**Tuesday 5th February 2019 – Denbeigh Drive mile reps**

Attendance = 24. Cold and damp. Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **Average** | **Comment** |
| **Distance** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **1 lap**  **767m** |  | **Total 5x2+1x1 = 8437m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |
| Jamie Bryant | 4.49  2.27/2.22 | 4.44  2.23/2.21 | 4.44  2.23/2.21 | 4.39  2.19/2.20 | 4.43  2.22/2.21 | 2.15 | **4.43** | **In Oct 4.42x6. All ok and going well. Racing KL Sat** |
| Cameron Payas | 4.49  2.27/2.22 | 4.45  2.23/2.22 | 4.44  2.23/2.21 | 4.44  2.19/2.25 | 4.50  2.23/2.27 | 2.19 | **4.46** | **All ok and racing Ashford 10k Sunday** |
| George Duggan | 4.50  2.25/2.23 | 4.45  2.23/2.22 | 4.44  2.24/2.29 | 4.39  2.18/2.21 | x |  | **4.44x4** | **Had seen Paul Massey at Ashford Monday re hamstring and believes stems from back. Treated and said ok. Stopped as precaution as could feel it.** |
| Luca Russo | 4.49  2.27/2.22 | 4.52  2.23/2.29 | 5.01  2.24/2.37 | 2.18 | 2.19 | 2.14 | **4.54/2.17** | **All ok although found tough. Adjusted with KL on Sat in mind – comeback !** |
| Harry Lawson | 4.52  2.27.2.25 | 4.56  2.24/2.32 | 4.57  2.29/2.28 | 4.56  2.25/2.31 | 4.54  2.25/2.29 | 2.12 | **4.55** | **Wanted to try group 1 but a bit too swift so moved to group 2 on 3rd rep. All ok. Good session and in Oct did 5.03x4. Not running KL** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **Average** | **Comment** |
| **Distance** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **1 lap**  **767m** |  | **Total 5x2+1x1 = 8437m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Bede Pitcairn-Knowles | 5.09  2.36/2.33 | 5.02  2.34/2.28 | 4.54  2.29/2.25 | 4.51  2.23/2.28 | 4.49  2.23/2.26 | 2.25 | **4.57** | **Good session and paced well. Racing KL Sat** |
| Dan Madams | 5.09  2.36/2.33 | 5.02  2.34/2.28 | 5.00  2.31/2.29 | 4.55  2.25/2.30 | 4.55  2.29/2.26 | 2.16 | **5.00** | **Going really well (make sure a few days recovery).**  **In Oct 4x4.58. Down for KL Sat** |
| Dan Bradley | 5.09  2.36/2.33 | 5.02  2.34/2.28 | 5.00  2.31/2.29 | 5.02  2.30/2.32 | 5.00  2.29/2.31 | 2.22 | **5.03** | **All ok. Racing KL Sat. In Oct did 4.58x5** |
| Matt Dennis | 5.10  2.36/2.34 | 5.04  2.35/2.30 | 5.06  2.34/2.32 | 5.05  2.32/2.33 | 5.03  2.32/2.31 | 2.23 | **5.05** | **Worked hard and well paced.** |
| Julian Rendall | 5.09  2.37/2.32 | 5.05  2.35/2.29 | 5.03  2.32/2.31 | 5.06  2.31/2.35 | 5.06  2.32/2.34 | 2.26 | **5.06** | **All ok** |
| Jamie Bingham | 5.09  2.36/2.33 | 5.03  2.35/2.28 | 5.02  2.31/2.31 | 5.07  2.31/2.36 | 5.18  2.34/2.44 | x | **5.08** | **In Oct 4x5.15. Going well although feeling it at end. Doing KL Sat.** |
| Nicole Taylor | 5.09  2.36/2.33 | 5.05  2.35/2.30 | 5.03  2.32/2.31 | 5.07  2.31/2.36 | 2.28 |  | **5.06** | **Racing for England Sunday in Belgium** |
| Sam Crick | 5.11  2.37/2.34 | 5.07  2.35/2.32 | 2.35/x | 5.05  2.32/2.33 | 5.00  2.29/2.31 |  | **n.a.** | **Back was tight from work. Stopped and used foam roller to help get going again.** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **Average** | **Comment** |
| **Distance** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **2 laps**  **1534m** | **1 lap**  **767m** |  | **Total 5x2+1x1 = 8437m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Jordan Saul | 5.34  2.49/2.45 | 5.18  2.38/2.40 | 5.14  2.39/2.35 | 5.13  2.37/2.36 | 5.15  2.39/2.36 | 2.24 | **5.19** | **Very good session and going well. In Oct 4x5.27. Racing KL Sat** |
| Toby Ryan | 5.36  2.49/2.47 | 5.18  2.38/2.40 | 5.14  2.39/2.35 | 5.13  2.37/2.36 | 5.17  2.39/2.38 | 2.24 | **5.20** | **All ok. Said a bit tired from recent training. Racing KL Sat** |
| Mark Coates | 5.36  2.49/2.47 | 5.14  2.39/2.35 | 5.22  2.39/2.43 | 5.30  2.44/2.46 | 5.32  2.49/2.43 | 2.58 | **5.27** | **All ok** |
| Joe Watts | 5.41  2.49/2.52 | 5.52  2.54/2.58 | 5.38  2.46/2.52 | 5.38  2.46/2.52 | 5.39  2.45/2.54 | 2.47 | **5.41** | **Legs just heavy from training at weekend etc. Racing KL Sat** |
| Sian Robertson | 5.36  2.49/2.47 | 5.18  2.38/2.40 | 5.24  2.39/2.45 | 5.34  2.46/2.48 | 5.37  2.49/2.48 | x | **5.30** | **Managing calves well. Didn’t do last rep as a precaution. Racing KL Sat** |
| Simon Coppard | x/2.47 | 5.16  2.38/2.38 | 6.00  2.39/3.21 | x | x | x | **n.a.** | **Stopped as soon as felt achilles. Still not resolved and frustrating.** |
