**Tuesday 7th May May 2019 – 2ks or 2x600,400,200 on grass**

Attendance = 32. Cool, still and sunny, whilst raining for part.

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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **Av.** | **Races** | **Comment** |
| **Distance** | **2000** | **2000** | **2000** | **200** | **200** | **200** |  |  | **Total 3x2000 = 6000** |
| **Recovery** | **2/3min** | **2/3min** | **2/3min** | **200 jog** | **200 jog** |  |  |  | **Total 4x2000 = 8000** |
| Jamie Bryant | 6.22 | 6.14 | 6.16 | 6.15  2000 | 30.4 | 29.8 | **6.17** | **22/5 – Eltham 5000** | **BAL cancelled so entered BMC Eltham**  **All ok and out in front** |
| Toby Ryan | 7.01 | 7.11 | 7.21 | 7.23  2000 |  |  | **7.11** | **Triathlon mid May** | **All ok** |
| Chloe Bird | 7.30 | 7.31 | 7.32 | 7.40  2000 |  |  | **7.33** |  | **6/5 BUCS 5k – 18.26 day before** |
| Bede Pitcairn-Knowles | 6.32 | 6.29 | 6.28 | 30 | 30 | 29 | **6.30/30** | **27/5 London 10k** | **All ok** |
| James Puxty | 6.34 | 6.29 | 6.30 | 30 | 30 | 29 | **6.31/30** |  | **Feeling better than last week as getting over tonsillitis** |
| James Price | 6.44 | 6.41 | 6.42 | 32 | 31 | 29 | **6.42/31** |  | **All ok. Not far outside 17mins parkrun Sat** |
| Dan Schofield | 6.58 | 6.53 | 6.51 | 33 | 32 | 32 | **6.54/32** | **27/5 London 10k** | **5/5 UKYDL 1500 & school 800 Sat. Did 4.19 Sunday (pb is 4.11.66). A bit sore after** |
| Luke Hooper | 6.59 | 6.53 | 6.55 | 32 | 32 | x | **6.56/32** |  | **Ran 3 miles Monday and all ok tonight. Firs since marathon and says feels fine** |
| Jordan Saul | 6.58 | 7.05 | 7.05 | 33 | 32 | 30 | **7.03/32** |  | **Saw Paul Massey Friday and has to strengthen hips. Says more soleous than achilles** |
| James Stoney | 7.02 | 7.12 | 7.19 | 33 | 33 | 33 | **7.11/33** |  | **Only managing one day a week due to shin** |
| Mark Coates | 7.22 | 7.27 | 7.35 | 40 | 38 | 39 | **7.28/39** |  | **Didn’t seem to be so quick today** |
| Nathan Chapman | 6.44 | 6.41 | 6.47 | x | x | x | **6.44** | **Would like to do SAL** | **Felt achilles when starting a 4th rep** |
| Ashley Gibson | 6.50 | 6.55 | 6.57 |  |  |  | **6.54** | **11/5 Ipswich 5k**  **27/5 London 10k** | **Did as planned** |
| Kiri Marsh | 7.03 | 7.05 | 7.10 |  |  |  | **7.06** |  | **6/5 BUCS 5k – ran 17.20 5000 pb day before** |
| Sian Robertson | 7.09 | 7.24 | 7.22 |  |  |  | **7.18** |  | **Feeling tired** |
| Angel López-Cáceres | 7.09 | 7.24 | 7.23 |  |  |  | **7.18** |  | **Now at PKs business on Tuesdays for assessments etc** |
| Alice Wood | 7.30 | 7.31 | 7.25 |  |  |  | **7.29** |  | **Getting fitter and stronger each week. Ran 18.31 Bromley parkrun on Sat** |
| Simon Fraser | 7.03 | 7.22 | x | x | x | x | **7.12x2** |  | **First after marathon and then watched son race** |
| Michael Ellis | 6.31 | 5.14  1600 | x | x | x | x | **n.a.** | **2/6 SEAA 3k s/c** | **12/5 – BAL 3k S/C – cancelled**  **Feeling a bit better but still not right. Fluey last week** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **Av.** | **Races** | **Comment** |
