**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 | 92  81 | 92  80 | 92  81 | 92  82 | 91  83 | 92  82 | 92  83 | 94  82 | 94  82 | 95  81 | 94  81 | 94 93  81 81 | **37.47**  **93**  **82** | **7/6 Fast Friday 5000** | **29/5 3k Brighton 1st in 9.20**  **Going well** |
| Chloe Bird | 105  86 | 102  90 | 107  89 | 108  91 | 105  93 | 107  92 | 107  89 | 107  89 | 107  91 | 106  90 | 107  91 | 107 108  91 87 | **42.32**  **106**  **90** | **7/6 Fast Friday 5000** | **All ok** |
| Alice Wood | 106  86 | 102  91 | 106  92 | 107  93 | 104  93 | 104  94 | 104  93 | 105  96 | 111  96 | 111  96 | 111  100 | 111 108  99 93 | **43.32**  **107**  **94** |  | **29/5 3k Brighton 10.48**  **Battled well** |
| Cameron Payas | 88  76 | 86  76 | 88  77 | 90  78 | 85  78 | 90  79 | 88  78 | 89  79 | 87  78 | 86  80 | 86  77 | 86  72 | **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 | 90  78 | 89  78 | 90  78 | 91  79 | 94  82 | 93  80 | 94  81 | 95  82 | 94  82 | 94  83 | 93  81 | 93  79 | **34.33**  **93**  **80** |  | **Have suggested blood test/iron supplement** |
| Luke Hooper | 99  81 | 94  81 | 95  81 | 93  82 | 94  83 | 97  86 | 97  87 | 101  89 | 186  84 | 101  88 | 101  90 | 98  88 | **37.56**  **105**  **85** | **4/6 TAC Dev Meet 1500 ?**  **16/6 SAL 5k ?** | **Stopped on 9th but got going and adjusted** |
| Becky Morrish | 106  92 | 102  92 | 103  93 | 102  93 | 103  92 | 105  93 | 104  92 | 105  93 | 106  93 | 103  93 | 125  92 | 103  91 | **39.36**  **106**  **92** |  | **1st taster session and di really well** |
| James Price | 97  79 | 92  80 | 94  79 | 96  79 | 95  79 | 96  79 | 98  80 | 99  79 | 97  79 | 97  78 | 98  79 |  | **32.09**  **96**  **79** |  | **23/4 - 30.09, 96, 85**  **Said a bit tired** |
| Sean Molloy | 83  72 | 85  73 | 87  74 | 86  77 | 85  75 | 86  75 | 84  76 | 84  77 | 86  76 | 85  65 | 4x200 | n.a. | **26.31**  **85**  **74** | **14/7 Belgium** | **Stopped at 10 not 12 but ok** |
| James Puxty | x  x | x  77 | 87  80 | 88  79 | 87  80 | 88  81 | 86  80 | 87  82 | 90  81 | 86  79 | 85  79 | 90  x | **27.52**  **87**  **80** | **3/8 Wimbledon 5000** | **Needed toilet at start but much better** |
| Harry Lawson | 90  75 | 88  76 | 89  78 | 91  80 | 92  80 | 92  80 | 93  81 | 93  79 | 94  79 | 94  70 |  |  | **28.14**  **92**  **78** | **3/6 Battersea 5k** | **23/4 - 28.31, 92, 79**  **All ok and racing Monday** |
| Luke Reeves | 97  79 | 93  80 | 93  80 | 95  80 | 94  82 | 94  79 | 97  80 | 99  79 | 96  80 | 96  78 |  |  | **29.11**  **95**  **80** |  | **Good session and all ok** |
| George Marshall | 100  84 | 96  86 | 94  86 | 95  92 | 97  89 | 97  90 | 98  91 | 96  91 | 98  91 | 97  89 |  |  | **30.57**  **97**  **89** |  | **Worked hard** |
| Sian Robertson | 106  86 | 100  84 | 98  85 | 98  87 | 99  87 | 103  87 | 99  89 | 101  89 | 100  89 | 102  89 |  |  | **31.18**  **101**  **87** | **On hold re work etc** | **23/4 - 30.50, 97, 88**  **Better than Tuesday** |
| Charlie Crick | 101  86 | 99  84 | 97  89 | 98  90 | 99  92 | 103  93 | 105  94 | 105  92 | 105  93 | 101  90 |  |  | **31.56**  **101**  **90** |  | **29/5 800 Brighton – 1.56.11 pb**  **Worked well** |
| Tom Cox | 89  81 | 94  81 | 95  83 | 107  81 | 114  88 | 104  86 | 119  92 | 118  92 | 102  84 | 130  90 |  |  | **32.10**  **107**  **86** |  | **Battled to finish** |
| Toby Ryan | 105  87 | 101  90 | 107  88 | 108  88 | 108  89 | 111  88 | 111  83 | 106  85 | 112  86 | 107  76 |  |  | **32.16**  **108**  **86** | **Ironman triathlon ?** | **Has a race at w/e** |
| Angel Lópex-Cáceres | 106  86 | 101  86 | 111  88 | 108  88 | 108  89 | 111  88 | 111  83 | 106  85 | 112  86 | 107  77 |  |  | **32.17**  **108**  **86** |  | **Ran with Toby** |
| Harriet Woolley | 106  92 | 102  91 | 105  93 | 104  96 | 104  99 | 102  99 | 104  98 | 105  98 | 106  98 | 107  92 |  |  | **33.21**  **105**  **96** |  | **Said was strugglingbut battled to 8k** |
| Nathan Chapman | 102  84 | 100  83 | 93  82 | 92  81 | 94  81 | 92  79 |  |  |  |  |  |  | **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 | 39  35 | 37  37 | 37  35 | 34  33 | 32  35 | 35  33 | 34  34 | 34  32 | 35  35 | 35  35 | 37  37 | 36  34 | **35** |  | **23/4 – 39, 35, 35**  **Worked hard but only running once per week** |
| Adam Durbaba | 39  36 | 37  36 | 38  37 | 37  36 | 35  36 | 36  37 | 37  38 | 37  37 | 37  37 | 37  38 | 39  39 | 38  36 | **37** |  | **Much better tonght** |
| Ellen Pitcairn-Knowles | 43  43 | 42  42 | 42  42 | 42  42 | 42  40 | 40  39 | 41  41 | 41  40 | 39  40 | 40  40 | 40  41 | 41  39 | **41** |  | **Away for 3 months from Sat** |
| Alice Ralph | 44  44 | 43  43 | 42  42 | 42  43 | 42  41 | 41  41 | 42  42 | 43  40 | 40  42 | 41  41 | 41  41 | 41  38 | **41/2** |  | **2nd taster session and all ok** |
| Joe Watts | 38  38 | 37  36 | 36  35 | 35  34 | 34  35 | 34  33 | 33  33 | 33  31 |  |  |  |  | **34/5** | **1/6 Harvel 5**  **16/6 Chepstow 10k**  **14/7 Mid Kent 5** | **Did 2 sets as racing Sat** |
| Nichola Evans | 41  41 | 40  40 | 39  39 | 39  39 |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500** | **Racing 1500 Friday** |
| India James | 42  42 | 40  40 | 40  40 | 40  40 | X  39 | X  38 | X  40 | X  38 | 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 | 30  33 | 33  32 | 31  31 | 32  32 | 30  31 | 30  30 | 29  29 | 28  27 |  |  |  |  | **30/1** |  | **Best pace so far and ok** |
| Dan Schofield | 32  34 | 34  33 | 32  32 | 33  33 | 31  33 | 31  31 | 31  30 | 31  28 |  |  |  |  | **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** |