**Thursday 9th January 2020 – 400s on the track**

Attendance = 41. Cool and damp, but decent conditions.

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **Tempo** | **1**  **13** | **2**  **14** | **3**  **15** | **4**  **16** | **5**  **17** | **6**  **18** | **7**  **19** | **8**  **20** | **9** | **10** | **11** | **12** | **Av.** | **Comment** |
| **Distance (m)** | **1200** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |
| **Recovery from front of group in seconds** | **3min** | **62**  **64** | **61**  **61** | **61**  **61** | **61** | **61** | **61** | **60** | **62** | **60** | **60** | **62** | **63** |  |  |
| **Sean Molloy** | **x** | **70** | **68** | **66** | **68** | **67** | **68** | **66** | **67** | **66** | **67** | **64** | **65** | **66** | **Going well and looking strong. Missed the 1200 at start** |
| **“** |  | **65** | **66** | **65** | **56** |  |  |  |  |  |  |  |  | **x16** |  |
| **Jamie Goodge** | **3.36** | **70** | **69** | **67** | **68** | **67** | **69** | **67** | **68** | **68** | **67** | **67** | **67** | **67/8** | **All ok and good session. Will be there Sat am** |
| **“** |  | **68** | **67** | **68** | **66** |  |  |  |  |  |  |  |  | **x16** |  |
| **Ryan Driscoll** | **3.37** | **70** | **68** | **66** | **68** | **67** | **69** | **67** | **67** | **68** | **68** | **67** | **65** | **67** | **1st shorter session for weeks due to hip and all ok** |
| **“** |  | **65** | **65** |  |  |  |  |  |  |  |  |  |  | **x16** | **Aims to be at Sat session** |
| **Stuart Brown** | **3.41** | **71** | **68** | **67** | **69** | **68** | **69** | **67** | **68** | **68** | **68** | **68** | **65** | **68**  **x12** | **Was tired so managed 12** |
| **Group 1a** |  | **1** | **x** | **2** | **x** | **3** | **x** | **4** | **x** | **5** | **x** | **6** |  |  |  |
| **Recovery** | **3min** | **3+**  **min** |  | **3+**  **min** |  | **3**  **min** |  | **3+**  **min** |  | **3+**  **min** |  | **3+**  **Min** |  |  |  |
| **Ben Murphy** | **x** | **58** |  | **59** |  | **58** |  | **58** |  | **58** |  | **62** |  | **59** | **Aim was pairs in 60,58,56 but started too quick and hanging on last rep** |
| **Steve Strange** | **x** | **58** |  | **59** |  | **58/9** |  | **64** |  | **27.6**  **200** |  | **29** |  | **n.a.** | **Didn’t feel great and on antibiotics re tooth.** |
| **Group 2** | **Tempo** | **1**  **13** | **2**  **14** | **3**  **15** | **4**  **16** | **5**  **17** | **6**  **18** | **7**  **19** | **8**  **20** | **9** | **10** | **11** | **12** | **Av.** | **Comment** |
| **Distance (m)** | **1200** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  | **Rep 7 times adjusted for those who missed start** |
| **Recovery from front of group in seconds** | **3min** | **59**  **52** | **63**  **52** | **53**  **45** | **55** | **53** | **51** | **50** | **51** | **51** | **49** | **55** | **54** |  |  |
| **Dan Bradley** | **3.53** | **70** | **71** | **72** | **72** | **72** | **72** | **72** | **73** | **72** | **72** | **72** | **72** | **72** | **All ok** |
| **“** |  | **72** | **74** | **72** | **71** |  |  |  |  |  |  |  |  | **x16** |  |
| **Nicole Taylor** | **3.53** | **69** | **71** | **72** | **72** | **71** | **71** | **71** | **71** | **72** | **71** | **71** | **73** | **72/2** | **All ok** |
| **“** |  | **72** | **72** | **72** | **72** |  |  |  |  |  |  |  |  | **x16** |  |
| **Phoebe Barker** | **3.54** | **70** | **72** | **73** | **73** | **73** | **73** | **73** | **73** | **73** | **72** | **73** | **73** | **72/3** | **All ok** |
| **“** |  | **72** | **71** | **72** | **73** |  |  |  |  |  |  |  |  | **x16** |  |
| **Luke Hooper** | **4.08** | **71** | **73** | **73** | **72** | **73** | **73** | **72** | **74** | **75** | **74** | **75** | **75** | **73/4** | **Has had very tight calves** |
| **“** |  | **76** | **76** |  |  |  |  |  |  |  |  |  |  | **x16** |  |
| **Harry Paton** | **4.00** | **70** | **72** | **73** | **73** | **73** | **72** | **73** | **73** | **72** | **70** | **70** | **70** | **71/2** | **1st session with group for a long while. Went well** |
| **“** |  | **70** | **69** |  |  |  |  |  |  |  |  |  |  | **x14** |  |
| **Jamie Brown** | **3.50** | **68** | **70** | **70** | **70** | **70** | **70** | **71** | **71** | **71** | **70** | **70** | **68** | **70**  **x12** | **All ok** |
| **Luke Reeves** | **4.08** | **71** | **73** | **72** | **73** | **73** | **72** | **72** | **73** | **74** | **73** | **73** | **73** | **72/3**  **x12** | **All ok** |
| **Dan Seagrove** | **4.08** | **70** | **71** | **72** | **71** | **71** | **70** | **72** | **72** | **76** | **73** | **76** | **x** | **72**  **x11** | **Did 11 as felt hamstring tighten** |
| **Dan Schofield** | **3.53** | **70** | **71** | **72** | **72** | **73** | **72** | **73** | **74** | **x** | **74** | **75** | **74** | **n.a.** | **Forgot correct shoes. Hope ok as did in normal kickabout trainers ! Missed 9th rep but unsure reason** |
