**Tuesday 4th June 2019 – 1000s on grass**

Attendance = 24 + 6 from younger group. Warm, clear, dry, although had been raining.

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** |  |  |  |  |  |
| **Recovery at front** | **1.41** | **1.44** | **1.45** | **1.42** | **1.44** | **1.47** | **1.40** |  |  |  |  |  |  |
| Michael Ellis | 3.15 | 3.15 | 3.16 | 3.13 | 3.14 | 3.15 | 3.12 | 3.09 |  |  | **3.14** | **9/6 BAL 3k sc** | **2/6 SEAA 3k s/c 9th 10.10**  **Breathing/throat issue and could just feel tonight. Seen doctor** |
| Bede Pitcairn-Knowles | 3.16 | 3.18 | 3.15 | 3.13 | 3.15 | 3.15 | 3.12 | 3.08 |  |  | **3.14** |  | **Foot all ok and good solid session** |
| Dan Bradley | 3.16 | 3.19 | 3.17 | 3.20 | 3.21 | 3.20 |  |  |  |  | **3.19** |  | **Started taking liquid iron last Friday** |
| Julian Rendall | 3.24 | 3.21 | 3.22 | 3.22 | 3.22 | 3.22 |  |  |  |  | **3.22** |  | **All ok** |
| Ashley Gibson | 3.26 | 3.22 | 3.23 | 3.21 | 3.21 | 3.20 |  |  |  |  | **3.22** | **7/7 Great North 10k** | **Said legs just dead at London 10k so had a few easy days** |
| Luke Hooper | 3.25 | 3.23 | 3.24 | 3.22 | 3.22 | 3.23 |  |  |  |  | **3.23** | **16/6 SAL 5k ?** | **Did 6 as planned and all ok** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **1000** | **300** | **300** |  |  |  |  |  |  |
| **Recovery at front** | **1.45** | **1.47** | **1.49** | **1.50** | **1.53** | **61s** |  |  |  |  |  |  |  |
| Tom Cox | 3.23 | 3.19 | 3.18 | 3.16 | 3.20 | 50 | 48 |  |  |  | **3.19**  **49** |  | **Can move up another group if keeps training !** |
| Graeme Saker | 3.36 | 3.35 | 3.35 | 3.32 | 3.29 | 55 | 55 |  |  |  | **3.33**  **55** |  | **All ok** |
| Alice Wood | 3.37 | 3.36 | 3.36 | 3.36 | 3.40 | 57 | 59 |  |  |  | **3.37**  **58** |  | **All ok** |
| Liz Weeks | 3.47 | 3.49 | 3.51 | 3.53 | 3.56 | x | x |  |  |  | **3.51** |  | **31/5 Vets League 1500 debut 5.12**  **Today had done x fit in morning and legs dead** |
| **Group 2a** | **800** | **800** | **800** | **800** | **800** |  |  |  |  |  | **Av** |  |  |
| Nick James | 2.50 | 2.48 | 2.52 | 2.53 | 2.54 |  |  |  |  |  | **2.51** |  | **All ok** |
| India James | 3.03 | 3.08 | 3.08 | 3.08 | X |  |  |  |  |  | **3.07** |  | **Stopped as soon as felt shin/calf** |
| **Group 3** | **1/2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **Av** | **Races** | **Comment** |
| **Distance** | **2x200** | **1000** | **1000** | **1000** | **500** | **500** | **500** | **200** | **200** | **200** |  |  |  |
| **Recovery at front** | **1.35/1.38** | **1.54** | **2.00** | **2.09** | **1.53** | **1.58** | **2.28** | **1.43** | **1.40** |  |  |  |  |
| Sean Molloy | 29/28 | 2.54 | 2.51 | 2.49 | 1.21 | 1.18 | 1.15 | 27 | 27 | 25/6  26  26 | **2.51**  **78**  **26/7**  **x5** | **14/7 Belgium** | **Put spikes on for 200s. All good. Away until Monday** |
| Ben Murphy | 29/28 | 2.54 | 2.51 | 2.49 | 1.21 | 1.18 | 1.16 | 28 | 27/8 | 27 | **2.51**  **78**  **27** | **15/5 BMC Loughborough 800**  **22&23/6 National u23 champs** | **1&2/6 SEAA Champs 800 – won in 1.52**  **All ok and going very well** |
| Cameron Payas | 30/28 | 2.54 | 2.54 | 2.56 | 1.23 | 1.23 | 1.22 | 29 | 28 | 27/8 | **2.55**  **83**  **28** | **12/6 BMC Watford 1500**  **19/6 1500 Eltham**  **29/6 800 Watford**  **6-13/7 Island Games** | **Going to drop overall weekly volume a fraction as entering race period. Legs have felt a bit heavy.**  **Sat 1 mile 5.15, 8x300 off 2 min**  **42.7, 45.0, 44.9, 44.4, 44.2, 44.1, 43.9, 43.7** |
| James Puxty | 31/30 | 3.00 | 3.06 | dnf | x | 1.29 | 1.31 | 29 | 29 | 29  500  84 | **n.a.** | **9/6 BAL 3000**  **3/8 Wimbledon 5000** | **Needed toilet. Turned up with tights and gloves so can’t get quality of session.** |
