**Thursday 6th June 2019 – 800s or 1000s on track**

Attendance = 24. Warm, clear, dry and a bit breezy.

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** |  |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **200** | **200** | **800** | **800** | **800** |  |  |  |  |  |  |
| **Recovery at front** | **Walk/**  **jog** | **3min** | **6min** | **6min** |  |  |  |  |  |  | **Note – 20/6/17 - Ryan Driscoll did**  **2.06,2.01,1.57 and 24/6 ran 3.47 1500.** |
| Ben Murphy | 27 | 29 | 2.08  (62/66) | 2.03.2  (62/61) | 1.54.3  (57/57) |  |  |  | **2.02** | **15/5 BMC Loughborough 800**  **22&23/6 National u23 champs** | **Very good session and all ok. Going to back off a bit over w/e.** |
| Cameron Payas | 28 | 30 | 2.08  (62/66) | 2.04.5  (62/62) | 1.59.4  (58/61) |  |  |  | **2.04** | **12/6 BMC Watford 1500**  **19/6 1500 Eltham**  **29/6 800 Watford**  **6-13/7 Island Games** | **Very good session and one of best ever.** |
| Michael Ellis | 29 | 31 | 2.10  (63/67) | 2.07.0  (62/65) | 2.07.9  (61/66) |  |  |  | **2.08** | **9/6 BAL 3k sc** | **Good session, although said breathing still a bit of an issue. Hamstrings a bit tight.** |
| Charlie Crick | 28 | 29 | 95  600  (62/33) | 92.5  600  (62/30) | 92.4  600  (61/31) |  |  |  | **93** | **19/6 Eltham 800** | **Did session as planned and hit targets** |
| Simon Coppard | 28 | 29 | 96  600  (63/33) | 77  500  (62/15) | 57.1  400 | 29  200 | 30  200 |  | **n.a.** |  | **A jump up in quality and all ok** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av** | **Races** | **Comment** |
| **Distance** | **200** | **1200** | **1200** | **1200** | **1200** | **300** | **300** | **300** |  |  |  |
| **Recovery at front** | **90s** | **5min** | **5min** | **5min** | **5min** | **3min** | **3min** |  |  |  |  |
| Bede Pitcairn-Knowles | 31 | 3.34 | 3.32 | 3.33 | 3.29 | 47 | 46 | 48 | **3.32**  **47** |  | **Worked well on 1200s** |
| Harry Lawson | 31 | 3.36 | 3.38 | 3.34 | 3.31 | 44 | 44 | 44 | **3.35**  **44** |  | **5/6 Rossenheim League – results ?**  **Good session** |
| Dan Schofield | 32 | 3.40 | 3.42 | 3.45 | 3.43 | 52 | 45 | 45 | **3.42**  **47** |  | **Said tired re exams but still did good session. Almost stopped before 300s, but picked up nicely** |
| James Price | 32 | 3.40 | 3.43 | 3.45 | 3.45 | 50 | 47 | 45/6 | **3.43**  **47** |  | **All ok and good finish** |
| Dan Bradley | 31 | 3.40 | 3.44 | 3.47 | 3.48 | 48 | 46 | 47/8 | **3.45**  **47** |  | **All ok. A lot quicker than last year** |
| Tom Cox | 30 | 3.48 | 3.50 | 3.59 | 3.49 | 49 | 45 | 42 | **3.51**  **45** |  | **Groaning as usual but getting fitter !** |
| Matt Dennis | 35 | 3.49 | 3.52 | 3.56 | 3.50 | 51 | 48 | 47 | **3.52**  **49** |  | **All ok** |
| Angel López-Cáceres | 36 | 4.05 | 4.03 | 4.01 | 3.59 | 54 | 52 | 46 | **4.02**  **50** |  | **Ran with Sian** |
| Sian Robertson | 36 | 4.05 | 4.03 | 4.01 | 3.59 | 54 | 52 | 51 | **4.02**  **52** | **On hold re work etc** | **Good solid session** |
| Joe Watts | 33 | 4.08 | 4.10 | 4.15 | 4.14 | 55 | 53 | 51 | **4.12**  **53** | **16/6 Chepstow 10k**  **14/7 Mid Kent 5** | **Tues just missed 1500 pb with 5.09** |
| Harriet Woolley | 38 | 4.08 | 4.18 | 4.22 | 4.25 | 55 | 54 | 53 | **4.18**  **54** |  | **Maybe a fraction quick on 1st 1200 but finished well** |
| Simon Fraser | x | 4.09 | 4.11 | 4.01 | 3.58 | x | x | x | **4.05** | **10/6 Vets League 800** | **Back recovering and just eased into 1200s** |
| Becky Morrish | 36 | 4.25 | 4.27 | 4.23 | x |  |  |  | **4.25** |  | **Cautious re tight leg** |
| Adam Durbaba | 37 | 4.29 | 3.06  800 | 3.06  800 | x |  |  |  | **n.a.** |  | **Found it tough and said hadn’t been running much** |
| **Group 3** | **1** | **2** | **3/4** | **5/6** | **7/8** | **9/10** | **11/12** |  | **Av** | **Races** | **Comment** |
| **Distance** | **200** | **1200** | **200** | **200** | **200** | **200** | **200** |  | **200s** |  |  |
| **Recovery at front** | **90s** | **5min** | **200**  **jog** | **200**  **jog** | **200**  **jog** | **200**  **jog** | **200**  **jog** |  |  |  |  |
| James Puxty | 31 | 3.34 | 29/29 | 30/30 | 30/30 | 29/29 | 28/28 |  | **29** | **9/6 BAL 3000**  **3/8 Wimbledon 5000** | **All ok. Racing Sunday** |
| Alice Wood | 38 | 4.09 | 33/35 | 35/35 | 35/35 | 34/34 | 34/33 |  | **34/5** | **19/6 BMC Eltham**  **26/6 Wimbledon 3000** | **All ok** |