| **Distance** | **2000** | **1600** | **1200** | **200** | **200** | **200** |  |  | **Total = 6000** |
| **Recovery** | **3min** | **3min** | **3min** | **200 jog** | **200 jog** |  |  |  |  |
| Liz Weeks | 7.30 | 6.00 | 4.25 | 35 | 34 | 34 | **n.a.** |  | **Going well. Mentioned potential track races** |
| Jacqui O’Reilly | 7.44 | 6.10 | 4.36 | 39 | 37 | 35 | **n.a.** | **9/6**  **Staplehurst 10k** | **All ok and finished strongly** |
| Nichola Evans | 7.42 | 6.24 | 4.42 | 40 | 37 | 37 | **n.a.** |  | **First session with group and all ok** |
| Abianne Coates | 7.59 | 6.29 | 4.47 | 36 | 36 | 35 | **n.a.** |  | **5/5 UKYDL 3k – pb 11.15.61**  **Foot hurt a bit before session but was ok** |
| Lottie Richardson | 8.07 | 6.14 | 4.39 | 37 | 36 | 36 | **n.a.** | **11/5 Sussex 5000**  **18/5 Parkrun**  **27/5 London 10k**  **10/6 Charnwood 1500/3k** | **Arrived a bit late but ok as took steady with Saturday race in mind** |
| Alex Crockford | 8.12 | 6.32 | 4.48 | 42 | 40 | 39 | **n.a.** |  | **All ok but going to see Angel re full assessment re shin issue that crops up** |
| Ellen Pitcairn-Knowles | 8.13 | 6.33 | 4.51 | 41 | 41 | 39 | **n.a.** |  | **All ok** |
| Taz Marsh | 9.01 | 7.28 | 5.47 | 48 | 41 | 41 | **n.a.** |  | **Joined in as back home** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **Races** | **Comment** |
| **Distance** | **2000** | **600** | **400** | **200** | **600** | **400** | **200** |  |  |
| **Recovery** | **5min** | **3min** | **2min** | **5min** | **3min** | **2min** |  |  |  |
| Ben Murphy | 6.28 | 93 | 58 | 28 | 93 | 59 | 28 | **15/5 Watford BMC 800** | **12/5 BAL 1500 now cancelled so in BMC next week. All ok although sick after** |
| Cameron Payas | 6.28 | 93 | 59 | 28 | 94 | 61 | 29 | **15/5 Watford 800**  **22/5 Eltham** | **12/5 – BAL 800 cancelled so now Watford 800 next. All ok** |
| Nicole Taylor | 6.41 | 32/33 | 34/33 | 33/33 | 33/33 |  |  | **11/5 Ipswich 5k** | **Ran 16.33 Bromley parkrun Sat and tapering down for Ipswich 5k** |
| **Other** |  |  |  |  |  |  |  | **Races** | **Comment** |
| Simon Coppard |  |  |  |  |  |  |  |  | **Managed 10x80m with Angel with no achilles pain** |
| Sam Crick |  |  |  |  |  |  |  |  | **Came down as recovering from heel issue** |
| Tom Richards |  |  |  |  |  |  |  |  | **Gym** |
| **Absent** |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  |  | **19/5 LIA 3k sc** | **12/5 BAL 1500 – cancelled, so doing Loughborough Int. steeplechase** |
| Charlie Crick |  |  |  |  |  |  |  | **11/5 Kent 400** | **5/5 UKYDL 800 2nd in 1.59.18. School match Sat won 800 and 400. Shins a bit sore when did 4x200 at school** |
| Chris Olley |  |  |  |  |  |  |  | **23-25/5 Regional champs 5000** | **3/5 Portland Twilight 1500 – 2nd 3.48 in congested race. Training well and next race regionals** |
| Clara Tyler |  |  |  |  |  |  |  |  | **Exam mode** |
