**Tuesday 29th January 2019 – Stacey Rd. Varied pace single laps**

Attendance = 19. Very cold and wet, with light rain for some. Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1/2** | **2/3** | **5/6** | **7/8** | **9/10** | **11/12** | **13/14** | **15/16** | **Av.** | **Total** | **Comment** |
| **Laps** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** |  |  | **16 laps = 9120m**  **14 laps = 7980m** |
| **Distance** | **570m** | **570m** | **570m** | **570m** | **570m** | **570m** | **570m** | **570m** |  |  | **12 laps = 6840m** |
| Jamie Bryant | 2.15  1.50 | 2.06  1.48 | 2.09  1.46 | 2.11  1.48 | 2.10  1.46 | 2.08  1.44 | 2.06  1.46 | 2.05  1.42 | **2.09**  **1.46** | **31.20** | **Being careful and taking a bit steadier after Saturday race. October 2.07/1.46 x14** |
| Cameron Payas | 2.15  1.50 | 2.06  1.48 | 2.09  1.47 | 2.10  1.48 | 2.10  1.48 | 2.07  1.52 | 2.11  1.54 | 2.08  1.49 | **2.09**  **1.49/50** | **31.52** | **Think finding tough towards end** |
| Ben Murphy | 2.15  1.53 | 2.14  1.55 | 2.11  1.58 | 2.13  1.53 | 2.10  1.51 | 2.11  1.49 | 2.12  1.48 | 2.09  1.43 | **2.12**  **1.51** | **32.25** | **Says still gets a bit tight in hip area when starts to run faster. October 2.07/1.46x14** |
| Dan Bradley | 2.17  1.54 | 2.13  1.57 | 2.14  1.58 | 2.15  1.57 | 2.14  1.56 | 2.13  1.58 | 2.15  1.55 | 2.10  1.53 | **2.12**  **1.56** | **33.20** | **All ok after 9 mile race Sat** |
| Luke Hooper | 2.19  2.00 | 2.19  2.03 | 2.19  2.02 | 2.23  1.58 | 2.19  1.54 | 2.25  1.52 | 2.29  1.57 | 2.24  1.53 | **2.21**  **1.58/9** | **34.38** | **Said legs tired before but good session.** |
| Jordan Saul | 2.20  2.03 | 2.25  2.05 | 2.25  2.02 | 2.29  2.03 | 2.26  2.03 | 2.27  2.00 | 2.26  2.00 | 2.20  1.52 | **2.25**  **2.01** | **35.26** | **All ok and recovered well from Sat 9 miles race (wore off road shoes)**  **October 2.28/2.06** |
| Harry Lawson | 2.15  1.50 | 2.06  1.50 | 2.12  1.50 | 2.20  1.49 | 2.13  1.52 | 2.13  1.52 | 2.20  1.45 |  | **2.14**  **1.50** | **28.27** | **Found Sat race really tough but tonight shows all ok.**  **October 2.16/1.54 x12** |
| Bede Pitcairn-Knowles | 2.15  1.52 | 2.14  1.52 | 2.12  1.54 | 2.14  1.54 | 2.11  1.54 | 2.11  1.52 | 2.09  1.52 |  | **2.12**  **1.53** | **28.36** | **All ok and very consistent. Would be good if can get back to 50 a week and consistency.** |
| Jamie Bingham | 2.16  1.54 | 2.11  1.53 | 2.11  1.55 | 2.13  1.54 | 2.11  1.54 | 2.11  1.57 | 2.14  1.58 |  | **2.12**  **1.55** | **28.52** | **Has kept fit well whilst away and good session.**  **October 2.13/1.58 x12** |
| Tom Cox | 2.16  1.54 | 2.13  1.57 | 2.14  1.58 | 2.15  1.57 | 2.14  1.56 | 2.13  1.58 | 2.15  1.55 | X  (1.53) | **2.14**  **1.56** | **29.16**  **x14** | **Getting fitter all the time. Skipped 15th steady lap and joined Dan for last lap.**  **October 2.16/2.00 x10** |
| Mark Coates | 2.17  2.05 | 2.19  2.02 | 2.21  2.07 | 2.23  2.06 | 2.30  2.08 | 2.26  2.20 | 2.15  2.19 |  | **2.22**  **2.11** | **31.50** | **All ok** |
| Toby Ryan | 2.19  2.00 | 2.19  2.03 | 2.19  2.02 | 2.23  2.02 | 2.15  1.58 | 2.21  1.52 |  |  | **2.19**  **1.59** | **25.53** | **Was unwell last week so didn’t race but all ok** |
| Luca Russo | 2.15  1.50 | 2.06  1.50 | 2.13  1.49 | 2.21  1.54 | 2.16  1.58 | 2.14  1.59 |  |  | **2.14**  **1.53** | **25.15** | **Said chest felt tight and was struggling** |
| Simon Coppard | 2.20  2.03 | 2.25  2.05 | 2.25  2.05 | 2.26  2.03 | 2.26  2.03 |  |  |  | **2.24**  **2.04** | **22.21** | **Trying to control and manage re achilles. Could feel it a bit.** |
| Sam Crick | 2.18  1.57 | 2.16  2.03 | 2.15  2.07 | 2.04 | 2.02 | 1.56 | 1.55 | 1.51 | **n.a.** | **n.a.** | **Said calves getting tight so swapped to reps wit below group.**  **Needs consistent training to get fully fit.** |
| **Group 2 Reps** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av.** |  | **Comment** |
| **Distance** | **570m** | **570m** | **570m** | **570m** | **570m** | **570m** | **570m** | **570m** |  |  | **8 laps = 4560m** |
| **Recovery**  **(Jordan steady lap)** | **2.20** | **2.25** | **2.25** | **2.29** | **2.26** | **2.27** | **2.26** |  |  |  | **6 laps = 3420m** |