| **James Stoney** | **4.09** | **70** | **71** | **72** | **72** | **71** | **72** | **73** | **x** | **x** | **x** | **70** | **74** |  | **Needed toilet and missed a few** |
| **“** |  | **73** |  |  |  |  |  |  |  |  |  |  |  | **n.a.** |  |
| **Katie Goodge** | **x** | **300** | **300** | **300** | **300** | **300** | **300** |  |  |  |  |  |  |  | **Racing Knole run Sat so did 6x300** |
| **George Marshall** | **4.12** | **72** | **75** | **76\*** | **76** | **75** | **76** | **75** | **77** | **78** | **75** | **74** | **78** |  | **Moved to group 3 on 3rd rep and ok then** |
| **“** |  | **76** | **77** | **79** | **73** |  |  |  |  |  |  |  |  | **x16** |  |
| **Group 3** | **Tempo** | **1**  **13** | **2**  **14** | **3**  **15** | **4**  **16** | **5**  **17** | **6**  **18** | **7**  **19** | **8**  **20** | **9** | **10** | **11** | **12** | **Av.** | **Comment** |
| **Distance (m)** | **1200** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |
| **Recovery from front of group in seconds** | **3min** | **64**  **72** | **67**  **74** | **80**  **82** | **78**  **60** | **73**  **60** | **68**  **60** | **73**  **60** | **76** | **69** | **70** | **72** | **69** |  |  |
| **Helen Gaunt** | **4.17** | **82** | **81** | **82** | **80** | **81** | **80** | **80** | **80** | **80** | **80** | **81** | **81** | **80/1** | **Big session as managed 20. Working hard and consistently. Ran 3 miles after. Hopes to be at Sat session now.** |
| **“** |  | **79** | **80** | **80** | **78** | **81** | **82** | **83** | **82** |  |  |  |  | **x20** |  |
| **Sam Crick** | **4.07** | **81** | **77** | **77** | **77** | **76** | **77** | **75** | **77** | **78** | **75** | **77** | **76** | **76** | **Has said heel ok and good session tonight** |
| **“** |  | **74** | **74** | **72** | **71** |  |  |  |  |  |  |  |  | **x16** |  |
| **Jordan Saul** | **4.11** | **81** | **78** | **78** | **78** | **77** | **77** | **76** | **78** | **77** | **76** | **75** | **77** | **76/7** | **All ok and solid session with pick up at end** |
| **“** |  | **76** | **76** | **74** | **70** |  |  |  |  |  |  |  |  | **x16** |  |
| **Harriet Woolley** | **4.29** | **84** | **82** | **84** | **84** | **83** | **83** | **83** | **83** | **83** | **81** | **83** | **82** | **83** | **All ok** |
| **“** |  | **83** | **83** | **83** | **80** |  |  |  |  |  |  |  |  | **x16** |  |
| **Mark Coates** | **4.36** | **85** | **83** | **85** | **85** | **86** | **84** | **84** | **85** | **84** | **82** | **82** | **79** | **83/4** | **All ok** |
| **“** |  | **84** | **84** | **85** | **81** |  |  |  |  |  |  |  |  | **x16** |  |
| **Alice Wood** | **4.30** | **84** | **82** | **84** | **85** | **85** | **84** | **84** | **85** | **85** | **82** | **84** | **84** | **84** | **Has felt tired this week** |
| **“** |  | **84** | **84** | **84** | **81** |  |  |  |  |  |  |  |  | **x16** |  |
| **Adam Roeder** | **4.15** | **83** | **80** | **80** | **80** | **79** | **79** | **77** | **79** | **79** | **78** | **80** | **80** | **80** | **Stopped after 13 although unsure issue** |
| **“** |  | **85** | **x** |  |  |  |  |  |  |  |  |  |  | **x13** |  |
| **Dan Madams** | **4.08** | **82** | **79** | **78** | **78** | **76** | **76** | **76** | **76** | **77** | **75** | **76** | **76** | **77**  **x12** | **1st session for a while and ok** |
| **Group 4** | **Tempo** | **1**  **13** | **2**  **14** | **3**  **15** | **4**  **16** | **5**  **17** | **6**  **18** | **7**  **19** | **8**  **20** | **9** | **10** | **11** | **12** | **Av.** | **Comment** |
| **Distance (m)** | **1200** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |
| **Recovery from front of group in seconds** | **3min** | **76**  **72** | **66**  **72** | **74**  **72** | **64** | **76** | **83** | **67** | **66** | **65** | **84** | **69** | **74** |  |  |
| **Becky Morrish** | **4.30** | **85** | **86** | **85** | **86** | **86** | **84** | **84** | **84** | **84** | **84** | **82** | **82** | **83/4** | **All ok and picked up at end** |
| **“** |  | **84** | **81** | **80** | **76** |  |  |  |  |  |  |  |  | **x16** |  |
| **Nichola Evans** | **4.35** | **84** | **86** | **84** | **86** | **86** | **85** | **85** | **85** | **85** | **85** | **84** | **84** | **85** | **Good consistent session** |
| **“** |  | **85** | **84** | **86** | **82** |  |  |  |  |  |  |  |  | **x16** |  |
| **Jacqui O’Reilly** | **4.35** | **87** | **87** | **86** | **87** | **87** | **86** | **85** | **86** | **85** | **85** | **84** | **83** | **85** | **Good consistent session.** |
| **“** |  | **85** | **83** | **82** | **79** |  |  |  |  |  |  |  |  | **x16** |  |
| **Lucy Thompson** | **4.35** | **85** | **86** | **85** | **86** | **87** | **85** | **85** | **86** | **86** | **86** | **85** | **85** | **85/6** | **All ok and back to Cambridge at w/e** |
