**Tuesday 30th April 2019 – 321 minutes on grass**

Attendance = 26. Warm, still and dry.

Coaches – Mark Hookway, Pete Brenchley, Richard Owen.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1**  **(3min start at 1k)** | **1/13** | **2/14** | **3/15** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Total**  **metres** | **Races** | **Comment** |
| **Time (mins)** | **3** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** |  |  | **4 sets = 24 mins** |
| **Splits** |  | **400m**  **600m** | **200m**  **300m** | **1k** | **400m**  **600m** |  |  | **400m**  **600m** | **300m** |  | **400m**  **600m** | **200m** |  |  | **5 sets = 30 mins** |
| **Recovery (mins)** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** |  |  |  |  |
| Ben Murphy | 965 | 675  71  1.47 | 355 | 1010  2.58 | 650  72  1.49 | 350 | 985 | 675  70  1.46 | 360  51 | 998 | 680  70  1.46 | 350  33 | **10,168** | **12/5 BAL 1500** | **Going very well – ME “best session Ben has ever done”**  **Did Sat session with Sean and Cameron. See summary.** |
| “ | 1015  2.57 | 700  68  1.42 | 400  30  45 |  |  |  |  |  |  |  |  |  |  |  |  |
| Cameron Payas | 970 | 670  71  1.47 | 350 | 1010  2.58 | 650  72  1.49 | 350 | 985 | 675  70  1.47 | 355  52 | 996 | 670  71  1.48 | 345  34 | **10,085** | **12/5 – BAL 800**  **22/5 Eltham** | **All ok and with Jamie and Ben. Big day as ran earlier.**  **Did Sat session with Sean and Ben. See summary.** |
| “ | 1004  2.59 | 675  69  1.45 | 380  31  47 |  |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Bryant | 970 | 675  71  1.47 | 350 | 1005  2.59 | 650  72  1.49 | 350 | 984 | 675  70  1.47 | 360  51 | 996 | 670  71  1.48 | 340  34 | **10,067** | **12/5 – BAL 3000** | **All ok and with Ben and Cameron** |
| “ | 1002  3.00 | 670  70  1.46 | 370  33  49 |  |  |  |  |  |  |  |  |  |  |  |  |
| Michael Ellis | 960 | 650  72  1.50 | 345 | 1000  3.00 | 650  72  1.49 | 345 | 982 | 665  71  1.49 | 350  53 | 970 | 660  72  1.50 | 336  35 | **9,843** | **12/5 – BAL 3k S/C**  **2/6 SEAA 3k s/c** | **Said felt it as big day with morning run aswell. See Sat summary 8x600 over hurdles.** |
| “ | 950 | 640  72 | 340  35 |  |  |  |  |  |  |  |  |  |  |  |  |
| **Group 2**  **(3min start at 900m)** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** |  | **Races** | **Comment** |
| **Time (mins)** | **3** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** | **Total**  **metres** |  | **4 sets = 24 mins** |
| **Splits** | **1 lap**  **900m** | **400m**  **600m** |  | **1 lap**  **900m** | **400m**  **600m** |  | **1 lap**  **900m** | **400m**  **600m** | **300m**  **or 200m** | **1 lap**  **900m** | **400m**  **600m** | **200m**  **300m** |  |  |  |
| **Recovery (mins)** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** |  |  |  |  |
| Bede Pitcairn-Knowles | 910  2.56 | 635  76  1.56 | 335 | 940  2.53 | 650  72  1.49 | 335 | 970  2.46 | 655  72  1.51 | 335  57 | 945  2.51 | 620  76  1.58 | 333  36  54 | **7663** |  | **All ok**  **Need to firm up races** |
| Dan Schofield | 900 | 620  78 | 310 | 920  2.56 | 620  76  1.58 | 325 | 945  2.51 | 655  73  1.52 | 345  54 | 960  2.48 | 665  72  1.49 | 333  36  54 | **7598** | **5/5 UKYDL 1500**  **27/5 London 10k** | **Probably best session so far with group as got quicker** |
| Nicole Taylor | 895  2.59 | 635  74  1.55 | 340 | 920  2.56 | 628  74  1.55 | 340 | 920  2.57 | 630  75  1.56 | 345  54 | 920  2.57 | 630  75  1.56 | 335  35  54 | **7538** | **11/5 Ipswich 5k** | **All ok** |
| James Price | 895  2.59 | 625  77 | 332 | 920  2.56 | 625  76  1.56 | 330 | 935  2.53 | 635  74  1.55 | 340  56 | 925  2.56 | 630  76  1.55 | 336  35  53 | **7528** |  | **All ok** |
| George Marshall | 875 | 620  78 | 325 | 900  3.00 | 625  76  1.56 | 330 | 925  2.56 | 615  76  1.59 | 340  55 | 920  2.57 | 620  77  1.58 | 335  37 | **7430** |  | **Going well. Exams start** |
| Jordan Saul | 865 | 610  79 | 320 | 880 | 620  76  1.59 | 325 | 895 | 630  75  1.56 | 345  54 | 930  2.52 | 650  73  1.51 | 337  35 | **7407** |  | **Trying sorbothane heel inserts since Friday to help achilles. See Sat session summary** |
| Kiri Marsh | 870 | 605  80 | 315 | 880 | 595  80 | 310 | 870 | 585  80 | 305  39 | 850 | 580  82 | 300  43 | **7065** |  | **Stomach dodgy towards end** |
