**Tuesday 9th April 2019 – Various on grass**

Attendance = 26. Chilly, damp and still. Coaches – Mark Hookway, Richard Owen, Bill Mutler, Pete Brenchley

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1 – 3k/5k** | **1/2** | **3** | **4 to 7** | **8** | **9 to 12** | **13** |  | **Av** | **Comment** |
| **Distance** | **2x200** | **1000** | **4x400** | **1000** | **4x400** | **1000** |  |  | **Total 6600m** |
| **Recovery** | **200 jog** | **4min** | **2min/**  **4min** | **4min** | **2min/**  **4min** | **4min** |  |  | **Note – 1st 200 confused as thought 1k, but stopped them.** |
| Miles Weatherseed | 37/32 | 2.56 | 63/63/  65/65 | 3.05 | x/65  66/64 | 2.59 |  | **3.00**  **64/5** | **Worked hard. Needed toilet before 9th rep. Has a 5k in USA soon. Good relay leg over 5k on Sat** |
| Jamie Bryant | 37/32 | 3.01 | 66/66/  68/67 | 3.04\* | 67/65  66/64 | 3.02 |  | **3.02**  **66** | **Said felt tired at start but got going. In flats. Started 8th rep ie 1k late as had toilet break. Good relay leg over 5k on Sat** |
| Bede Pitcairn-Knowles | 37/32 | 3.04 | 69/69  71/69 | 3.12 | 69/67  67/69 | 3.07 |  | **3.08**  **69** | **Worked hard. Really focussed on maintaining strong form on last 1k** |
| Dan Schofield | 38/34 | 3.08 | 69/69  71/71 | 3.17 | 72/69  70/66 | n.a. |  | **3.12**  **70** | **Did as planned and all ok. Said doing London 10k late May and did suggest maybe should be working on 1500/3000 at his age.** |
| James Stoney | 39/35 | 3.16 | 71/70  73/72 | 3.22 | 73/70  71/68 | n.a. |  | **3.19**  **71** | **All ok and in flats. Finished strongly** |
| **Group 2 – 3k/5k** | **1/2** | **3** | **4 to 7** | **8** |  |  |  | **Av** | **Comment** |
| **Distance** | **2x200** | **1000** | **4x400** | **1000** |  |  |  |  | **Total 4000m** |
| **Recovery** | **200 jog** | **4min** | **2min/**  **4min** |  |  |  |  |  |  |
| Olly Kingston | 33/32 | 3.19 | 71/71  73/75 | 3.22 |  |  |  | **3.20**  **73** | **Not as unfit as he said he was** |
| Matt Randall | 38/36 | 3.37 | 78/73  81/72 | 3.51 |  |  |  | **3.44**  **76** | **1st session in group and all ok** |
| Michael Mason | 37/37 | 3.49 | 78/79  80/82 | 3.45 |  |  |  | **3.47**  **80** | **Back for school hols and paced well** |
| Jacqui O’Reilly | 39/38 | 3.47 | 83/83  85/86 | 3.55 |  |  |  | **3.51**  **84** | **All ok. Doing Folkestone 10 and Easter Monday 1500** |
| Nick James | 34/34 | 3.47 | 78/75  79/79 | 3.59 |  |  |  | **3.53**  **78** | **All ok and joining TAC. Did parkrun Sat but think as ‘unknown’** |
| Clara Tyler | 38/37 | 3.59 | 82/82  83/84 | 3.57 |  |  |  | **3.58**  **83** | **All ok and paced well** |
| India James | 39/38 | 3.59 | 83/83  85/84 | 3.58 |  |  |  | **3.58**  **84** | **All ok and joining TAC. Did parkrun in 22.26** |
| **Group 3 – 800/1500** | **1** | **2/3** | **4/5** | **6/7** | **8/9** | **10/11** | **12/13** | **Av** | **Comment** |
| **Distance** | **1610** | **400**  **200** | **400**  **200** | **400**  **200** | **400**  **200** | **400**  **200** | **400**  **200** |  | **Total = 5200m** |
| **Recovery** | **3min** | **60s/**  **3min** | **60s/**  **3min** | **60s/**  **3min** | **60s/**  **3min** | **60s/**  **3min** | **60s/**  **3min** |  |  |
| Ben Murphy | 5.18 | 61/28 | 60/29 | 61/30 | 62/29 | 62/30 | 61/29 | **61/29** | **Worked hard and threw up at end** |
| Charlie Crick | 5.51 | 66/30 | 64/31 | 65/31 | 65/30 | 65/31 | 65/31 | **65/31** | **Good solid session** |
| Dan Seagrove | 5.41 | 67/30 | 65/31 | 66/31 | 67/32 | 66/32 | 67/32 | **66/31** | **All ok and very consistent** |
