**Tuesday 3rd September 2019 Run – Double Barden Lake reps**

Attendance = 23. Warm, clear, dry. Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler.

Note the 2nd lap is about 10m longer than the first i.e a 2 or3 seconds.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **Av** | **Comment** |
| **Laps** | **2** | **2** | **2** | **1** |  | **Total 3x2+1= 9340m** |
| **Distance** | **2670m** | **2670m** | **2670m** | **1330m** |  |  |
| **Recovery**  **from Jamie Bryant** | **2.47** | **2.32** | **2.47** |  |  |  |
| Jamie Bryant | **8.20**  (4.11/4.09) | **8.25**  (4.11/4.14) | **8.24**  (4.13/4.11) | **8.27**  (4.11/4.16) | **8.24** | **Really good session. Last year averaged 8.24x3+single** |
| Jamie Goodge | **8.38**  (4.13/4.25) | **8.26**  (4.12/4.14) | **8.30**  (4.13/4.17) | **8.35**  (4.12/4.23) | **8.32** | **One of best sessions. Last year averaged 8.38x3+single** |
| Michael Ellis | **8.40**  (4.15/4.25) | **8.40**  (4.15/4.25) | **8.39**  (4.18/4.21) | **8.40**  (4.17/4.23) | **8.40** | **All ok and paced really well. Last year 8.33 + 1 single.** |
| Will Beeston | **8.38**  (4.13/4.25) | **8.26**  (4.11/4.15) | **8.25**  (4.13/4.12) | **4.06**  **1 lap** | **8.30x3** | **Going really well. One of best ever sessions. Is worried going too well early in Winter, but had a light Summer after injury. Can always ease back second half November to adjust.** |
| Steve Strange | **8.20**  (4.11/4.09) | **8.26**  (4.11/4.15) | **8.50**  (4.17/4.33) | **4.11**  **1 lap** | **8.32x3** | **Needed toilet** |
| **Group 2** | **1** | **2** | **3** | **4** | **Av** | **Comment** |
| **Laps** | **2** | **2** | **2** | **1** |  | **Total 3x2+1= 9340m** |
| **Distance** | **2670m** | **2670m** | **2670m** | **1330m** |  |  |
| **Recovery**  **From Dan Bradley** | **3.05** | **3.03** | **3.15** |  |  |  |
| Dan Bradley | **8.54**  (4.26/4.28) | **8.52**  (4.22/4.32) | **8.51**  (4.22/4.29) | **4.14** | **8.52 x 3** | **One of best sessions for a while. Last year averaged 9.06x3+single** |
| James Price | **8.56**  (4.29/4.27) | **9.00**  (4.26/4.34) | **9.17**  (4.37/4.40) | **4.17** | **9.04 x 3** | **Started a bit quick probably** |
| Nicole Taylor | **8.58**  (4.27/4.31) | **9.06**  (4.24/4.42) | **9.22**  (4.33/4.49) | **4.34** | **9.04 x 3** | **Started very quick and found it tough second half** |
| Dan Schofield | **8.59**  (4.29/4.30) | **9.11**  (4.27/4.44) | **9.22**  (4.48/4.40) | **4.25** | **9.11 x 3** | **Good session. Maybe started a bit quick but adjust 3rd rep with steadier first lap. Getting fitter.** |
| Charlie Crick | **9.18**  (4.33/4.45) | **9.42**  (4.45/4.57) | **4.48**  **1 lap**  **Rec 7.18** | **4.37**  **1 lap** | **9.11 x 3** | **Adjusted after 2 reps to do a single on 3rd rep** |
| Olly Kingston | **9.13**  (4.32/4.41) | **9.31**  (4.36/4.55)  Rec 4.02 | **9.40 \***  (4.44/4.56)  Rec 3.37 | **4.26**  **1 lap** | **9.28**  **x 3** | **Found it tough but we adjusted by moving group and adjusting pace so completed. Aiming at 10k but says still getting used to long sessions** |
| Tom Cox | **9.14**  (4.27/4.47) | **4.46 \***  Rec 5.02 | **9.36**  (4.52/4.44) | x | **n.a.** | **Has been working hard all weekend and said felt drained so adjusted a bit.** |
| **Group 3** | **1** | **2** | **3** | **4** | **Av** | **Comment** |
| **Laps** | **2** | **2** | **2** | **1** |  | **Total 3x2+1= 9340m** |
| **Distance** | **2670m** | **2670m** | **2670m** | **1330m** |  |  |
| **Recovery**  **From Harriet** | **2.41** | **2.18** | **2.59** |  |  |  |
| Harriet Woolley | **10.07**  (5.01/5.06) | **10.12**  (5.02/5.10) | **10.18**  (5.05/5.13) | **10.28**  (5.15/5.13) | **10.16** | **Good session, completed as planned and finished strongly.**  **Aiming at 27/10 Frankfurt Marathon** |
| Liz Weeks | **9.58**  (4.52/5.06) | **10.11**  (4.54/5.17) | **10.22**  (5.02/5.20) | **10.37**  (5.08/5.29) | **10.17** | **Double win and pbs at vets league on Sunday 800 2.27.98, 1500 5.06.58**  **Still quite tight after but suggested herself to do 4x2 laps** |
| Graeme Saker | **9.48**  (4.50/4.58) | **9.45**  (4.47/4.58) | **9.42**  (4.48/4.56) |  | **9.45x3** | **All ok and going well** |
