**Thursday 4th April 2019 – Run plus a few others**

Attendance = 27. Chilly and damp. Coaches – Mark Hookway, Richard Owen.

|  |  |  |  |  |
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| **Group 1** | **Run** | **Other** | **Race** | **Comment** |
| Abianne Coates | 35min | 2x200 | Sat relay | **All ok** |
| Adam Durbaba | 35min |  |  | **Ran with Olly Kingston** |
| Alice Wood | 35min | Strides |  | **Ran with Toby and Lucy T** |
| Cameron Payas | 35min | 4x200 | Sat relay | **All ok** |
| Clara Tyler | 35min | 5x200 |  | **33/34 for 200s. School hols and around for a few weeks** |
| Dan Bradley | 7 miles |  | Sun PW 1/2M | **All ok** |
| Dan Schofield | 7 miles |  |  | **Ok. Need persuasion to do the longer run a bit** |
| George Marshall | 7 miles |  |  | **All ok** |
| James Price | 7 miles |  |  | **All ok** |
| James Stoney | 7 miles |  |  | **All ok** |
| Lucy Thompson |  |  |  | **Ran with Alice and Toby. IT improving** |
| Mark Coates | 7 miles |  |  | **All ok** |
| Michael Ellis | 7 miles |  | Sun PW 1/2M | **All ok** |
| Miles Weatherseed | 35min | 4x200 | Sat relay | **All ok** |
| Olly Kingston | 35min |  |  | **Ran with Adam Durbaba** |
| Phoebe Barker | 7 miles | Short fast strides |  | **Goes to Font Romeu at weekend** |
| Sean Molloy | 35min | 4x200 | Sat relay | **All ok** |
| Toby Ryan | 35min |  |  | **Ran with Alice and Lucy T. Tight after Tuesday session** |
| **Group 2** | **Run** | **Other** | **Race** | **Comment** |
| Bede Pitcairn-Knowles | 35min | 8xOast Lane  6x200 |  | **Said quads a bit tight. 200s in 30/1** |
| Dan Seagrove | 35min | 200s |  | **Didn’t do hills as planned as said didn’t know where to go** |
| Charlie Crick | 35min | 8xOast Lane  6x200 |  | **A bit tired after Tuesday. Doing 200s in 28/29** |
| Ben Murphy | 35min | 8xOast Lane  6x200 |  | **Remnants of cold but 200s in 26/7** |
| Tom Holden |  |  |  | **8x300 starting at 60 down to 54, plus 2x200 in 36/34. All in spikes** |
| **Other** |  |  |  | **Comment** |
| Alex Crockford |  |  |  | **Jog and saw Louise – believes soleous** |
| Simon Coppard |  |  |  | **Bike session with Tom** |
| Tom Richards |  |  |  | **Bike session with Simon** |
| Robbie Farnham-Rose |  |  |  | **Saw Louise re calf. Improving** |
| **Absent** |  |  |  | **Comment** |
| Alex Howard |  |  | Sat relay |  |
| Ashley Gibson |  |  |  |  |
| Charlie Joslin-Allen |  |  | 1500m at w/e | **USA** |
| Chloe Bird |  |  | Sat relay | **Nottingham** |
| Chris Olley |  |  | 5000 start May | **USA** |
| Corey De’Ath |  |  | Sat relay | **St Marys 5mins,6x75s,6x30s,5min** |
| Dan Madams |  |  | Sun PW 1/2M |  |
| Dane Poore |  |  |  |  |
| Dominic Brown |  |  | Sat relay |  |
| Elle Baker |  |  | Ipswich 5k | **Next race Ipswich 5k and vets road relays** |
| Ellen Pitcairn-Knowles |  |  | Sun PW 1/2M |  |
| Graeme Saker |  |  |  |  |
| Harriet Wooley |  |  |  |  |
| Harry Lawson |  |  |  | **Has had another cold** |
| Harry Paton |  |  |  |  |
| India James |  |  |  |  |
| James Puxty |  |  |  |  |
| James West |  |  | 1 mile  Sat | **Racing mile on Sat. Achilles up and down a bit. Has some inflammation around area but managing. Having cortisone injection Monday** |
| Jamie Bingham |  |  |  | **Away** |
| Jamie Brown |  |  |  |  |
| Jamie Bryant |  |  | Sat relay | **Ran 10k at home** |
| Jamie Goodge |  |  |  | **In Portugal with Loughborough** |
| Jamie Thompson |  |  |  | **Not seen or heard from this week.** |
| Joe Watts |  |  | Marathon 14/4 |  |
| Jordan Saul |  |  | Sun 1/2M | **Was doing fartlek at home Friday as was away with work** |
| Julius Moss |  |  |  | **Not seen or heard from this week.** |
| Kieran Eland |  |  |  |  |
| Kieran Reilly |  |  | Sat relay |  |
| Lottie Richardson |  |  | Sat relay | **IT issue so treating.** |
| Luke Hooper |  |  | Sun PW 1/2M | **Ran 10 miles at home, 5 at marathon pace** |
| Matt Dennis |  |  | Sun PW 1/2M |  |
| Matt Randall |  |  |  | **Not seen or heard from this week.** |
| Nathan Marsh |  |  | Sat relay |  |
| Nick James |  |  |  |  |
| Nicole Taylor |  |  | Sat relay | **Ran from home** |
| Polly Pitcairn-Knowles |  |  | Sat relay |  |
| Ryan Driscoll |  |  | Sat relay | **London All ok and easy doubles** |
| Sam Crick |  |  |  |  |
| Sian Robertson |  |  | Sat relay | **Ran from home** |
| Simon Fraser |  |  |  |  |
| Steve Fennell |  |  |  |  |
| Will Beeston |  |  |  | **Loughborough Wed** |