**Tuesday 29th January 2019 – Run and Longmead Hills**

Attendance = 13. Very very old and damp. Coaches – Mark Hookway

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| **Group** | **Run** | **Hills** | **Comment** |
| **Distance** | **2.6 miles** |  |  |
| Jamie Bryant | 14.14 | 10 | **All ok** |
| Cameron Payas | 14.14 | 10 | **All ok** |
| Dane Poore | 14.14 | 10 | **All ok and back from month training in Wales** |
| Luca Russo | 14.14 | 5\* | **Need toilet on hills** |
| Bede Pitcairn-Knowles | 14.30 | 8 | **All ok** |
| Michael Ellis | 14.32 | Nil | **No hills re achilles/calf which is a lot better. Seeing Gemma Tonbridge clinic Friday** |
| Jamie Bingham | 14.37 | 10 | **Has kept very fit. Goes away after National though so looking for races** |
| Sam Crick | 14.49 | 8 | **Towards front on hills and did 8 as planned** |
| Dan Bradley | 14.54 | 10 | **Looked a bit tired tonight** |
| Luke Hooper | 15.09 | 9\* | **Missed 9th hill and did 10th as pretty tired** |
| Jordan Saul | 15.55 | 10 | **Very good session and completed all the hills** |
| **Other** |  |  | **Comment** |
| Ellen Pitcairn-Knowles |  |  | **Trained with vets group on Oast Lane hills** |
| Sean Molloy |  |  | **Was doing 400s and 150s on track but really cold** |
| **Absent** |  |  | **Comment** |
| Alasdair Kinloch |  |  | **Loughborough – BUCS Sat** |
| Alex Crockford |  |  | **Finishing uni essay by deadline. Did morning run** |
| Alex Howard |  |  |  |
| Alice Wood |  |  | **At circuits and planned to increase runs a fraction** |
| Ben Murphy |  |  | **Trained at home due to snow and ice** |
| Charlie Crick |  |  | **Good progress and managed 30min run without any knee/quad issue** |
| Charlie Joslin-Allen |  |  | **USA** |
| Chloe Bird |  |  | **Nottingham – BUCS Sat** |
| Chris Olley |  |  | **USA – next race likely 3k next week at Husky Classic, Seattle** |
| Corey De’Ath |  |  | **St Mary’s – BUCS Sat** |
| Dan Madams |  |  |  |
| Dan Seagrove |  |  | **Norwich – BUCS ?** |
| Dominic Brown |  |  | **Sheffield – indoors 5x400 off 4 mins in 58.5,54.9,55.2,53.9,53.3. Probably one of best ever sessions** |
| Elle Baker |  |  | **Due to catch up** |
| Graeme Saker |  |  |  |
| Harry Lawson |  |  | **Was planning to do hills at home** |
| Harry Paton |  |  |  |
| James Puxty |  |  | **Leeds Beckett – BUCS Sat** |
| James West |  |  | **USA – next race likely mile or 3k next week at Husky Classic, Seattle. To be confirmed** |
| Jamie Brown |  |  |  |
| Jamie Goodge |  |  | **Loughborough – BUCS Sat** |
| Joe Watts |  |  |  |
| Kieran Eland |  |  | **Cardiff. Ran 1.57 on Wed at Lee Valley for 800m and won** |
| Kieran Reilly |  |  | **Loughborough – not racing BUCS** |
| Kiri Marsh |  |  | **Nottingham – BUCS Sat** |
| Lottie Richardson |  |  | **Nottingham – BUCS Sat** |
| Lucy Thompson |  |  | **Cambridge – BUCS Sat** |
| Mark Coates |  |  |  |
| Matt Dennis |  |  |  |
| Nathan Chapman |  |  |  |
| Nathan Marsh |  |  | **Leeds – BUCS Sat** |
| Nicole Taylor |  |  | **Working away this week** |
| Peter Bannister |  |  |  |
| Phoebe Barker |  |  | **Cambridge – BUCS Sat** |
| Polly Pitcairn-Knowles |  |  | **Cornwall – BUCS Sat** |
| Robbie Farnham-Rose |  |  | **Has done some easy runs at home but struggling again** |
| Ryan Driscoll |  |  | **London – Wed 10 miles/65 mins Thurs double. Sat session 10min reps and hills** |
| Sian Robertson |  |  | **Ran from home.** |
| Simon Coppard |  |  |  |
| Simon Fraser |  |  |  |
| Toby Ryan |  |  |  |
| Tom Cox |  |  | **Working and said would run from home** |
| Tom Holden |  |  | **Back at Loughborough** |
| Tom Richards |  |  | **X training well** |
| Will Beeston |  |  | **Loughborough – BUCS Sat** |