**Tuesday 5th March 2019 – Denbeigh Drive reps**

Attendance = 17. Cool and damp. Coaches – Mark Hookway, Richard Owen.

Races – UKIC = UK Inter Counties

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** |  | **Av** | **Race** | **Comment** |
| **Distance** | **2 laps****1534m** | **2 laps****1534m** | **2 laps****1534m** | **1 lap****767m** | **1 lap****767m** | **1 lap****767m** |  |  |  | **Total = 6903m** |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |  | **Fractionally longer recovery as we inch pace up.** |
| Jamie Bryant | 4.43(2.25/2.18) | 4.46(2.22/2.24) | 4.40(2.19/2.21) | 2.15 | 2.14 | 2.12 |  | **4.43****2.14** |  | **Not racing at w/e. Said felt pretty tired before but would try and go quicker as slightly more recovery and less volume.** |
| Robbie Farnham-Rose | 4.49(2.26/2.23) | 4.48(2.22/2.26) | 4.42(2.19/2.23) | 2.17 | 2.13 | 2.04 |  | **4.46****2.11** |  | **Been working on flat all day but said last few days felt a bit better. Saturday and tonight were steps up.** |
| Cameron Payas | 4.49(2.25/2.24) | 4.47(2.22/2.25) | 4.44(2.21/2.23) | 2.18 | 2.16 | 2.14 |  | **4.47****2.16** | UKIC | **All ok and racing Saturday** |
| Bede Pitcairn-Knowles | 4.51(2.26/2.25) | 4.49(2.22/2.27) | 4.48(2.21/2.27) | 2.21 | 2.18 | x |  | **4.49****2.19** | UKIC | **Was going very well and wit race on Saturday we called it to stop rather than do last rep.** |
| Sean Molloy | x | x | 4.42(2.19/2.23) | 2.15 | 2.11 | 1.55 |  | **4.42****2.07** |  | **Got lost on warm up ! Did 5+ miles with around 5.35/40 pace and then joined session. Nobody has ever run near a 1.55 around that loop.** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** |  | **Av** | **Race** | **Comment** |
| **Distance** | **2 laps****1534m** | **2 laps****1534m** | **2 laps****1534m** | **1 lap****767m** | **1 lap****767m** | **1 lap****767m** |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Michael Ellis | 5.02(2.33/2.29) | 4.59(2.30/2.29) | 4.55(2.28/2.27) | 2.20 | 2.17 | 2.11 |  | **4.59****2.19** | UKIC | **Best felt for a while and moving well. Been working on loosening back** |
| Dan Bradley | 5.02(2.33/2.29) | 4.59(2.30/2.29) | 4.57(2.29/2.28) | 2.24 | 2.23 | 2.24 |  | **4.59****2.24** |  | **All ok. Offered longer session with Dane, Luke, Joe but wanted to do this.** |
| Harry Lawson | 5.09(2.37/2.32) | 5.09(2.32/2.37) | 4.57(2.29/2.28) | 2.28 | 2.23 | 2.14 |  | **5.05****2.22** |  | **Started in control and got quicker. All ok. Has his college gym sessions Thursdays** |
| Nicole Taylor | 5.14(2.36/2.32) | 5.13(2.34/2.39) | 2.33 | 2.35 | 2.33 |  |  |  | UKIC | **Kept to 90s recovery. Session reduced as racing at w/e.** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** |  | **Av** | **Race** | **Comment** |
| **Distance** | **2 laps****1534m** | **2 laps****1534m** | **2 laps****1534m** | **1 lap****767m** | **1 lap****767m** | **1 lap****767m** |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Jordan Saul | 5.16(2.42/2.34) | 5.14(2.36/2.38) | 5.17(2.36/2.41) | 2.32 | 2.31 | 2.24 |  | **5.16****2.29** |  | **Good session Saturday and again tonight. Finished strongly** |
| Mark Coates | 5.16(2.35/2.41) | 5.22(2.33/2.49) | 5.32(2.43/2.49) | 2.43 | 2.40 | 2.40 |  | **5.23****2.41** |  | **All ok and finished well** |
| Sian Robertson | 5.20(2.42/2.38) | 5.29(2.41/2.48) | 5.43(2.50/2.53) | 2.46 | 2.43 | 2.41 |  | **5.31****2.43** |  | **Was very tired/drained but perked up towards end. Sometimes just work days are tough.** |
| **Group 4 - Marathon** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **Av** | **Race** | **Comment** |
| **Distance** | **2 laps****1534m** | **2 laps****1534m** | **2 laps****1534m** | **2 laps****1534m** | **2 laps****1534m** | **2 laps****1534m** | **1 lap****767m** |  |  | **Total 9971m for 7 reps** |
| **Recovery** | **Noted below** | **Noted below** | **Noted below** | **Noted below** | **Noted below** | **Noted below** |  |  |  |  |
| Dane Poore | 4.56(2.27/2.29)Rec 1.18 | 4.58(2.26/2.32)Rec 1.28 | 4.56(2.26/2.30)Rec 1.23 | 4.56(2.27/2.29)Rec 1.29 | 4.55(2.25/2.30)Rec 1.33 | 4.54(2.25/2.29)Rec 1.24 | 2.26 |  |  | **One of best session so far. Started strongly but held it so consistently. Would have finished 7x2 laps but needed toilet.** |
| Luke Hooper | 5.20(2.39/2.41)(Rec 0.54) | 5.21(2.37/2.44)(Rec 1.05) | 5.15(2.36/2.39)(Rec 1.04) | 5.21(2.38/2.43)(Rec 0.56) | 5.21(2.37/2.44)(Rec 1.07) | 5.19(2.39/2.40)(Rec 0.59) | 2.35 |  | Big 1/2M | **Excellent session and very consistent. Actual recovery av. around 60s** |
| **Group 4a - Marathon** | **1** | **2** | **3** | **4** | **5** | **6** |  | **Av** | **Race** | **Comment** |
