**Tuesday 2nd April 2019 – Pump House loops**

Attendance = 35. Chilly, damp and still. A bit slippery underfoot. Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |  | **Av** | **Race** | **Comment** |
| **Distance** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Kieran Reilly | 1.54 | 1.51 | 1.50 | 1.47 | 1.46 | 1.45 | 1.45 | 1.46 | 1.43 | 1.43 |  | **1.47** | Sat relay | **All ok and last few days been good after a lot of uni work etc** |
| Jamie Bryant | 1.54 | 1.51 | 1.51 | 1.48 | 1.47 | 1.45 | 1.46 | 1.46 | 1.44 | 1.43 |  | **1.47/8** | Sat relay | **All ok and said didn’t want to push too hard** |
| Cameron Payas | 1.55 | 1.51 | 1.51 | 1.48 | 1.47 | 1.45 | 1.45 | 1.46 | 1.44 | 1.43 |  | **1.47/8** | Sat relay | **All ok** |
| Sean Molloy | 1.54 | 1.51 | 1.52 | 1.49 | 1.48 | 1.47 | 1.45 | 1.46 | 1.43 | 1.40 |  | **1.47/8** | Sat relay | **Said felt sluggish but all ok** |
| Michael Ellis | 1.56 | 1.52 | 1.53 | 1.51 | 1.50 | 1.48 | 1.48 | 1.47 | 1.45 | 1.44 |  | **1.49/50** | Sun PW 1/2M | **Complaining re slippery a bit but all ok** |
| Bede Pitcairn-Knowles | 1.55 | 1.51 | 1.52 | 1.51 | 1.51 | 1.51 | 1.50 | 1.50 | 1.50 | 1.50 |  | **1.51** |  | **Very consistent. May try front of 2nd group sometimes.** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |  | **Av** |  | **Comment** |
| **Distance** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Steve Fennell | 1.53 | 1.48 | 1.49 | 1.47 | 1.47 | 1.46 | 1.46\* | 1.46 | 1.44 | 1.41 |  | **1.46/7** |  | **My error as should have said group 1. Went to group 1 on 7th rep, when they caught up. All ok** |
| Dan Bradley | 1.54 | 1.52 | 1.53 | 1.53 | 1.54 | 1.54 | 1.53 | 1.53 | 1.52 | 1.52 |  | **1.53** | Sun PW 1/2M | **All ok** |
| Matt Dennis | 1.59 | 1.56 | 1.55 | 1.54 | 1.54 | 1.51 | 1.53 | 1.51 | 1.52 | 1.49 |  | **1.53/4** | Sun PW 1/2M | **Al ok and picked up nicely. Had run 22 miles Sunday** |
| Dan Seagrove | 1.55 | 1.53 | 1.54 | 1.53 | 1.55 | 1.56 | 1.59 | 1.55 | 1.57 | 1.57 |  | **1.55** |  | **Said felt it second half** |
| Luke Hooper | 2.00 | 1.59 | 1.58 | 1.57 | 1.57 | 1.57 | 1.56 | 1.54 | 1.56 | 1.52 |  | **1.56/7** | Sun PW 1/2M | **Al ok and picked up nicely. Had run 22 miles Saturday** |
| James Price | 1.59 | 1.59 | 1.58 | 1.59 | 1.59 | 2.00 | 1.59 | 2.00 | 1.57 | 1.57 |  | **1.59** |  | **All ok and consistent** |
| Ashley Gibson | 2.00 | 1.59 | 1.58 | 1.59 | 1.58 | 2.00 | 1.59 | 1.59 |  |  |  | **1.59x8** |  | **Did 8 as planned** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Other** | **Av** |  | **Comment** |
| **Distance** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Charlie Crick | 2.08 | 2.01 | 1.59 | 1.58 | 1.57 | 1.57 | 1.56 | 1.54 | 1.52 | 1.49 |  | **1.57** |  | **Think could try in group 2 now for some sessions** |
| James Stoney | 2.09 | 2.03 | 2.00 | 1.59 | 1.58 | 1.58 | 1.57 | 1.54 | 1.54 | 1.52 |  | **1.58/9** |  | **1st session in group & all ok** |
| George Marshall | 2.09 | 2.03 | 2.00 | 1.59 | 1.58 | 1.58 | 1.57 | 1.55 | 1.55 | 1.54 |  | **1.59** |  | **1st session in group & all ok** |
| Toby Ryan | 2.10 | 2.04 | 2.02 | 2.01 | 1.59 | 1.58 | 1.57 | 1.58 | 1.57 | 1.56 |  | **2.00** |  | **Picked up as went along and getting fitter** |
| Joe Watts | 2.10 | 2.04 | 2.02 | 2.01 | 2.00 | 1.59 | 2.00 | 2.00 | 1.59 | 1.58 |  | **2.01** |  | **Picked up nicely. Now tapering to Marathon on less than 2 weeks** |
| Sian Robertson | 2.10 | 2.04 | 2.02 | 2.00 | 2.00 | 1.59 | 2.00 | 1.58 | 1.59 | 2.03 |  | **2.01** | Sat relay | **All ok** |
| Simon Fraser | 2.10 | 2.04 | 2.02 | 2.01 | 2.00 | 1.59 | 2.00 | 2.01 | 2.03 | 2.05 |  | **2.02/3** |  | **All ok. Next race London Marathon** |
| Adam Durbaba | 2.10 | 2.04 | 2.02 | 2.02 | 2.02 | 2.05 | 2.06 | 2.06 | 2.06 | 2.07 |  | **2.05** |  | **1st session with group and stuck with it well on 2nd half.** |
| Mark Coates | 2.10 | 2.03 | 2.07 | 2.10 | 2.00 | 2.04 | 2.05 | 2.05 | 2.12 | 2.14 |  | **2.07** |  | **All ok. Pace varied a bit.** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Other** | **Av** |  | **Comment** |
| **Distance** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** | **600m** |  |  |  | **Nicole/Phoebe** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  | **Approx. rec 2 mins** |
| Nicole Taylor | 1.49 | 1.49 | 1.50 | 1.50 | 1.49 |  |  |  |  |  | 5x75m | **1.49** | Sat relay | **Did session as planned ie 5x600 off 2mins plus 5x75m** |
| Phoebe Barker | 1.50 | 1.53 | 1.54 | 1.54 | 1.58 |  |  |  |  |  | 5x75m | **1.54** |  | **Did session as planned ie 5x600 off 2mins plus 5x75m** |
| Alice Wood | 2.09 | 2.08 | 2.08 | 2.07 | 2.08 | 2.09 | 2.08 | 2.07 | 2.09 | 2.05 |  | **2.08** |  | **String some runs/sessions together. Foot not totally resolved** |
| Harriet Wooley | 2.10 | 2.09 | 2.08 | 2.10 | 2.09 | 2.10 | 2.09 | 2.10 | 2.11 | 2.14 |  | **2.10** |  | **2nd taster session** |
| Polly Pitcairn-Knowles | 2.13 | 2.11 | 2.12 | 2.12 | 2.11 | 2.11 | 2.12 | 2.12 | 2.11 | 2.04 |  | **2.11** | Sat relay | **Back from uni and all ok** |