| James Stoney | 865 | 600  81 | 295 | 870 | 590  81 | 293 | 855 | 590  80 | 290  41 | 850 | 595  79 | 320  39 | **7013** |  | **Need to check how going overall in week** |
| Mark Coates | 870 | 605  80 | 305 | 880 | 595  80 | 305 | 855 | 570  84 | 285  42 | 840 | 565  85 | 300  42 | **6975** |  | **One Hastings parkrun Sat. All ok** |
| Dan Bradley | 2 miles  11.01 | x | x | x | 605  79 | 320 | 895 | 595  78 | 340  55 | 895 | 600  79  2.00 | 325  37 | **n.a.** | + 3min  915  2.57/900m | **Ran 2 miles before and then joined in. Back still stiff.** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Total**  **metres** | **Races** | **Comment** |
| **Time (mins)** | **3** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** |  |  | **4 sets = 24 mins** |
| **Splits** | **1 lap**  **791m** | **400m** |  | **1 lap**  **791m** | **400m** |  | **1 lap**  **791m** | **400m**  **600m** | **200m** |  | **400m** | **200m** |  |  |  |
| **Recovery (mins)** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** | **3** | **2** | **1** |  |  |  |  |
| Chloe Bird | 830  2.48 | 575  85 | 300 | 840  2.50 | 565  85 | 292 | 840  2.50 | 570  85 | 290  41 | 840  2.50 | 565  85 | 305  42 | **6812** |  | **All ok** |
| Lottie Richardson | 791  3.00 | 568  87 | 295 | 820  2.56 | 545  87 | 288 | 810  2.58 | 560  86 | 290  42 | 810  2.56 | 560  86 | 305  42 | **6642** | **12/5 Sussex 5000**  **18/5 Parkrun**  **27/5 London 10k**  **10/6 Charnwood 1500/3k** | **All ok and has race plan and exams coming up. Can’t make Thursday but will do 6x800 at Crowborough on own.** |
| Liz Weeks | 805  2.57 | 565  87 | 290 | 815  2.57 | 545  87 | 287 | 791  3.00 | 555  87 | 290  42 | 800  2.58 | 560  86 | 300  42 | **6603** |  | **All ok** |
| Abianne Coates | 805  2.57 | 550  88 | 285 | 820  2.56 | 545  87 | 287 | 790  3.00 | 545  90 | 270  44 | 791  3.00 | 555  87 | 285  44 | **6528** | **5/5 UKYDL 3k** | **All ok and racing Sunday** |
| Polly Pitcairn-Knowles | 790  3.01 | 540  91 | 270 | 815  2.57 | 535  89 | 292 | 815  2.57 | 550  89 | 280  43 | 820  2.53 | 555  85 | 315  40 | **6577** |  | **Back to Cornwall Saturday** |
| Jacqui O’Reilly | 800  2.58 | 565  87 | 285 | 815  2.57 | 545  87 | 286 | 791  3.00 | 550  89 | 260  46 | 791  3.00 | 555  89 | 275  46 | **6518** | **9/6**  **Staplehurst 10k** | **Very run down last week, but felt better tonight.** |
| Alex Crockford | 760 | 520  95 | 250 | 765  1.48/  700 | 515  94 | 260 | 745 | 500  96 | 255  47 | 760 | 505  97 | 275  47 | **6110** |  | **Making progress each week after shin/calf issue** |
| Ellen Pitcairn-Knowles | 760 | 520  95 | 250 | 765  1.48/  700 | 515  94 | 250 | 735 | 500  97 | 240 | 720 | 490  1.40 | 260  49 | **6005** |  | **Found it tough but got it done.** |
| Alice Wood | 815  2.51 | 570  86 | 300 | 835  2.51 | 570  83 | 295 | 845  2.49 | 580  82 | 300  40 | 850  2.48 | x | x | **5960**  **21 min** |  | **Has seen MPK and Angel who are analysing gait/foot plant etc re foot** |
| Tom Cox | 810  2.52 | 580  83 | 285 | 830  2.52 | 570  84 | 290 | 830  2.53 | 570  85 | 270  44 | 765 | x | x | **5800**  **21 min** |  | **Has renewed subs and first session for a while** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **In gym** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **In gym. Wed – 3rd and final shockwave treatment re knee and can try jog in next few days** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran with Monday group and easy here.Ran 2.40.48 in Paris Marathon 14/4** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Hamstrings were tight last week** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  |  | **12/5 BAL 1500** | **Battersea**  **2k/500,1600/400,**  **1200/300,800/200 0ff 90s/2.30 rec**  **5.50/81,4.36/64, 3.26/48,2.08/27**  **Also see Sat summary 8x600 over hurdles.** |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Did earlier steady session with Steve and will join Thursday** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  |  |  | **5/5 UKYDL 800**  **11/5 Kent 400** | **At school earlier – 3x4x200 with 45s/4min rec. av 28 and felt good** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA and not paid subs. Membership ceasing Thursday.** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/5 Portland Twilight 1500** | **Racing Friday. Sat –**  **5x(1k, 400) off 60s with 3, 3, 4, 5 mins b/w sets. Splits: 2:50, 65, 2:49, 63, 2:45, 62, 2:40, 60, 2:36, 58** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **In exam mode** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/5 BUCS 5k**  **11/5 Ipswich 5k**  **27/5 London 10k** | **St Marys – 3x200 ( off 60)**  **(200 jog), 1600 ( 200 jog)**  **3x400 ( off 60), (400 jog)**  **1200 ( 200 jog), 4x400 ( off 60), (400 jog), 800 ( 200 jog)**  **5x400 ( off 60) Times**  **30/29/30, 4.28, 64/64/64**  **3.20,** [**65/64/64/63**](tel:65/64/64/63)  **2.13,** [**63/63/63/62**](tel:63/63/63/62)**/64**  **27/4 BUCS 10k 5th 31.01** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **28/4 London Marathon 2.40.56 TAC Vets record** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  |  | **1/5 uni 800**  **4/5 - BUCS 800** | **Back at Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  |  | **4/5 BUCS 800** | **27/4 Lufbra 800**  **2nd 1.54.12** |
| Elle Baker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Easy running and achilles improving.** |
| Harriet Wooley |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **28/4 London Marathon 3.07.15 pb** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran from home** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Managed parkrun and back training** |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Back at Leeds** |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  | **2/5 Payton Jordan 1500** | **USA – racing 1500 Thursday** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away and not paid subs. Membership ceasing Thursday.** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Imagine watching Spurs lose !** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  |  | **12/5 BAL 3k possible** | **27/4 BUCS trials 1500 – 4.16 very windy** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Marathon recovery** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **4/5 BUCS 800** | **Loughborough – has had sore shin so eased off, but tonight 5x300 off 500 jog in 40/2** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **28/4 London Marathon 2.55.51 pb** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **28/4 London Marathon 2.45.32 pb** |
| Matt Randall |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  |  | **4/5 BUCS 1500**  **18/5 Varsity 1500** | **Ran 14.55 5000 pb Thursday in USA** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  | **3k, 11/5 Ipswich 5k**  **25/5 BMC Sports City 5000** | **Leeds - Didn’t race Monday as had gastroenteritis & then tweaked glute** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  |  | **1/5 Watford 1500**  **4/5 BUCS 5000** | **Ran 9.53 3k Sat** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away until end of week** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  |  | **11/5 Ipswich 5k** | **Battersea**  **2k/500,1600/400,**  **1200/300,800/200 0ff 90s/2.30 rec**  **5.50/81,4.35/63, 3.23/46,2.09/27**  **Also see Sat summary 8x600 over hurdles.** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Awaiting shin update** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  |  |  |  | **11/5 Ipswich 800** | **Battersea – 18x200 off 25s in 29/30, plus sprints after Felt good. See Sat summary with Ben and Cameron.** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Imagine late from work as very busy** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **28/4 London Marathon 3.18.14** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Did earlier steady session with Steve and will join Thursday** |
| Stuart Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough** |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  |  |  | **Triathlon mid May** | **Did hard triathlon training over w/e so recovering** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – 8x300 off 60s in 59,59,58,57,57,56,56,54**  **Very good and well inside target**  **27/4 Parkrun 20.09, 1s behind where in Dec.** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **27/4 Parkrun 16.49**  **Loughborough – Mon 5, Tues 6x400 in 65/6 but stopped as bad headache. Ok after and thinks dehydrated.** |

Others subs not paid

Luca Russo,