| Tom Holden | 2.01 | 2.00 | 1.59 | 2.02 | 2.02 | 1.59 | 1.58 | 1.51 | **1.59** |  | **Probably best session yet** |
| Alex Crockford | 2.02 | 2.03 | 2.00 | 2.03 | 2.03 | 2.00 | 2.00 | 1.59 | **2.01** |  | **Probably best session yet. Good race Sat and 10k w/e before** |
| Ellen Pitcairn-Knowles | 2.06 | 2.10 | 2.08 | 2.12 | 2.15 | 2.12 | 2.10 | 2.09 | **2.10** |  | **Big step forward from last week. Aiming at National.** |
| **Other** |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  | **DNF Sat as achilles tightening. Ran 20 mins tonight after using ultrasound etc last day or so. Tonbridge clinic appt made** |
| **Absent** |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Alasdair Kinloch |  |  |  |  |  |  |  |  |  |  | **Loughborough – BUCS on Sat** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  | **Battersea - 4x321 mins 45s/2min** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  | **At home 2x5mins** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  | **Managed 8x400 off 60s with school and all ok** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  | **USA – ran 15.00 indoor 5k Sat** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **USA – ran 7.58 indoor 3k Sat** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **St Marys - 3 (off 90s), 5, 2x3**  **3x2, 6x75s (off 60s)** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  | **Raced Canterbury 10 and 9th in 59.14 on Sunday** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  | **Norwich – no updates received** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  | **Wales did 4x 1mile** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  | **Sheffield – 20x400 off 60s in control – 68, 68,** [**66 66 65 65 66 64 66**](tel:66%2066%2065%2065%2066%2064%2066)[**66 64 65 65 63 63 62**](tel:66%2064%2065%2065%2063%2063%2062) **63 63 62 61** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  | **Completed another 40 mile steady week** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  |  |  |  | **Leeds – BUCS B race Sat** |
| James West |  |  |  |  |  |  |  |  |  |  | **USA – 4.01 mile relay split and 1.50.08 TAC 800 record at w/e** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  | **60 miles last week but now has a cold** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  | **Loughborough – 25th Southern u20 Sat** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  | **Raced Southern 9 miles Sat** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  | **Loughborough – 3.46.1 1500 in Austria for England on Sat. mixing x training re achilles etc** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  | **Nottingham – BUCS Sat** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  | **Nottingham – BUCS Sat. All ok 60k last week, inc sessions.** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  | **Cambridge – BUCS on Sat** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  | **Raced Southern 9 miles Sat** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  | **Leeds – having a good few days and di 5x3mins, off 3 min. BUCS Sat.** |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |  | **Away with work and trained at Windsor** |
| Peter Bannister |  |  |  |  |  |  |  |  |  |  | **Brighton** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  | **Cambridge – BUCS on Sat** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Cornwall – BUCS on Sat** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  | **Back a bit tight so ran from home** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  | **Battersea – Sun 10 miles after great race Sat, Mon 6+6**  **Tues 4x321 mins 45s/2min** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  | **Ran 1.51 800m Sunday** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  | **Had to run from home** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  | **Unwell** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  | **X training. Physio has identified potential tendon issue around knee/hamstring causing problem** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  | **Loughborough – 46th in Southern u20s and ok** |