| **“** |  | **86** | **85** | **86** | **84** |  |  |  |  |  |  |  |  | **x16** |  |
| **Ellen Pitcairn-Knowles** | **4.47** | **88** | **88** | **87** | **88** | **88** | **88** | **88** | **88** | **88** | **89** | **89** | **90** | **88/9** | **Kept battling to complete 16** |
| **“** |  | **89** | **89** | **90** | **88** |  |  |  |  |  |  |  |  | **x16** |  |
| **Alice Ralph** | **4.48** | **87** | **87** | **86** | **87** | **87** | **86** | **85** | **86** | **86** | **86** | **85** | **81** | **86**  **x12** | **One of best sessions. Has done some running over Christmas** |
| **Maria Heslop** | **4.36** | **83** | **85** | **83** | **84** | **84** | **83** | **83** | **x** | **83** | **84** | **x** | **82** | **n.a.** | **Had a bit of cramp in calf** |
| **Tom Holden** | **4.45** | **87** | **87** | **86** | **88** | **89** | **89** | **x** | **x** | **x** | **x** | **x** | **x** | **n.a.** | **Really struggling tonight, partly as been unwell but also just said felt uncoordinated. Has arranged to come to TAC Sunday for some drills work etc and do longer run Sat instead** |
| **Alex Crockford** | **4.59** | **94** | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **n.a.** | **Had been unwell and shouldn’t have come along really as not right.** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| **Michael Ellis** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Did a run as trialing a 6 week approach to training with an ‘aerobic’ boost period. Starts with this week mileage up by 15/20% and no session. Something we headrd about at UK Endurance conference** |
| **James Kingston** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Did some 200s with Will as Knole Run Sat** |
| **Toby Emm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Saw Louise re calf and hopes to try Knole Run Sat** |
| **Will Kingswood** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Did some 200s with James as Knole Run Sat** |
| **Nathan Chapman** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Achilles a bit sore so rested in the end** |
| **Charlie Crick** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Saw Louise re foot sore. Will try and x train at w/e** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Comment** |
| **Abianne Coates** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Bath – has sore foot. Did 12x60s on Watt bike and adapting sessions next day or so.** |
| **Adam Durbaba** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Exeter** |
| **Adam Van der Plas** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Racing Knole Run Sat** |
| **Alex Sandberg** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Racing Knole Run Sat** |
| **Alex Thompson** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Racing Knole Run Sat** |
| **Cameron Payas** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Been unwell** |
| **Charlie Lindsay** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chris Olley** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA** |
| **Corey De’Ath** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **AM 10 ( 2mins), 7.5 ( 90s) , 5 , 7.5, 5**  **Splits 5.14/ (10), 5.12(7.5), 5.10(5)**  **5.14(7.5), 5.10(5) PM Run from Tonbridge** |
| **Dane Poore** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Running 3 miles a day now** |
| **Dominic Brown** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| **Edo Leone** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Knole Run Sat** |
| **Graeme Saker** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Ingmar Gunn** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Knole Run Sat** |
| **James Puxty** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds** |
| **James West** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA** |
| **Jamie Bryant** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Friday – reports foot feeling a lot better since Wednesday. Been using ultrasound since then.** |
| **Kathleen Faes** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kieran Reilly** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Guildford – aiming at Friday session** |
| **Kiri Marsh** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Liz Weeks** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Matt Dennis** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Miles Weatherseed** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Oxford** |
| **Nathan Marsh** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds** |
| **Olly Kingston** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Exeter** |
| **Polly Pitcairn-Knowles** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| **Simon Coppard** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough** |
| **Tom Richards** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Will Beeston** |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – saw Physio Thursday. Said tight quads and maybe pinched nerve.. Taking steady.** |