**Saturday 2nd March 2019 – 1k or 800m reps on grass at Tonbridge School**

Attendance = 16. Cool, dry and little wind. Coaches – Mark Hookway, Richard Owen. 9am start and a late notice so not as many as can be.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Other** | **Av** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** |  |  | **Recovery a bit longer after 4th rep as Sean put spikes on.** |
| **Recovery** | **75s** | **75s** | **75s** | **1.45\*** | **75s** | **75s** | **75s** |  |  |  | **Splits shown at 500m** |
| Ryan Driscoll | 3.02(90/92) | 3.00(90/90) | 2.58(87/91) | 3.01(89/92) | 2.59(89/90) | 2.59(88/91) | 3.00(88/92) | 2.58(89/89) | x | **3.00** | **Has a head cold so kept in control** |
| Sean Molloy | 3.02(91/91) | 3.02(90/92) | 3.01(88/93) | 3.04(90/94) | 2.59(90/89) | 2.59(89/90) | 3.01(89/92) | 3.00(90/90) | 3x20025/24/25 | **3.01** | **Going very well and worked hard** |
| **Group 1a** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Other** | **Av** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** |  |  |  |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  | **Splits shown at 500/300m** |
| Ben Murphy | 2.27(91/56) | 2.26(90/56) | 2.24(88/56) | 2.27(91/56) | 2.24(90/54) | 2.27(90/57) | 2.25(89/56) | 2.23(89/54) | 3x20026/28/27 | **2.25** | **All ok and solid session** |
| Bede Pitcairn-Knowles | 2.27(92/55) | 2.26(90/56) | 2.26(88/58) | 2.28(90/58) | 2.29(91/58) | 2.32(91/61) | 2.30(91/59) | 2.31(91/60) |  | **2.29** | **Hung on well and did the 8 planned** |
| Dan Bradley | 2.30(92/58) | 2.30(92/58) | 2.32(93/59) | 2.34(95/59) | 2.33(95/58) | 2.36(96/60) | 2.34(94/60) | 2.35(95/60) |  | **2.33** | **All ok** |
| Robbie Farnham-Rose | 2.27(92/55) | 2.27(91/56) | 2.23(87/56) | 2.27(91/56) | 2.22(90/52) | 2.20(87/53) | 87500m | 88500m |  | **2.24** | **Back a bit tight/ Saw chiropractor Friday. Finished session of 6x800 s planned then did 2x500 pacing** |
| Harry Lawson | 2.31(93/58) | 2.32(93/59) | 2.32(93/59) | 2.34(95/59) | 2.33(95/58) | 2.26(91/55) |  |  |  | **2.31** | **Did as planned and last rep the strongest.** |
| Jordan Saul | 2.42(99/63) | 2.46(1.42/64) | 2.47(1.43/64) | 2.47(1.43/64) | 2.46(1.43/63) | 2.43(1.41/62) |  |  | 4x20034/3433/34 | **2.45** | **All ok and good session** |
| **Group 2** | **1** | **2** | **3** | **4** |  |  |  |  | **Other** | **Av** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** |  |  |  |  |  |  |  |
| **Recovery** | **2.5 min** | **2.5 min** | **2.5 min** |  |  |  |  |  |  |  | **Recovery from front of group** |
| Elizabeth Heslop | 3.46(1.50/1.56) | 3.53(1.51/2.02) | 4.00(1.55/2.05) | 4.00(1.58/2.02) |  |  |  |  |  | **3.55** | **Worked hard** |
| Lily Slack | 3.27(1.40/1.47) | 3.27(1.38/1.49) | 3.28(1.40/1.48) |  |  |  |  |  | 3x20033/33/33 | **3.27** | **Going very well.** |
| Olivia Breed | 3.33(1.43/1.50) | 3.32(1.43/1.49) | 3.30(1.44/1.46) |  |  |  |  |  | 3x20033/33/33 | **3.32** | **Good session as got quicker each rep** |
| Sophie Slack | 3.42(1.49/1.53) | 3.43(1.47/1.56) | 3.47(1.49/1.58) |  |  |  |  |  | 3x20038/36/38 | **3.44** | **All ok** |
| Graeme Saker | 3.38(1.46/1.52) | 3.36(1.45/1.51) | 3.32(1.46/1.46) | 4.00(1.58/2.02) |  |  |  |  |  | **3.35****x3** | **Ran with Elizabeth on last rep** |
| Ananjan Ganguli | 3.22(1.40/1.42) | 3.25(1.38/1.47) | 3.38\*(1.45/1.53) | 1.47500m |  |  |  |  |  |  | **Had about 8min rec after 2 reps as needed toilet** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **Av** | **Comment** |
| **Distance** | **1000** | **1000** | **300** | **1000** | **1000** | **300** | **1000** | **1000** | **300** |  |  |
| **Recovery** | **60s** | **60s** | **3min** | **60s** | **60s** | **3min** | **60s** | **52s** |  |  |  |
| Nicole Taylor | 3.12(94/98) | 3.12(94/98) | ? | 3.13(94/99) | 3.16(96/1.40) | ? | 3.14(95/99) | 3.18(96/1.42) | ? | **3.14** | **All ok bar blister/foot** |
| Katie Goodge | 3.23(99/1.44) | 3.26(1.40/1.46) | ? | 3.27(1.40/1.47) | 3.31(1.43/1.48) | ? | n.a. | n.a. | n.a. | **3.27** | **All ok** |
| **Remote** |  |  |  |  |  |  |  |  |  |  | **Comment** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  | **Parkrun 15.30 plus 8x30s hills** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  | **Loughborough – circuit session. More positive and calf less tight** |