**Thursday 30th May 2019 – Alternating paced run or 200s on grass**

Attendance = 33. Warm, sunny, dry.

Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12/13** | **Total** | **Races** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **Av** |  | **Total 8 pairs = 6.4k** |
| **Recovery** | **Steady****fast** | **Steady****fast** | **Steady****fast** | **Steady****fast** | **Steady****fast** | **Steady****fast** | **Steady****fast** | **Steady****fast** | **Steady****fast** | **Steady****fast** | **Steady****fast** | **Steady****fast** |  |  | **Total 10 pairs = 8k****Total 12 pairs = 9.6k** |
| Nicole Taylor | 9281 | 9280 | 9281 | 9282 | 9183 | 9282 | 9283 | 9482 | 9482 | 9581 | 9481 | 94 9381 81 | **37.47****93****82** | **7/6 Fast Friday 5000** | **29/5 3k Brighton 1st in 9.20****Going well** |
| Chloe Bird | 10586 | 10290 | 10789 | 10891 | 10593 | 10792 | 10789 | 10789 | 10791 | 10690 | 10791 | 107 10891 87 | **42.32****106****90** | **7/6 Fast Friday 5000** | **All ok** |
| Alice Wood | 10686 | 10291 | 10692 | 10793 | 10493 | 10494 | 10493 | 10596 | 11196 | 11196 | 111100 | 111 10899 93 | **43.32****107****94** |  | **29/5 3k Brighton 10.48****Battled well** |
| Cameron Payas | 8876 | 8676 | 8877 | 9078 | 8578 | 9079 | 8878 | 8979 | 8778 | 8680 | 8677 | 8672 | **32.57****87****77** | **12/6 BMC Watford 1500****19/6 1500 Eltham****29/6 800 Watford****6-13/7 Island Games** | **All ok** |
| Dan Bradley | 9078 | 8978 | 9078 | 9179 | 9482 | 9380 | 9481 | 9582 | 9482 | 9483 | 9381 | 9379 | **34.33****93****80** |  | **Have suggested blood test/iron supplement** |
| Luke Hooper | 9981 | 9481 | 9581 | 9382 | 9483 | 9786 | 9787 | 10189 | 18684 | 10188 | 10190 | 9888 | **37.56****105****85** | **4/6 TAC Dev Meet 1500 ?****16/6 SAL 5k ?** | **Stopped on 9th but got going and adjusted**  |
| Becky Morrish | 10692 | 10292 | 10393 | 10293 | 10392 | 10593 | 10492 | 10593 | 10693 | 10393 | 12592 | 10391 | **39.36****106****92** |  | **1st taster session and di really well** |
| James Price | 9779 | 9280 | 9479 | 9679 | 9579 | 9679 | 9880 | 9979 | 9779 | 9778 | 9879 |  | **32.09****96****79** |  | **23/4 - 30.09, 96, 85****Said a bit tired** |
| Sean Molloy | 8372 | 8573 | 8774 | 8677 | 8575 | 8675 | 8476 | 8477 | 8676 | 8565 | 4x200 | n.a. | **26.31****85****74** | **14/7 Belgium** | **Stopped at 10 not 12 but ok** |
| James Puxty | xx | x77 | 8780 | 8879 | 8780 | 8881 | 8680 | 8782 | 9081 | 8679 | 8579 | 90x | **27.52****87****80** | **3/8 Wimbledon 5000** | **Needed toilet at start but much better** |
| Harry Lawson | 9075 | 8876 | 8978 | 9180 | 9280 | 9280 | 9381 | 9379 | 9479 | 9470 |  |  | **28.14****92****78** | **3/6 Battersea 5k** | **23/4 - 28.31, 92, 79****All ok and racing Monday** |
| Luke Reeves | 9779 | 9380 | 9380 | 9580 | 9482 | 9479 | 9780 | 9979 | 9680 | 9678 |  |  | **29.11****95****80** |  | **Good session and all ok** |
| George Marshall | 10084 | 9686 | 9486 | 9592 | 9789 | 9790 | 9891 | 9691 | 9891 | 9789 |  |  | **30.57****97****89** |  | **Worked hard** |
| Sian Robertson | 10686 | 10084 | 9885 | 9887 | 9987 | 10387 | 9989 | 10189 | 10089 | 10289 |  |  | **31.18****101****87** | **On hold re work etc** | **23/4 - 30.50, 97, 88****Better than Tuesday** |
| Charlie Crick | 10186 | 9984 | 9789 | 9890 | 9992 | 10393 | 10594 | 10592 | 10593 | 10190 |  |  | **31.56****101****90** |  | **29/5 800 Brighton – 1.56.11 pb****Worked well** |
| Tom Cox | 8981 | 9481 | 9583 | 10781 | 11488 | 10486 | 11992 | 11892 | 10284 | 13090 |  |  | **32.10****107****86** |  | **Battled to finish** |
| Toby Ryan | 10587 | 10190 | 10788 | 10888 | 10889 | 11188 | 11183 | 10685 | 11286 | 10776 |  |  | **32.16****108****86** | **Ironman triathlon ?** | **Has a race at w/e** |
| Angel Lópex-Cáceres | 10686 | 10186 | 11188 | 10888 | 10889 | 11188 | 11183 | 10685 | 11286 | 10777 |  |  | **32.17****108****86** |  | **Ran with Toby** |
| Harriet Woolley | 10692 | 10291 | 10593 | 10496 | 10499 | 10299 | 10498 | 10598 | 10698 | 10792 |  |  | **33.21****105****96** |  | **Said was strugglingbut battled to 8k** |
| Nathan Chapman | 10284 | 10083 | 9382 | 9281 | 9481 | 9279 |  |  |  |  |  |  | **17.43****96****82** | **Would like to do SAL** | **Just did how felt** |
| **Group 2** | **1****2** | **3****4** | **5****6** | **7****8** | **9****10** | **11****12** | **13****14** | **15****16** | **17****18** | **19****20** | **21****22** | **23****24** | **Av** | **Races** | **Comment** |