| Jacqui O’Reilly | 38 | 4.08 | 34/37 | 36/37 | 38/39 | 35/36 |  |  | **36/7** | **9/6 Staplehurst 10k**  **19/6 Eltham 1500** | **All ok. Racing Sunday** |
| **Other** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Nichola Evans |  |  |  |  |  |  |  |  |  | **10/6 Vets League 800** | **5/6 Bedgebury race – 3rd 10k 43.52**  **Did recovery run** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  | **Would like to do SAL** | **Did easy running re achilles** |
| **Absent** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  | **Exams and work now so won’t be down much. Health and back now ok** |
| Alex Crockford |  |  |  |  |  |  |  |  |  | **26/6 Kent 3000** | **Cardiff – Wed 43mins** |
| Alex Howard |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **Racing 5000 Friday** |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  |
| Ashley Gibson |  |  |  |  |  |  |  |  |  | **7/7 Great North 10k** |  |
| Chloe Bird |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 10000** | **Racing 10,000m Friday** |
| Chris Olley |  |  |  |  |  |  |  |  |  | **13/6 Oxford mile ?** | **USA – good solid double days** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  | **Away** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  | **15/6 Loughborough 5000**  **29/6 Watford BMC ?**  **6/7 Highgate 10,000** | **St Marys - 5 ( 90s), 5x75, 45 ( off 60, 45)**  **3 ( 90s), 2, 10x30 ( off 45) Splits 4.45 (5)** |
| Dan Madams |  |  |  |  |  |  |  |  |  | **10/6 Vets League 800 ?** | **Away** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  | **Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  | **29/6 Lee Valley 1/2M** | **Own run** |
| Dominic Brown |  |  |  |  |  |  |  |  |  | **9/6 BAL 800 & 1500**  **12/6 Watford 1500**  **15/6 Lufbra BMC GP**  **29/6 Watford BMC GP 1500** | **Sheffield – races coming up. Will do B string 800 and A string 1500 on Sunday** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Away until September** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |
| India James |  |  |  |  |  |  |  |  |  |  |  |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  | **9/6 Portland 1500**  **15/6 Brooks 1500 ?**  **29/6 Eugene 1500**  **9/7 Asuza ?**  **21/7 Anniversary Games 1 mile** | **USA – Racing Sunday 1500**  **Portland Track Festival**  **7.35pm local time (UK 3.35am Mon)** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  | **Away and running in Scotland** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  | **9/6 BAL** | **Loughborough – racing Sunday** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  | **Been unwell** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  | **9/6 BAL 800 and relay** | **Loughborough – 15mins tempo plus 4x200. 5.16 p/m, 28,27,25,25 and all ok** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **Racing 5,000m Friday** |
| Liz Weeks |  |  |  |  |  |  |  |  |  | **10/6 Vets League 800** |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  | **10/6 Charnwood 3k** | **Away** |
| Luca Russo |  |  |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Luke Hooper |  |  |  |  |  |  |  |  |  | **16/6 SAL 5k ?** | **Family commitment** |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  | **12/6 Watford BMC 1500**  **22/6 National u23 champs** | **Oxford** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  | **Leeds** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |
| Nicole Taylor |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 10,000**  **6/7 Highgate 10,000** | **Racing 10,000m Friday** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  | **22/6 National u23 champs** | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  | **9/6 BAL 3k sc** | **On course in Norfolk – Wed double day inc pm 20x60s on/off, Thurs 60mins** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |
| Sean Molloy |  |  |  |  |  |  |  |  |  | **15/6 1500 Loughborough**  **29/6 800 Watford**  **14/7 Belgium** | **Away – Wed 7 miles, Thurs 3 miles, 12 hills, 1 mile** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |
| Toby Ryan |  |  |  |  |  |  |  |  |  | **Ironman triathlon ?** |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  | **Loughborough – 5 miles. Has 200s planned for Saturday** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  | **12/6 1500 Loughborough** | **Loughborough – 51mins** |