| Dan Schofield | 31/32 | 3.05 | 3.07 | 3.11 | 1.29 | 1.29 | 1.37 | 34 | 34 | 32 | **3.08**  **91**  **33** |  | **Found it tough but all ok** |
| Charlie Crick | 31/31 | 3.16 | 3.19 | 3.26 | 1.31 | 1.33 | 1.33 | 31 | 29 | 27/8 | **3.20**  **92**  **29** | **19/6 Eltham 800** | **All ok** |
| **Group 3 (younger)** | **1/2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **Av** | **Races** | **Comment**  **With us as development meeting on** |
| James Kingston | 31/31 | 2.55 | 2.57 | 3.01 | 1.26 | 1.27 | 1.26 | 31 | 31 | 30/1 | **2.58**  **86**  **31** | **9/6 BAL 1500** | **All ok. Found it tough and chatted re BAL** |
| Toby Emm | 32/32 | 3.05 | 3.09 | 3.13 | 1.30 | 1.27 | 1.28 | 29 | 29 | 28 | **3.09**  **88**  **29** |  | **All ok and coped well** |
| Adam Van der Plas | 32/32 | 3.08 | 3.11 | 3.12 | 1.29 | 1.27 | 1.30 | 31 | 30 | 30 | **3.10**  **89**  **30** |  | **All ok and coped well** |
| Fintan Kavanagh | 33/34 | 3.13 | 3.18 | 3.22 | 1.40 | 1.34 | 1.36 | 36 | 35 | 32/3 | **3.18**  **97**  **35** |  | **2nd taster session with TAC** |
| Alex Thompson | 33/33 | 3.16 | 3.20 | 3.27 | 1.31 | 1.35 | 1.37 | 32 | 31 | 30 | **3.21**  **94**  **31** |  | **All ok and coped well** |
| Alex Sandberg | 33/33 | 3.16 | 3.20 | 3.26 | 1.38 | 1.36 | 1.37 | 33 | 35 | 33 | **3.21**  **97**  **34** |  | **All ok and coped well** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |  |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **1200** | **300** | **300** | **300** | **300** | **300** | **300** |  |  |  |  |  |  |
| **Recovery** | **7min** | **45s** | **3.02** | **47** | **3.18** | **47s** |  |  |  |  |  |  |  |
| Nicole Taylor | 3.56 | 49 | 49 | 50 | 50 | 49 | 50 |  |  |  | **n.a.** | **7/6 Fast Friday 10,000**  **6/7 Highgate 10,000** | **Racing Friday** |
| Kiri Marsh | 4.09 | 53 | 53 | 54 | 54 | 54 | 54 |  |  |  | **n.a.** | **7/6 Fast Friday 5000** | **Racing Friday** |
| Chloe Bird | 4.24 | 55 | 56 | 56 | 56 | 56 | 57 |  |  |  | **n.a.** | **7/6 Fast Friday 10000** | **Racing Friday** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  | **16/6 Chepstow 10k**  **14/7 Mid Kent 5** | **1/6 Harvel 5 – 9th in 31.13**  **Part of warm up 2x300 58,59**  **TAC Dev meet 1500** |
| Luca Russo |  |  |  |  |  |  |  |  |  |  |  |  | **Easy run and not been doing much** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  | **Easy run – had flu last week** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  | **Races** |  |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  | **26/6 Kent 3000** | **In Cardiff 5x1k off 2 mins on own on grass. Foot issue couple of days but ok** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** |  |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Angel Lópex-Cáceres |  |  |  |  |  |  |  |  |  |  |  |  | **Ran from home** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  | **13/6 Oxford mile ?** | **USA – putting in couple of solid weeks with double days ie 22/23 km** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  | **Completed exams, away on hols and then back to TAC** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  | **15/6 Loughborough 5000**  **29/6 Watford BMC ?