| Corey De’Ath |  |  |  |  |  |  |  | **11/5 Ipswich 5k**  **27/5 London 10k** | **6/5 BUCS 5k – second half tough 15.09** |
| Dan Bradley |  |  |  |  |  |  |  |  | **Had a flat tyre on way back from work** |
| Dan Madams |  |  |  |  |  |  |  |  |  |
| Dan Seagrove |  |  |  |  |  |  |  |  | **4/5 - BUCS 800 – withdrew as unwell** |
| Dane Poore |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  | **15/5 BMC 1500**  **19/5 LIA 1500** | **4/5 BUCS 800 – decent champs as made final and 6th, close to 3rd** |
| George Marshall |  |  |  |  |  |  |  |  | **Exams** |
| Graeme Saker |  |  |  |  |  |  |  |  | **Maybe back on Thursday as ran 32 miles last week** |
| Harry Lawson |  |  |  |  |  |  |  | **8/5 Rossenheim League**  **3/6 Battersea 5k** | **Says really wants to focus on 5000 ie longer and racing Wed** |
| India James |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  | **Ran 3.42 1500 Thursday and then won 800 1.49.77 on Sat** |
| Jamie Brown |  |  |  |  |  |  |  |  | **Unwell** |
| Jamie Goodge |  |  |  |  |  |  |  | **15/5 Lufbra open ?**  **19/5 LIA or 20/5 Charnwood 1500** | **Loughborough - 12/5 BAL 3k – cancelled. Have spoken re races etc. Probably LIA 1500 guest race next. Sat 8x3min and felt good. Back late Tues from trip so did run and strides** |
| Joe Watts |  |  |  |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  |  |  |  | **4/5 BUCS 800 – ran 2.01 and struggled. Says weather and mentality as is fit** |
| Kieran Reilly |  |  |  |  |  |  |  |  | **4/5 BUCS 1500 – made final and 8th so decent after foot niggle recently** |
| Matt Dennis |  |  |  |  |  |  |  |  | **Ran 6 miles and then didn’t come as foot hurt** |
| Miles Weatherseed |  |  |  |  |  |  |  | **18/5 Varsity 1500** | **4/5 BUCS 1500 – made final and 9th** |
| Nathan Marsh |  |  |  |  |  |  |  | **5k**  **25/5 BMC Sports City 5000** | **3k, 11/5 Ipswich – withdrawn as struggling with hip/quad. Trying to get appt.** |
| Phoebe Barker |  |  |  |  |  |  |  | **18/5 Varsity** | **16/5 BUCS 5000 – ran 17.15 and tough last laps** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  | **Back in Cornwall** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  | **Not seen or heard from** |
| Ryan Driscoll |  |  |  |  |  |  |  | **11/5 Ipswich 5k**  **19/5 LIA 3k sc** | **Had a photo shoot in London but managed run inc 20 mins off 60s on/off** |
| Sean Molloy |  |  |  |  |  |  |  | **11/5 Ipswich 800** | **Sat did parkrun 16.08,8xOaast Lane then 2x370m on tarmac with 15s rec in 55/58. Tonight Battersea 7x790m off 60s in av 2.15 (=2.16/17 for 800) plus 5x200 off 200 jog in av 25.9** |
| Steve Fennell |  |  |  |  |  |  |  | **27/5 London 10k** |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  | **Loughborough – good few days. Sat 10x90s off 60s rec, Sun 8 miles, Mon 5 miles, Tues 6x2min off 60s, 3min jog,5x60s off 60s rec** |
| Will Beeston |  |  |  |  |  |  |  |  | **Loughborough – 4x600 off 5min in 98,97,96,96 so making good progress** |