**Saturday 30th March 2019 – Long reps 321 miles or 321.6k**

Attendance = 23. Warm, sunny, dry and still. Coaches – Mark Hookway, Richard Owen

The fields were measured out but on the 1st rep most cut a bend a bit short, which took off 50/60m in total.

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| --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **Comment** |
| **Distance** | **3miles\*** | **2miles** | **1mile** | **1st rep short – see above** |
| **Recovery** | **3min** | **3min** |  |  |
| Sean Molloy | 15.10  5.06/10.10 | 10.10  (5.09) | 4.44 | **Going very well** |
| Steve Fennell | 15.23  5.10/10.16 | 10.16  (5.08) | 4.45 | **Going very well and strong** |
| Cameron Payas | 15.10  5.06/10.10 | 10.19  (5.05) | 4.55 | **Good session and week** |
| Stuart Brown | 15.14  5.06/10.10 | 10.12  (5.02) | 5.01 | **Going very well. Goes away on hols now** |
| Miles Weatherseed | 15.10  5.06/10.10 | 10.18  (5.05) | 4.48 | **Going well and pleased with session** |
| Jamie Bryant | 15.15  5.06/10.10 | 10.28  (5.13) | 5.10 | **A bit tired this week** |
| Robbie Farnham-Rose | 15.10  5.06/10.10 | 10.06  (5.03) | x | **Was going well and then calf cramped at end of 2nd rep** |
| Alex Howard | 15.12  5.06/10.10 | x | x | **Calves tight** |
| **Group 1a** | **1** | **2** | **3** | **Comment** |
| **Distance** | **3miles \*** | **2miles** | **1mile** | **1st rep short – see above** |
| **Recovery** | **3min** | **3min** |  |  |
| Michael Ellis | 15.53  5.13/10.32 | 11.02  (5.30) | 5.13 | **Had felt really tired after this week so took steady** |
| Dan Bradley | 16.09  5.13/10.35 | 11.25  (5.34) | 5.24 | **All ok** |
| Ashley Gibson | 16.30  5.20/10.51 | 11.35  (5.47 | 5.31 | **All ok** |
| **Group 2** | **1** | **2** | **3** | **Comment** |
| **Distance** | **2miles\*** | **2km** | **1mile** | **1st rep short – see above** |
| **Recovery** | **3min** | **3min** |  |  |
| Nicole Taylor | 10.28  (5.09) | 6.41  (5.14) | 5.25 | **All ok. Not doing PW half marathon now but will run National Road Relay** |
| Phoebe Barker | 11.04  (5.23) | 7.06  (5.36) | 5.42 | **All ok** |
| Jordan Saul | 11.34  (5.47) | 7.12  (5.41) | 5.46 | **A bit heavy legged after last week but good session** |
| **Other** |  |  |  | **Comment** |
| Alex Crockford |  |  |  | **Took steady and just ran on own after shin soreness** |
| **Other – remote** |  |  |  | **Comment** |
| Bede Pitcairn-Knowles |  |  |  | **Won parkrun in Cornwall around 17.00** |
| Charlie Crick |  |  |  | **At school 2x400,300,200 with 6min rec**  **54.7,56.8,43.4,27.1** |
| Charlie Joslin-Allen |  |  |  | **USA – missed Face Time call and will try Sunday** |
| Chris Olley |  |  |  | **Ran pb 5000 in 13.47 at Stanford** |
| Dominic Brown |  |  |  | **Sheffield – 3x1.1 miles off 3mins in 5.08,4.59,4.57 (miles 4.50,4.33,4.32) +8x20s strides** |
| Ellen Pitcairn-Knowles |  |  |  | **Won Orpington parkrun in 22.17** |
| Harry Lawson |  |  |  | **Won Riddlesdown parkrun in 16.36** |
| Kieran Reilly |  |  |  | **Loughborough 9.3 miles/56 mins. Had a chat as missed some training re uni work** |
| Kiri Marsh |  |  |  | **Won Long Eaton parkrun in 17.28** |
| Lottie Richardson |  |  |  | **Nottingham 6x3mins off 90s** |
| Luke Hooper |  |  |  | **22 mile run from home** |
| Nathan Marsh |  |  |  | **Long Eaton parkrun 15.10** |
| Polly Pitcairn-Knowles |  |  |  | **Penrose, Cornwall parkrun 20.06** |
| Ryan Driscoll |  |  |  | **Couldn’t get to TAC and was due to do 4x1mile at Tooting Bec** |
| Will Beeston |  |  |  | **Loughborough – managed 5k and knee improved again. Getting stronger** |