |  |  |  |  |  |  |  |  |  | **29/5 3k Brighton** | **Racing Wed** |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k – 35.46** |
| Charlie Crick |  |  |  |  |  |  |  |  |  | **29/5 800 Brighton** | **Racing Wed** |
| Chloe Bird |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **27/5 London 10k – 38.27** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **23-25/5 Regional champs 5000 12th in 14.01**  **Has had a few days rest and back end of June** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  | **Exams** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k – 30.02** |
| Dan Madams |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500** |  |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  | **Norwich** |
| Dominic Brown |  |  |  |  |  |  |  |  |  | **9/6 BAL**  **15/6 Lufbra BMC GP ?**  **29/6 Watford BMC GP 1500** | **Sheffield – was tired at w/e so swapped days so Sat 11 miles, Sun 20mins tempo and hills**  **Tues 3x4x400 plan off 60s/400 jog**  **Did 6 in 60 and stopped as just knackered** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  | **3/6 Battersea 5k** | **Cornwall 6x1k off 400 jog in sub 3mins**  **3.05/5/5/4/5/3** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  | **9/6 Staplehurst 10k** | **Family/work commitments this week** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  | **23-25/5 Regional champs 1500 dq for false start in round 2** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  | **Away but running in Scotland** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  | **Loughborough – did Westminster road mile Sun in 4.30** |
| Jordan Saul |  |  |  |  |  |  |  |  |  | **9/6 Staplehurst 10k ?** | **Away**  **Sat 6x600 off 2+ mins alongside Ryan.**  **Approx 1.44/45/45/50/49/40** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  | **9/6 BAL ?** | **Loughborough**  **Sat 10x300 off 2.5 mins** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **Nottingham** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  | **10/6 Charnwood 3k** | **27/5 London 10k – dnf and frustrated. Just very tired** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  | **Cambridge – Sat 3x2000 off 2 mins in 6.15/20/22 plus 4x200 off 200 jog in 30.5. All ok** |
| Luke Hooper |  |  |  |  |  |  |  |  |  | **4/6 TAC Dev Meet 1500 ?**  **16/6 SAL 5k ?** | **Away** |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  | **25/5 BMC Grand Prix 1500 – 3.47 pb** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  | **Leeds – doing some runs in amongst work/exams** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |
| Nicole Taylor |  |  |  |  |  |  |  |  |  | **29/5 3k Brighton**  **7/6 Fast Friday 5000** | **Racing Wed. Sat did 1200, 200s, 1200** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **Cambridge** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  | **Not seen or heard from** |
| Sean Molloy |  |  |  |  |  |  |  |  |  | **14/7 Belgium** | **Battersea – 350, 325, 300, 275, 250 (2-4mins recovery) - 45.5, 43.5, 37.5, 36.8, 33**  **Sat 20x200 off 30s. Av 30, 10min rec**  **4x150 17.5,18.0,18.3,18.0** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** |
| Toby Ryan |  |  |  |  |  |  |  |  |  | **Ironman triathlon ?** |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  | **Loughborough – Sat 5x400 off 60s , 5mins rest, and 5x200 off 90s - 74,75,75,77,82, 34,35,35,34,32**  **Sun 8 miles, Mond 5 miles**  **Tues 5x3mins off 60s, 5min rec,5x60s off 60s** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  | **29/5 1500m Loughborough open** | **Loughborough – racing Wed**  **Sat 10x300 off 2.5 mins, av 45** |