| **Distance** | **1+1 laps****1277m** | **1+1 laps****1277m** | **1+1 laps****1277m** | **1+1 laps****1277m** | **1+1 laps****1277m** | **1+1 laps****1277m** |  |  |  | **Total 7662m** |
| Joe Watts | 4.45(2.49/1.56)Rec 1.29 | 4.43(2.47/1.56)Rec 1.43 | 4.39(2.45/1.54)Rec 1.40 | 4.39(2.45/1.54)Rec 1.46 | 4.41(2.46/1.55)Rec 1.34 | 4.42(2.47/1.55) |  |  |  | **Very consistent. Sat did 25 miles with last 5 at marathon pace** |
| **Other** |  |  |  |  |  |  |  |  | **Race** | **Comment** |
| Alice Wood |  |  |  |  |  |  |  |  |  | **Ran to Denbeigh Drive, a few laps and back. Cautious re foot** |
| Ben Murphy |  |  |  |  |  |  |  |  |  | **After Sat had sore spot again on inside right knee. Thinks when wears spikes. Ran earlier as precaution and all ok.** |
| **Absent** |  |  |  |  |  |  |  |  | **Race** | **Comment** |
| Alasdair Kinloch |  |  |  |  |  |  |  |  | UKIC | **Loughborough** |
| Alex Crockford |  |  |  |  |  |  |  |  |  | **Cardiff – resting shin from running** |
| Alex Howard |  |  |  |  |  |  |  |  |  | **Battersea – good session 1 x gig lap 8.28,3x3mins/1k, 8.13 big lap. 83 last week and going well** |
| Charlie Crick |  |  |  |  |  |  |  |  |  | **At school 7x400 off 90s in 69 with last 2 in 65** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  |  | **USA** |
| Chloe Bird |  |  |  |  |  |  |  |  |  | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  |  | **USA paced 1300m of 1500m on Sat then hills after.** |
| Corey De’Ath |  |  |  |  |  |  |  |  | UKIC | **St Marys – 5,2x3,2x2,5,5x75/45s** |
| Dan Madams |  |  |  |  |  |  |  |  |  | **Had a tight calf after half marathon , but ok and trained well with steady/easy runs last few days** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  | **Sheffield 3x5x400m with 60s/3min rec.** **65 64 63 64 63****,** **63 61 62 61 61****,** **61 61 60 62 6**1 |
| Elle Baker |  |  |  |  |  |  |  |  |  | **Ok and has signed up for short leg at Southern Road relay** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  | **Ran from Penshurst to track, but other commitment.** |
| George Duggan |  |  |  |  |  |  |  |  |  | **Loughborough – all ok.**  |
| Graeme Saker |  |  |  |  |  |  |  |  |  | **Did Saturday session with group. Away with work.** |
| Harry Paton |  |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  |  |  | **Leeds** |
| James West |  |  |  |  |  |  |  |  | NCAA | **USA – racing 3k (6.25pm Sat = 12.25am Sun UK) and DMR (9.02pm Friday/5.02am Sat UK)at NCAA Friday/Saturday** |
| Jamie Bingham |  |  |  |  |  |  |  |  |  | **Away on travels** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |
| Jamie Goodge |  |  |  |  |  |  |  |  | UKIC | **Had easy week last week but then called up for Kent senior team Sat. Did hills with Lufbra** |
| Kieran Eland |  |  |  |  |  |  |  |  |  | **Cardiff – 38 miles last week. Tuesday 6x2mins** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  | **Loughborough – did hills and getting some consistency** |
| Kiri Marsh |  |  |  |  |  |  |  |  | UKIC | **Nottingham** |
| Lottie Richardson |  |  |  |  |  |  |  |  | UKIC | **Nottingham – 2x(1k,800,400) as cut one set as taper for Sat. Had a good week last week total 62k inc hills Sat** |
| Luca Russo |  |  |  |  |  |  |  |  |  | **Have tried calling and texting but no response. Typical Luca off the radar and wonder if he will read this ?** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Matt Dennis |  |  |  |  |  |  |  |  | Lydd 20  | **Racing Lydd 20 on Sunday** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  | **Chat on Tuesday and generally ok. Struggled a bit on some runs and will get blood test Thursday hopefully** |
| Peter Bannister |  |  |  |  |  |  |  |  |  | **Brighton** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  | UKIC | **Cornwall – 15th in Westward League on Sat** |
| Ryan Driscoll |  |  |  |  |  |  |  |  | UKIC | **Battersea – did 1xbig lap and 3x3 mins as taper, missing another big lap. Has had a cold but Sat 8x1k at TAC, Sun 13, Mon 6+6** |
| Sam Crick |  |  |  |  |  |  |  |  |  | **Ran Monday with group but saying still bit of a cold** |
| Simon Coppard |  |  |  |  |  |  |  |  |  | **Seeing another physio for second opinion as achilles ore again**  |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  | **Loughborough – Sun 4 miles and achilles ok so did again Monday. Tues massage** |
| Tom Richards |  |  |  |  |  |  |  |  |  | **X training** |
| Will Beeston |  |  |  |  |  |  |  |  |  | **Knee still not right so had 2nd visit to physio and withdrawn from Inter counties** |