| **Group 4** | **1** | **2** | **3** | **4 to 7** | **8** | **9** | **10/11** | **Av** | **Comment** |
| **Distance** | **1610** | **1610** | **1610** | **4x400** | **1610** | **1610** | **2x200** |  | **Total 10k** |
| **Recovery** | **400 jog**  **2.5min** | **400 jog**  **2.5min** | **400 jog**  **2.5min** | **100 jog 45s+**  **+400 jog** | **400 jog**  **2.5min** | **400 jog**  **2.5min** | **30s** |  |  |
| Dane Poore | 5.18\* | 5.08 | 5.14 | 76/75  75/74 | 5.10 | 5.16 | ?/33 | **5.13**  **75** | **Back after calf strain and shin soreness. Went slightly off course at start of first rep** |
| Dan Madams | 5.32 | 5.32 | 5.32 | 76/76  77/74 | 5.36 | 5.37 | ?/33 | **5.34**  **76** | **All ok. Had run PW 1/2M at marathon pace on Sunday. Going well** |
| Dan Bradley | 5.32 | 5.33 | 5.32 | 78/75  78/74 | 5.42 | 3.02  800 | x | **5.35**  **76** | **Has had a cold and found PW 1/2m hard at 74.21, plus today** |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  |  |  |  | **Sunday did 8 miles to PW 1/2M and ran at marathon pace 83.06** |
| **Group 5** | **1** | **2** | **3** | **4 to 7** | **8** |  |  | **Av** | **Comment** |
| **Distance** | **1610** | **1610** | **1610** | **4x400** | **805** |  |  |  | **Total 7200m** |
| **Recovery** | **400 jog**  **2.5min** | **400 jog**  **2.5min** | **400 jog**  **2.5min** | **100 jog 60s**  **+400 jog** |  |  |  |  |  |
| Luke Reeves | 5.42 | 5.38 | 5.38 | 74/77  77/78 | 2.44 |  |  | **5.39**  **77** | **First session with group for a while. Ran 78.56 at PW 1/2M on Sunday** |
| George Marshall | 5.51 | 5.46 | 5.46 | 74/76  74/73 | 2.43 |  |  | **5.48**  **74** | **Good session and well paced** |
| Jordan Saul | 5.51 | 5.46 | 5.46 | 76/77  77/74 | 2.32 |  |  | **5.48**  **76** | **Had trouble with achilles last week when away. Changing shoes, stretching calves etc and had improved tonight** |
| Alice Wood | 6.03 | 6.10 | 6.14 | 83/85  85/84 | 3.00 |  |  | **6.09**  **84** | **All ok** |
| **Other** |  |  |  |  |  |  |  |  | **Comment** |
| Simon Coppard |  |  |  |  |  |  |  |  | **Went in gym as x training re achilles** |
| Michael Ellis |  |  |  |  |  |  |  |  | **Did 34 min run earlier and other commitment. Ran 70.35 at PW 1/2M Sunday for 10min pb. Got blisters towards end as could have gone sub 70.** |
| **Absent** |  |  |  |  |  |  |  |  | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  | **Messaged saying having a few days rest. Ran road relays Sat, which was tough** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  | **Been resting soleous/shin** |
| Alex Howard |  |  |  |  |  |  |  |  | **London – 6x800 off 90s in 2.14** |
| Cameron Payas |  |  |  |  |  |  |  |  | **Family commitment so did session on own earlier in day as per Ben Murphy etc above, but 5 pairs**  **5.20,60.4/29.5,62.6/29.5,61.4/29.7**  **61.3/30.7,62.1/30.9** |
| Charlie Joslin-Allen |  |  |  |  |  |  |  |  | **USA – ran 3.59 1500m on Sat, although tailed off last 300, so hope more to come.** |
| Chloe Bird |  |  |  |  |  |  |  |  | **Nottingham** |
| Chris Olley |  |  |  |  |  |  |  |  | **USA – Fri 5x1mile off 2 mins, Tues 6k + 1200m**  **Racing 1500 at w/e. Facetime Sunday said 1500 next 2 weeks and will decide re Payton Jordan 5k** |
| Corey De’Ath |  |  |  |  |  |  |  |  | **St Mary’s Monday**  **3k ( lap jog), 2k ( lap jog)**  **3x1k (off 200 ), 5x400 ( off 60s)**  **Times 8.55, 5.50, 2.52/2.50/2.49**  **64,63,63,62,61. Good relay leg Sat** |