| Ellen Pitcairn-Knowles | 2.16 | 2.15 | 2.18 | 2.18 | 2.21 | 2.32\* | 2.19 | 2.21 | 2.23 | 2.22 |  | **2.20** | Sun PW 1/2M | **6th rep planned as slower to regather a bit** |
| Nick James | 2.09 | 2.08 | 2.06 | 2.03 | 2.08 | 2.09 | 2.11 | 2.13 |  |  |  | **2.08x8** |  | **1st taster session. Was in group 10 years ago and now back from New Zealand** |
| Abianne Coates | 2.09 | 2.08 | 2.08 | 2.10 | 2.09 | 2.10 | 2.12 | 2.06 |  |  |  | **2.09x8** | Sat relay | **1st session in group & all ok** |
| Clara Tyler | 2.13 | 2.10 | 2.11 | 2.12 | 2.10 | 2.11 | 2.12 | 2.07 |  |  |  | **2.11x8** |  | **1st session in group & all ok** |
| India James | 2.14 | 2.14 | 2.15 | 2.16 | 2.17 | 2.32\* | 2.16 | 2.19 |  |  |  | **2.18x8** |  | **1st taster session and slotted in well. Nick’s sister and just arrived from New Zealand.**  **6th rep planned as slower to regather a bit** |
| Alex Crockford | 2.16 | x | 2.20 | x | 2.22 | x | 2.24 | x | 2.21 | x |  | **2.21x5** |  | **Managing shin. Ok just feels unfit, but will come back** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |  | **X training and jog as sorting heel issue** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |  |  |  | **Calf still pretty tight on warm up** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  | Sat relay | **Battersea – 9x500 off 75s in 81/2. Felt good** |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran from home. Feeling a lot better after cold** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  |  | 1500m at w/e | **USA - Good chat Sunday and training very well** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  | Sat relay | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  | 5000 start May | **USA – good race Friday 13.47 5000m pb. Tues 8x800 off 200 jog** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  | Sat relay | **1600,400jog,2x1200, 200jog, 3x1k, 2x600/400 off 60s & 400 jog**  **4.41,3.32/6,2.59/3.00/**  **3.00, 1.45/68,1.45.68** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  | Sun PW 1/2M | **Did 20 miles Monday and 7 on Tuesday** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  |  |  | **Due to move groups but not seen at this 1st session nor heard from** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |  | **Been resting re shin/soleous which is feeling better** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  | Sat relay | **Sheffield – 8x600 off 200jog/70s av 1.40,6x200 29 down to 26** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |  |  | **No further update** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |  | **Managing 30 mpw as achilles improves** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  |  | **Did TAC Sunday run. Ran from home but has missed a few sessions** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |  |  | **Injured** |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  |  |  | **Was back for w/e and did Sunday run but said had missed a bit with illness** |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA – training as achilles has improved but not solved** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |  | **Uni work** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  |  | **Portugal with Loughborough.12x400 on plan.** |
| Jamie Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  | **Due to move groups but not seen at this 1st session nor heard from** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |  | Sun 1/2M | **Working away** |
| Julius Moss |  |  |  |  |  |  |  |  |  |  |  |  |  | **Due to move groups but not seen at this 1st session nor heard from** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  | Sat relay | **Nottingham – 7x400,5x40** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  | **Did Monday run. ITB has been tight/strained** |
| Matt Randall |  |  |  |  |  |  |  |  |  |  |  |  |  | **Due to move groups but not seen at this 1st session nor heard from** |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  | Sat relay | **Had to go back to Oxford but did 8x600m off 90s and in control in 1.41/2** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  | Sat relay | **Leeds – di parkrun Sat and all ok. Spoke Sat .Tues 1 mile 5.02 and 12x300 off 100 jog. All ok.** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  | Sat relay | **Battersea – 10x500 off 75s, 83 down to 80 and all ok** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ultrasound scan revealed no swelling or damage to achilles so ongoing with rehab etc** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  |  | **Back home from uni and should be at TAC Thursday. Did 4 miles and hurdle drills.** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  | **X training re knee although improving** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – last update 5k Sat and knee improving.** |