**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 | 675711.47 | 355 | 10102.58 | 650721.49 | 350 | 985 | 675701.46 | 36051 | 998 | 680701.46 | 35033 | **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.** |
| “ | 10152.57 | 700681.42 | 4003045 |  |  |  |  |  |  |  |  |  |  |  |  |
| Cameron Payas | 970 | 670711.47 | 350 | 10102.58 | 650721.49 | 350 | 985 | 675701.47 | 35552 | 996 | 670711.48 | 34534 | **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.** |
| “ | 10042.59 | 675691.45 | 3803147 |  |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Bryant | 970 | 675711.47 | 350 | 10052.59 | 650721.49 | 350 | 984 | 675701.47 | 36051 | 996 | 670711.48 | 34034 | **10,067** | **12/5 – BAL 3000** | **All ok and with Ben and Cameron** |
| “ | 10023.00 | 670701.46 | 3703349 |  |  |  |  |  |  |  |  |  |  |  |  |
| Michael Ellis | 960 | 650721.50 | 345 | 10003.00 | 650721.49 | 345 | 982 | 665711.49 | 35053 | 970 | 660721.50 | 33635 | **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 | 64072 | 34035 |  |  |  |  |  |  |  |  |  |  |  |  |
| **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 | 9102.56 | 635761.56 | 335 | 9402.53 | 650721.49 | 335 | 9702.46 | 655721.51 | 33557 | 9452.51 | 620761.58 | 3333654 | **7663** |  | **All ok****Need to firm up races** |
| Dan Schofield | 900 | 62078 | 310 | 9202.56 | 620761.58 | 325 | 9452.51 | 655731.52 | 34554 | 9602.48 | 665721.49 | 3333654 | **7598** | **5/5 UKYDL 1500****27/5 London 10k** | **Probably best session so far with group as got quicker** |
| Nicole Taylor | 8952.59 | 635741.55 | 340 | 9202.56 | 628741.55 | 340 | 9202.57 | 630751.56 | 34554 | 9202.57 | 630751.56 | 3353554 | **7538** | **11/5 Ipswich 5k** | **All ok** |
| James Price | 8952.59 | 62577 | 332 | 9202.56 | 625761.56 | 330 | 9352.53 | 635741.55 | 34056 | 9252.56 | 630761.55 | 3363553 | **7528** |  | **All ok** |
| George Marshall | 875 | 62078 | 325 | 9003.00 | 625761.56 | 330 | 9252.56 | 615761.59 | 34055 | 9202.57 | 620771.58 | 33537 | **7430** |  | **Going well. Exams start** |
| Jordan Saul | 865 | 61079 | 320 | 880 | 620761.59 | 325 | 895 | 630751.56 | 34554 | 9302.52 | 650731.51 | 33735 | **7407** |  | **Trying sorbothane heel inserts since Friday to help achilles. See Sat session summary** |
| Kiri Marsh | 870 | 60580 | 315 | 880 | 59580 | 310 | 870 | 58580 | 30539 | 850 | 58082 | 30043 | **7065** |  | **Stomach dodgy towards end** |
| James Stoney | 865 | 60081 | 295 | 870 | 59081 | 293 | 855 | 59080 | 29041 | 850 | 59579 | 32039 | **7013** |  | **Need to check how going overall in week** |
| Mark Coates | 870 | 60580 | 305 | 880 | 59580 | 305 | 855 | 57084 | 28542 | 840 | 56585 | 30042 | **6975** |  | **One Hastings parkrun Sat. All ok** |
| Dan Bradley | 2 miles11.01 | x | x | x | 60579 | 320 | 895 | 59578 | 34055 | 895 | 600792.00 | 32537 | **n.a.** | + 3min9152.57/900m | **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 | 8302.48 | 57585 | 300 | 8402.50 | 56585 | 292 | 8402.50 | 57085 | 29041 | 8402.50 | 56585 | 30542 | **6812** |  | **All ok** |
| Lottie Richardson | 7913.00 | 56887 | 295 | 8202.56 | 54587 | 288 | 8102.58 | 56086 | 29042 | 8102.56 | 56086 | 30542 | **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 | 8052.57 | 56587 | 290 | 8152.57 | 54587 | 287 | 7913.00 | 55587 | 29042 | 8002.58 | 56086 | 30042 | **6603** |  | **All ok** |
| Abianne Coates | 8052.57 | 55088 | 285 | 8202.56 | 54587 | 287 | 7903.00 | 54590 | 27044 | 7913.00 | 55587 | 28544 | **6528** | **5/5 UKYDL 3k** | **All ok and racing Sunday** |
| Polly Pitcairn-Knowles | 7903.01 | 54091 | 270 | 8152.57 | 53589 | 292 | 8152.57 | 55089 | 28043 | 8202.53 | 55585 | 31540 | **6577** |  | **Back to Cornwall Saturday** |
| Jacqui O’Reilly | 8002.58 | 56587 | 285 | 8152.57 | 54587 | 286 | 7913.00 | 55089 | 26046 | 7913.00 | 55589 | 27546 | **6518** | **9/6****Staplehurst 10k** | **Very run down last week, but felt better tonight.** |
| Alex Crockford | 760 | 52095 | 250 | 7651.48/700 | 51594 | 260 | 745 | 50096 | 25547 | 760 | 50597 | 27547 | **6110** |  | **Making progress each week after shin/calf issue** |
| Ellen Pitcairn-Knowles | 760 | 52095 | 250 | 7651.48/700 | 51594 | 250 | 735 | 50097 | 240 | 720 | 4901.40 | 26049 | **6005** |  | **Found it tough but got it done.** |
| Alice Wood | 8152.51 | 57086 | 300 | 8352.51 | 57083 | 295 | 8452.49 | 58082 | 30040 | 8502.48 | x | x | **5960****21 min** |  | **Has seen MPK and Angel who are analysing gait/foot plant etc re foot** |
| Tom Cox | 8102.52 | 58083 | 285 | 8302.52 | 57084 | 290 | 8302.53 | 57085 | 27044 | 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****2.13,** **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,