| Dominic Brown |  |  |  |  |  |  |  |  | **Sheffield – plan 2x200,3x500 off 3 or4 mins, as entered 800m at BUCS. 27,27,71,72,73. Had terrific relay leg Sat, 6th fastest.** |
| Elle Baker |  |  |  |  |  |  |  |  |  |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  | **Now away. Ran 97.33 at PW 1/2m** |
| Graeme Saker |  |  |  |  |  |  |  |  | **Achilles has flared up again** |
| Harriet Wooley |  |  |  |  |  |  |  |  | **Wants to join TAC after London Marathon** |
| Harry Lawson |  |  |  |  |  |  |  |  | **Had blood taken so did easy run and some 200s. Racing 800 at SAL. Ran parkrun pb Sat 16.25** |
| Harry Paton |  |  |  |  |  |  |  |  |  |
| James Price |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  |  | **Leeds** |
| James West |  |  |  |  |  |  |  |  | **USA – ran 4.04 mile Sat for 7th. Achilles has improved a lot last week so no injection etc. Changed shoes aswell as treatment.** |
| Jamie Bingham |  |  |  |  |  |  |  |  | **Away** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |
| Jamie Goodge |  |  |  |  |  |  |  |  | **Portugal – really good week. 62 miles. Thurs 3x1 mile,6x200, Sat hills. Tues 5x600m off 5 mins av 96 and found very tough. Probably as heavy week** |
| Joe Watts |  |  |  |  |  |  |  |  | **Tapering for Boston UK Marathon Sunday** |
| Kieran Eland |  |  |  |  |  |  |  |  | **At home – Sat 1 mile 5.06, 3min, 6x300 off 2mins plus 1mile in 5.20. Tues 10x400 off 60s 67 to 64 wit 10min tempo after** |
| Kieran Reilly |  |  |  |  |  |  |  |  | **Can’t get to TAC ie work but good relay leg Sat and all ok. 85 min Sunday** |
| Lottie Richardson |  |  |  |  |  |  |  |  | **Nottingham – had tight ITB as needs to stretch etc. Had 3 days off and ran Sunday, Mon, Tues.** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |
| Mark Coates |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  | **Terrific 3+min pb at PW 1/2m 72.57** |
| Nathan Marsh |  |  |  |  |  |  |  |  | **Leeds – good relay leg Sat. Considering races as cant now do BUCS 10k** |
| Phoebe Barker |  |  |  |  |  |  |  |  | **Font Romeu** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  | **Raced relay Sat all ok** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  | **Away for 2/3 weeks in Thailand** |
| Ryan Driscoll |  |  |  |  |  |  |  |  | **London – 2400 (doing40/30 200s),3x1k, 2.57/8./5 off 200 jog, 5x500 off 100 jog 87 down to 82.** |
| Sam Crick |  |  |  |  |  |  |  |  | **Has seen Mark PK re heel and still in discomfort** |
| Sean Molloy |  |  |  |  |  |  |  |  | **Battersea – 7x 550/200 with 30s/2min rec**  **93/31 down to 87/28. Felt bad at start.** |
| Sian Robertson |  |  |  |  |  |  |  |  | **Had to run from home and also maybe Thursday. Did relay Sat** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |
| Toby Ryan |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  | **At home. Sun 5.9 miles, Tues rolled ankle after 4 miles.** |
| Tom Richards |  |  |  |  |  |  |  |  | **X train, 5min, 2x30s,3min,4x1min,3min,4x1min,3min (off 60s/2min)** |
| Will Beeston |  |  |  |  |  |  |  |  |  |

**Vets group – mile reps (1610m) with about 3 mins recovery**

Richard Bamford x 4 – 6.54/7.01/6.58/6.48 av. 6.55

Brian Buckwell x 4 – 6.59/7.10/7.14/7.04 av. 7.07

Kean Anderson x 4 – 7.08/7.51/7.24/7.32 av. 7.29

Richard Sargent x4 – 7.56/7.43/7.55/7.13 av. 7.42

Clare Brown x 4 – 7.42/7.40/7.51/7.49 av.7.55

Pearl Pearce x 4 – 7.53/8.05/8.05/8.09 av. 8.03

Joe Baldwin x 4 – 8.12/8.03/8.16/8.22 av.8.13

Cain Bradley x 3 – 7.25/7.25/7.29 av. 7.26x3