

Friday 29th March 2024 at the Track

	Group 1	Group 1	Group 1	Group 1	Group 1	Group 1	Group 1	Group 1	Group 1
Odd Steady	Cameron	Ben	Jack	Max	Matt	Isaac	Toby	Steve	Ted
Even Fast	Chambers	Murphy	Higgins	Selby	Dubery	Arnott	Emm	Strange	Higgins
Distance	1000s	1000s	1000s	1000s	1000s/800s	800s	600s	1000s	1000s
Recovery	2 mins	2 mins	2 mins	2 mins	2 mins	2.5 mins	2 mins	2 mins	2 mins
1	3.04	3.04	3.04	3.04	3.04	2.30	missed	3.05	3.04
2	2.52	2.52	2.52	2.54	2.23	2.25	1.47	3.01	2.54
3	3.08	3.08	3.08	3.08	3.07	2.31	1.51	3.08	3.08
4	2.52	2.52	2.52	2.52	2.20	2.20	1.45	3.05	2.56
5	3.04	3.04	3.04	3.04	3.04	2.27	1.50	600 1.55	dnf
6	2.50	2.49	2.49	2.49	2.25	2.21	1.42		200s in 30
7	3.06	3.06	3.06	3.06	3.05	2.32	1.51		help
8	2.56	2.41	2.52	n.a.	2.34	2.26	1.41		Jordan
Very windy				Good after injury	Really tired re sleep etc		calves good	shattered	legs dead
	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2	Group 2
	Jordan	Ethan	Tom	Joseph	Jamie	Ollie	Jess	Annabelle	
Distance	Chambers	Rocks	Lockhart	Hunt	Brown	White	Murphy	Hales	
Recovery	2 & 4 mins	2 & 4 mins	2 & 4 mins	2 & 4 mins	2 & 4 mins	2 & 4 mins	2 & 7 mins	2 & 7 mins	
500m	81	86	87	86	86	69	70	71	
500m	79	84	85	84	84	69	72	72	
500m	80	84	86	85	84	70	74	77	
500m	79	84	85	84	84	70	na	na	
400m	60	65	67	66	65/6	50	51	53	
400m	60	65	70	65	66	51	dnf	55	
400m	61	66	71	66	66	51	55	57	
400m	61	66	71	66	66	51	na	na	
300m	46	47	49	48	47	33	x		
300m	45	46	49	46	47	32	x		
300m	44	46	51	46	46	32	x		
300m	42	43	50	44	44	32	na	na	
Very windy			Hanging at end	1st session with group			Back of knee tight	calves tight	