**Thursday 2nd January 2020 – Run Course C**

Attendance = 27. Cool and damp.

Coaches – Mark Hookway, Pete Brenchley, Richard Owen

|  |  |  |  |
| --- | --- | --- | --- |
| **Group 1** | **Shorter** | **Longer** | **Comment** |
| Abianne Coates |  | **Yes** | **Racing Sat** |
| Adam Durbaba |  | **Yes** | **Not racing Sat. Goes back to uni** |
| Adam Van der Plas |  | **Yes** | **Racing Sat** |
| Alex Sandberg |  | **Yes** | **Not racing Sat** |
| Alice Wood |  | **Yes** | **Racing Sat** |
| Charlie Crick |  | **Yes** | **Racing Sat but planning indoors** |
| Dan Bradley |  | **Yes** | **Racing Sat** |
| Dan Schofield |  | **Yes** | **Racing Sat** |
| Dan Seagrove |  | **Yes** | **Racing Sat** |
| Ellen Pitcairn-Knowles |  | **Yes** | **Said pushed hard** |
| Jacqui O’Reilly |  | **Yes** | **Still awaiting medichecks test** |
| James Kingston |  | **Yes** | **Racing Sat** |
| James Puxty |  | **Yes** | **Racing Sat** |
| James Stoney |  | **Yes** | **Racing Sat** |
| Jamie Goodge |  | **Yes** | **Racing Sat** |
| Katie Goodge |  | **Yes** | **Racing Sat** |
| Luke Reeves |  | **Yes** | **Racing Sat** |
| Mark Coates |  | **Yes** | **Racing Sat** |
| Matt Dennis |  | **Yes** | **Ran a bit quicker with Matt Dennis** |
| Michael Ellis |  | **Yes** | **Racing Sat** |
| Phoebe Barker |  | **Yes** | **Racing Sat** |
| Polly Pitcairn-Knowles | **Yes** |  | **Needed toilet so did shorter** |
| Ryan Driscoll |  | **Yes** | **Needed loo at petrol station but did 9 miles. Will do solid sustained paced run Saturday. Hip a lot better** |
| Sam Crick |  | **Yes** | **Ran a bit quicker with Matt Dennis** |
| Steve Strange |  | **Yes** |  |
| **Other** |  |  | **Comment** |
| Simon Coppard |  |  | **Did 10x200m on track. Racing 800m Sheffield Sunday** |
| Toby Emm |  |  | **Saw Louise re calf/soleous. Has exercises and treated, so will try easy at w/e. Not racing now.** |
| **Absent** |  |  | **Comment** |
| Alex Crockford |  |  | **Ran from home** |
| Alex Thompson |  |  | **Racing Sat** |
| Alice Ralph |  |  |  |
| Becky Morrish |  |  | **Racing Sat** |
| Ben Murphy |  |  | **All ok. Will do track session at w/e. Aiming at indoors 1st race 19/1** |
| Cameron Payas |  |  | **Racing Sat** |
| Charlie Lindsay |  |  |  |
| Chris Olley |  |  | **Lithuania and due back in USA. Did 6x1200/400 off 60s/400 jog** |
| Corey De’Ath |  |  | **Racing Sat** |
| Dan Madams |  |  |  |
| Dane Poore |  |  | **Managed first run after broken toe of 3 miles** |
| Dominic Brown |  |  | **Racing Sat** |
| Edo Leone |  |  |  |
| George Marshall |  |  |  |
| Graeme Saker |  |  | **Injured** |
| Greg Cole |  |  |  |
| Harriet Woolley |  |  | **Racing Sat** |
| Helen Gaunt |  |  |  |
| Ingmar Gunn |  |  |  |
| James West |  |  | **Back to USA and all ok** |
| Jamie Bryant |  |  | **Seeing Angel re foot on Friday. Think bruised badly** |
| Jordan Saul |  |  | **Been running easy/steady at home** |
| Kathleen Faes |  |  |  |
| Kieran Reilly |  |  | **Racing BMC 1500m Sunday** |
| Kiri Marsh |  |  | **Injured** |
| Liz Weeks |  |  | **Racing Sat** |
| Lucy Thompson |  |  | **Racing Sat** |
| Luke Hooper |  |  | **Had tight calves and was easy at home. Racing Sat** |
| Miles Weatherseed |  |  | **Racing Sat** |
| Nathan Chapman |  |  | **Racing Sat and ran from home** |
| Nathan Marsh |  |  | **Struggling re ankle/foot again** |
| Nichola Evans |  |  |  |
| Nicole Taylor |  |  | **Racing Sat** |
| Olly Kingston |  |  |  |
| Stuart Brown |  |  | **Racing Sat** |
| Tom Holden |  |  | **Has been unwell. Went in gym and now feeling a bit better. Had a week off** |
| Tom Richards |  |  | **Tight hamstrings** |
| Will Beeston |  |  | **Racing Sat – not had update re quad from Tuesday** |