| Joe Watts | **9.49**  (4.51/4.58) | **9.50**  (4.48/5.02) | **4.49**  **1 lap** |  | **n.a.** | **1/9 Vets final 10.46.66 3k debut. Still feeling it so adjusted session**  **14/9 Blackheath relays,20/9 5k Paris, 21/9 10k Paris,22/9 Paris ½ marathon, 29/9 Hever 1/2m** |
| Alice Wood | **10.00**  (4.53/5.07) | **10.04**  (4.57/5.07) | **4.48**  **1 lap**  Rec 3.38 | **4.44**  **1 lap** | **10.02**  **4.46** | **Completed sessions as planned** |
| Mark Coates | **10.06**  (4.56/5.10) | **9.58**  (4.50/5.08) | **4.49**  **1 lap**  Rec 3.37 | **5.02**  **1 lap** | **10.02**  **4.54** | **All ok** |
| Olivia Lucas | **10.07**  (4.55/5.12) | **10.21**  (5.02/5.19) | **5.12**  **1 lap**  Rec 3.14 | **5.03**  **1 lap** | **10.14**  **5.07** | **Completed sessions as planned** |
| Tom Holden | **10.45**  (5.06/5.39) | **4.56**  **1 lap**  Rec 3.49 | **10.34**  (5.10/5.24)  Rec 1.37 | **4.44**  **1 lap** | **10.39**  **4.50** | **Not in a great frame of mind when started and so had to adjust quickly. Got a lot quicker and infact last rep very good off short recovery, when had no time to think.** |
| Adam Durbaba | **10.35**  (5.03/5.32) | **5.00**  Rec 3.45 | **10.37**  (5.11/5.26)  Rec 1.34 | **5.21**  **1 lap** | **10.36**  **5.10** | **All ok. Short recovery before last rep** |
| Abianne Coates | **10.54**  (5.17/5.37) | **5.21**  Rec 3.24 | **5.22**  **1 lap**  Rec 6.49 | **5.05**  **1 lap** | **10.54**  **5.16** | **Missed a lot of training as been working 12 hour days** |
| Holly Gordon | **11.51**  (5.39/6.12) | **6.00**  Rec 2.45 | **5.52**  **1 lap**  Rec 6.19 | **5.05**  **1 lap** | **10.54**  **5.16** | **Ran Eridge 10 miles on Sunday** |
| **Absent** |  |  |  |  |  | **Comment** |
| Alex Crockford |  |  |  |  |  |  |
| Alice Ralph |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  | **Away** |
| Ashley Gibson |  |  |  |  |  | **8/9 Great North Run** |
| Becky Morrish |  |  |  |  |  |  |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |
| Ben Brooks |  |  |  |  |  |  |
| Ben Murphy |  |  |  |  |  | **30/8 Twilight meet mile 4.10. A few days off** |
| Cameron Payas |  |  |  |  |  |  |
| Chloe Bird |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  | **USA – a couple of 65 mile weeks and did 5x(2min, 90s, 60s) fartlek. Felt good.** |
| Claire Day |  |  |  |  |  |  |
| Clara Tyler |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  | **USA – going well and 88 miles last week** |
| Dan Madams |  |  |  |  |  | **1/9 Vets League final 1500m 4.32, 3k 9.34** |
| Dan Seagrove |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  | **Has scan on foot booked Thursday although it has eased a bit** |
| George Marshall |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |
| India James |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  | **1/9 Vets League final 5.23 for 1500m. Been on holiday**  **8/9 Great North Run** |
| James Puxty |  |  |  |  |  | **Pacing at Twilight meet all ok and good job at 72s 3k** |
| James Stoney |  |  |  |  |  |  |
| James West |  |  |  |  |  | **30/8 Twilight Meet mile 3.57 and now back in USA** |
| Jamie Brown |  |  |  |  |  | **Has been injured** |
| Jordan Saul |  |  |  |  |  | **Knees still very stiff after fall** |
| Kieran Eland |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  | **30/8 Twilight Meet mile 4.12. Easy week** |
| Kiri Marsh |  |  |  |  |  | **Won 5 miles Saturday in 28.33** |
| Lucy Thompson |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  | **Ran from home re family commitment** |
| Luke Reeves |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  | **8/9 Hellingly 10k** |
| Miles Weatherseed |  |  |  |  |  | **30/8 Twilight Meet mile 4.15** |
| Nathan Chapman |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |
| Nichola Evans |  |  |  |  |  |  |
| Nick James |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |
| Ryan Driscoll |  |  |  |  |  | **30/8 Twilight Meet paced steeplechase well for 1500 in 4.12** |
| Sam Crick |  |  |  |  |  | **Started new job** |
| Sean Molloy |  |  |  |  |  | **30/8 Twilight meet mile - dnf** |
| Sian Robertson |  |  |  |  |  | **Away** |
| Simon Coppard |  |  |  |  |  | **Loughborough and settled in.** |
| Steve Fennell |  |  |  |  |  |  |
| Tom Richards |  |  |  |  |  |  |