**  **6/7 Highgate 10,000** | **St Marys –**  **Sat - 10( 2mins), 7.5 ( 90s), 5 ( 90s )**  **5 ( 90s), 2.5 Splits 5.02/4.57 ( 10)**  **5.01 ( 7.5), 4.58 (5) , 5.00 (5), 4.40 (2.5) Tues –**  **2x1k ( off lap jog), 10x400 ( off 75)**  **Times 2.45/2.45 63 avg** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500 4.26**  **Been ill since and now away** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  | **Says been running but not race fit re exams** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  | **29/6 Lee Valley 1/2M** | **Did 4x1mile plus 2x800 off 2 mins later. Around 5.11s** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  | **9/6 BAL 800 & 1500**  **12/6 Watford 1500**  **15/6 Lufbra BMC GP**  **29/6 Watford BMC GP 1500** | **Sheffield –**  **Sat - (700,300) (600,400) (500,300,200) 5x200 off 1min/5mins. 1.49, 43, 1.33, 58, 71, 42, 26, 28, 27, 28, 26, 26**  **Tues – 1 mile 4.35, 8x300 off 2 mins - 42, 40, 41, 40, 41, 41, 42, 44** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  | **Away until September** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  | **5/6 Rossenheim League** | **3/6 Battersea 5k – 7th 16.16**  **Ran from home** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  | **9/6 Staplehurst 10k** |  |
| James Price |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  | **8/6 Portland 1500**  **15/6 Brooks 1500 ?**  **29/6 Eugene 1500**  **9/7 Asuza ?**  **21/7 Anniversary Games 1 mile** | **USA – has potential races lined up. All ok after dq at NCAA regional** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  |  |  | **Away until after w/e. Been running in Scotland.** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  | **9/6 BAL** | **Loughborough – Sat 6x2mins off 60s plus strides, Sun 80min, Tues 12x400 av 64/5** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |  | **Been unwell and can’t race Sunday now in 10k** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **9/6 BAL 800 and relay** | **Loughborough – finished exams and all ok**  **Sat - 1k, 5’, 5x300 off 90, 10’, 600m. 2:44, 46,43,44,44, 1:24 (27,29,27)**  **Tues –**  **200,700,200,600,200,500,200,400 off 90s. Splits: 29, 1:55, 30, 1:30, 30, 72, 29, 53** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  | **10/6 Charnwood 3k** | **Finished exams and short break** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  |  | **Cambridge – exam mode. Sat managed 5x600 off 4mins in 1.40/1** |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  | **12/6 Watford BMC 1500**  **22/6 National u23 champs** | **Oxford** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  | **Would like to do SAL** |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nichola Evans |  |  |  |  |  |  |  |  |  |  |  | **5/6 Bedgebury race** | **31/5 Vets League 1500 – 5.22** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000**  **22/6 National u23 champs** | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  | **9/6 BAL 3k sc** | **Sat 12x400 off 60s in 67,65 and all 63/4. Sun 75mins, Tues – awaiting update.** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  | **Announcing at TAC meet** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  |  | **On hold re work etc** | **Ran from home** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  | **Had exam** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500** |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  | **Ironman triathlon ?** |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough –**  **Sat - 2.01mile WU, 800, 800, 600, 600, 400, 400, 200, 200 off 2min rest throughout (2.52, 2.53, 2.08, 2.10, 81, 79, 33, 33), 2mile WD**  **Sun 8 miles, Mon 5 miles**  **Tues –**  **2.03mile WU, 6x2mins off 90 secs, 5min rest, 6x1min off 60secs rest (0.36, 0.37, 0.37, 0.38, 0.36, 0.39/0.20, 0.21, 0.20, 0.20, 0.20, 0.21), 2.31miles WD** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough - 5x2mins and 8x150m sprints, Sunday 11k easy so 49k last week .Tues - 200s@15pace,700@3kpace,**  **600@15pace, 500@1k**  **400@800 –**  **32,2.02, 32,1.37,32,1.17,32,59** |