| **Group 3a** | **1** | **2** | **3** | **4** | **5** | **6** | **Average** | **Comment** |
| **Distance** | **1+1 laps**  **1277m** | **1+1 laps**  **1277m** | **1+1 laps**  **1277m** | **1+1 laps**  **1277m** | **1+1 laps**  **1277m** | **1 lap**  **767m** |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Ellen Pitcairn-Knowles | 5.13  3.05/2.08 | 5.13  3.04/3.09 | 3.10/x | x | x | x |  | **Had had food poisoning last couple of days and felt weak.** |
| **Other** |  |  |  |  |  |  |  | **Comment** |
| Ben Murphy |  |  |  |  |  |  |  | **Did a run earlier as hip still a bit tight. Also slipped on ice a few days back. Down for KL on Sat** |
| Michael Ellis |  |  |  |  |  |  |  | **Progressive run and achilles/calf ok** |
| Simon Fraser |  |  |  |  |  |  |  | **Jogged as still coughing after illness** |
| Sean Molloy |  |  |  |  |  |  |  | **Did track. British Champs 800 Sat.** |
| **Absent** |  |  |  |  |  |  |  | **Comment** |
| Alasdair Kinloch |  |  |  |  |  |  |  | **Loughborough – good race Sat at BUCS 5th B Race** |
| Alex Crockford |  |  |  |  |  |  |  | **Cardiff – hills 6x75s** |
| Alex Howard |  |  |  |  |  |  |  | **Battersea – 5xsmall lap ie 5x1.15 miles with 90s rec.**  **31.13 at Chichester 10k Sunday** |
| Alice Wood |  |  |  |  |  |  |  |  |
| Charlie Crick |  |  |  |  |  |  |  | **School session – did 3x1k off 60/75s and felt knee so stopped.** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  | **USA – 5xmile off 2 min** |
| Chloe Bird |  |  |  |  |  |  |  | **Nottingham – 119th BUCS Sat** |
| Chris Olley |  |  |  |  |  |  |  | **USA – 2x200,5x500 (100 jog) ,2x200 – racing 3k Friday** |
| Corey De’Ath |  |  |  |  |  |  |  | **St Marys - 6 ( off 90s), 2x3, 4, 3x3, 8x75s ( off 60)** |
| Dan Seagrove |  |  |  |  |  |  |  | **Norwich – 173rd in BUCS A race Sat** |
| Dane Poore |  |  |  |  |  |  |  | **Unwell – cold etc** |
| Dominic Brown |  |  |  |  |  |  |  | **Sheffield – raced BMC Indoors 800. Awaiting official time 1.53/4**  **3rd .  British Champs 1500 Sat.** |
| Elle Baker |  |  |  |  |  |  |  | **Ok and mixing x training with running but won’t be ready for National** |
| Graeme Saker |  |  |  |  |  |  |  | **Just keeping off fast stuff to protect achilles** |
| Harry Paton |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  | **Leeds – 8th on Sat in BUCS B race so solid run** |
| James West |  |  |  |  |  |  |  | **USA – will race 1mile and/or 3k Sat/Fri at Seattle. All ok** |
| Jamie Brown |  |  |  |  |  |  |  | **Ok after illness. Ran 8x500 off 60s av 86** |
| Jamie Goodge |  |  |  |  |  |  |  | **Loughborough – solid race Sat 13th B race** |
| Kieran Eland |  |  |  |  |  |  |  | **Cardiff – last week ran 1.57 800 and 50.50 for 400 at Lee Valley. Tues – 100,110,120…200 with 90s rec increasing by 10s. Last 200 23.3. BUCS Indoors next week** |
| Kieran Reilly |  |  |  |  |  |  |  | **Loughborough – managing foot. Sat 7.5 miles, Sun 3.5, Mon/Tues x train on bike. British Champs 1500 Sat.** |
| Kiri Marsh |  |  |  |  |  |  |  | **Nottingham – 46th BUCS Sat** |
| Lottie Richardson |  |  |  |  |  |  |  | **Nottingham – 6x1k off 90s. 167th BUCS Sat** |
| Lucy Thompson |  |  |  |  |  |  |  | **Cambridge – 158th at BUCS** |
| Luke Hooper |  |  |  |  |  |  |  | **Ran from home – 9 miles progressive pace. Racing KL Sat** |
| Nathan Chapman |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  | **Nottingham – dnf at BUCS re stomach and unwell since** |
| Peter Bannister |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  | **Cambridge – 27th at BUCS and pleased after injury** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  | **Cambridge – 198th at BUCS** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  | **Mon 10 miles and Tuesday morning run but kept away from TAC as has a cold. Battling motivation.** |
| Ryan Driscoll |  |  |  |  |  |  |  | **Battersea – 5x1.15 miles off 90s av 5.35** |
| Tom Cox |  |  |  |  |  |  |  | **Dan Bradley was training well !** |
| Tom Holden |  |  |  |  |  |  |  | **Loughborough – warm up and down plus 2.03 miles of 200 fast/200 float in 51/46. Unwell though with cold etc** |
| Tom Richards |  |  |  |  |  |  |  | **X training well** |
| Will Beeston |  |  |  |  |  |  |  | **Loughborough – Mon 12k, Tues 4x900m hill. 73rd in BUCS B race on Saturday** |