| **Distance (metres)** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** |  |  |  |
| **Recovery** | **60s** | **60s** | **60s** | **60s****4min** | **60s** | **60s** | **60s** | **60s****4min** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Nick James | 3935 | 3737 | 3735 | 3433 | 3235 | 3533 | 3434 | 3432 | 3535 | 3535 | 3737 | 3634 | **35** |  | **23/4 – 39, 35, 35****Worked hard but only running once per week** |
| Adam Durbaba | 3936 | 3736 | 3837 | 3736 | 3536 | 3637 | 3738 | 3737 | 3737 | 3738 | 3939 | 3836 | **37** |  | **Much better tonght** |
| Ellen Pitcairn-Knowles | 4343 | 4242 | 4242 | 4242 | 4240 | 4039 | 4141 | 4140 | 3940 | 4040 | 4041 | 4139 | **41** |  | **Away for 3 months from Sat** |
| Alice Ralph | 4444 | 4343 | 4242 | 4243 | 4241 | 4141 | 4242 | 4340 | 4042 | 4141 | 4141 | 4138 | **41/2** |  | **2nd taster session and all ok** |
| Joe Watts | 3838 | 3736 | 3635 | 3534 | 3435 | 3433 | 3333 | 3331 |  |  |  |  | **34/5** | **1/6 Harvel 5** **16/6 Chepstow 10k****14/7 Mid Kent 5** | **Did 2 sets as racing Sat** |
| Nichola Evans | 4141 | 4040 | 3939 | 3939 |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500** | **Racing 1500 Friday** |
| India James | 4242 | 4040 | 4040 | 4040 | X39 | X38 | X40 | X38 | x | x | x | x |  |  | **Shin still an issue** |
| **Group 2** | **1****2** | **3****4** | **5****6** | **7****8** | **9****10** | **11****12** | **13****14** | **15****16** |  |  |  |  | **Av** | **Races** | **Comment** |
| **Distance (metres)** | **200** | **200** | **200** | **200** | **200** | **200** | **200** | **200** |  |  |  |  |  |  |  |
| **Recovery** | **60s** | **60s****3min** | **60s** | **60s****3min** | **60s** | **60s****3min** | **60s** | **60s** |  |  |  |  |  |  |  |
| Simon Coppard | 3033 | 3332 | 3131 | 3232 | 3031 | 3030 | 2929 | 2827 |  |  |  |  | **30/1** |  | **Best pace so far and ok** |
| Dan Schofield | 3234 | 3433 | 3232 | 3333 | 3133 | 3131 | 3130 | 3128 |  |  |  |  | **31/2** |  | **Had injections during day so did 200s** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  |  |  |  | **1/6 SEAA Champs 800** | **Easy run and stries** |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  |  |  |  | **2/6 SEAA 3k s/c** | **Easy plus some 200s over hurdles** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Bit of a jog with compression socks, which helps heel** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Run and gym and making progress** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  |  |  | **26/6 Kent 3000** | **23/4 - 43/44, 43, 43** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** |  |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **23/4 - 27.19, 86/7, 77/8** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  |  | **13/6 Oxford mile ?** | **USA – back in a month** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **St Marys - 2k ( lap jog)****2k, 3x1k ( 200 jog)****Struggled today** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500** |  |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/6 Lee Valley 1/2M** |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  |  | **9/6 BAL****15/6 Lufbra BMC GP ?****29/6 Watford BMC GP 1500** |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **9/6 Staplehurst 10k** | **Family commitment** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  |  | **9/6 BAL** |  |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |  |  | **9/6 Staplehurst 10k ?** | **Away** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **9/6 BAL** |  |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** |  |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500** |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |  | **10/6 Charnwood 3k** |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000**  |  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **23/4 – 43, 40/1, 38/9** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  |  | **9/6 BAL** | **London 8 miles inc 5 miles in 26.59** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500** | **Back locked up today** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **2 years since accident** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/5 1500m Loughborough open****4.15.093 pb** |