**Thursday 9th May May 2019 – 800s on grass**

Attendance = 29. Cold, raining.

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** |  |  | **Av.** | **Races** | **Comment** |
| **Distance** | **800m** | **800m** | **800m** | **800m** | **800m** | **800m** |  |  |  |  | **Target 3rd or 4th near 3k pace** |
| **Recovery** | **3min** | **3min** | **3min** | **3min** | **3min** |  |  |  |  |  | **Eg 2.30,2.26,2.22,2.18,2.14,2.10** |
| Sean Molloy | 2.30 | 2.26 | 2.19 | 2.17 | 2.13 | 2.09 |  |  | **2.19** | **11/5 Ipswich 800** | **All ok and looked strong. Did circuits Wed for 1st time** |
| Jamie Bryant | 2.30 | 2.26 | 2.19 | 2.17 | 2.14 | 2.12 |  |  | **2.19/20** | **22/5 – Eltham 5000** | **Good session and said felt lactic towards end** |
| Cameron Payas | 2.30 | 2.26 | 2.20 | 2.17 | 2.15 | 2.11 |  |  | **2.20** | **15/5 Watford 800**  **22/5 Eltham** | **Good session. Will do some change pace 150s if all well Sat** |
| Ben Murphy | 2.30 | 2.26 | 2.20 | 2.18 | 2.16 | 2.13 |  |  | **2.20/1** | **15/5 Watford BMC 800** | **Feeling it a bit but ran 10+ miles at 6.30 p/m Wed just a bit quick** |
| Bede Pitcairn-Knowles | 2.34 | 2.36 | 2.33 | 2.33 | 2.32 | 2.27 |  |  | **2.32** | **27/5 London 10k** | **Said tired and couldn’t pick up pace. Ran with James most of session.** |
| James Puxty | 2.34 | 2.37 | 2.33 | 2.34 | 2.33 | 2.33 |  |  | **2.34** |  | **Ok and better week but still coughing etc** |
| Dan Schofield | 1.55  600 | 1.56  600 | 1.53  600 | 1.53  600 | 1.48  600 | 1.48  600 |  |  | **1.52** | **27/5 London 10k** | **Did 600s with above. Feel can go a lot quicker** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** |  |  | **Av.** | **Races** | **Comment**  **Most started too quick to hit later targets** |
| **Distance** | **800m** | **800m** | **800m** | **800m** | **800m** | **800m** |  |  |  |  | **Target 3rd or 4th near 3k pace** |
| **Recovery** | **3min** | **3min** | **3min** | **3min** | **3min** |  |  |  |  |  | **Eg 11.00 3k = 88/2.56, 11.30 = 92/3.04** |
| Simon Fraser | 2.57 | 2.54 | 2.47 | 2.42 | 2.36 | 2.33 |  |  | **2.44** | **13/5 Vets league** | **Said felt positive and picked up well** |
| Mark Coates | 2.57 | 2.49 | 2.49 | 2.52 | 2.50 | 2.49 |  |  | **2.51** |  | **All ok** |
| Joe Watts | 2.57 | 2.54 | 2.52 | 2.52 | 2.55 | 2.55 |  |  | **2.54** |  | **1st session since marathon** |
| Abianne Coates | 3.05 | 3.05 | 3.02 | 3.03 | 3.02 | 2.59 |  |  | **3.03** |  | **All ok. Started a bit quick to pick up** |
| Nichola Evans | 3.08 | 3.03 | 3.01 | 3.03 | 3.04 | 3.02 |  |  | **3.03** |  | **All ok. Started a bit quick to pick up** |
| India James | 3.09 | 3.08 | 3.03 | 3.03 | 3.21 | 2.59 |  |  | **3.07** |  | **Said hamstrings tight** |
| Harriet Woolley | 2.59 | 2.59 | 3.00 | 3.11 | 3.11 | X |  |  | **3.04x5** |  | **1st session since maratjon and took steady, but said tight** |
| Ellen Pitcairn-Knowles | 3.15 | 3.14 | 3.11 | 3.11 | 3.11 | X |  |  | **3.12x5** |  | **Needed toilet so missed last rep** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |  | **Av.** | **Races** | **Comment** |
| **Distance** | **800m** | **800m** | **800m** | **800m** | **800m** | **800m** | **800m** |  |  |  |  |
| **Recovery from Alice** | **57s** | **50s** | **54s** | **52s** | **50s** | **58s** |  |  |  |  |  |
| James Price | 2.44 | 2.43 | 2.41 | 2.39 | 2.41 | 2.39 | 2.37 |  | **2.41** |  | **All ok** |
| Dan Bradley | 2.44 | 2.43 | 2.42 | 2.43 | 2.42 | 2.41 | 2.40 |  | **2.42** |  | **All ok** |
| Jordan Saul | 2.48 | 2.46 | 2.45 | 2.43 | 2.43 | 2.41 | 2.32 |  | **2.43** |  | **Going very well. Targets if had done long recovery were –**  **10.00 3k = 80/2.40**  **2.52/2.48/2.44/2.40/2.36/2.32** |
| George Marshall | 2.47 | 2.45 | 2.44 | 2.42 | 2.42 | 2.45 | 2.46 |  | **2.44** |  | **All ok. Break from exams** |
| Toby Ryan | 2.55 | 2.50 | 2.48 | 2.45 | 2.42 | 2.39 | 2.39 |  | **2.45** | **Triathlon mid May** | **Good session and got quicker** |
| Kiri Marsh | 2.50 | 2.51 | 2.50 | 2.49 | 2.48 | 2.48 | 2.47 |  | **2.49** |  | **All ok** |
| Sian Robertson | 2.55 | 2.54 | 2.52 | 2.50 | 2.49 | 2.48 | 2.47 |  | **2.51** |  | **Much better tonight as been tired from work** |
| Chloe Bird | 2.58 | 3.01 | 2.59 | 2.59 | 2.57 | 2.56 | 2.56 |  | **2.58** |  | **All ok** |
| Alice Wood | 2.59 | 3.02 | 2.59 | 2.59 | 2.58 | 2.57 | 2.57 |  | **2.59** |  | **All ok** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** |  |  | **Av.** | **Races** | **Comment** |
| **Distance** | **300m** | **300m** | **300m** | **300m** | **300m** | **300m** |  |  |  |  |  |
| **Recovery** | **60s** | **60s** | **3.5min** | **60s** | **60s** |  |  |  |  |  |  |
| Michael Ellis | 52 | 52 | 51 | 50 | 50 | 49 |  |  | **51** | **2/6 SEAA 3k s/c** | **Being careful after illness, but achilles sore** |
| Nicole Taylor | 52 | 52 | 52 | 50 | 51 | 51 |  |  | **51** | **11/5 Ipswich 5k** | **Easing down for race** |
| Charlie Crick | 51 | 51 | 51 | 50 | 52 | 56 |  |  | **52** | **11/5 Kent 400** | **Has Kent 400 Sat** |
| **Other** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  | **5k**  **25/5 BMC Sports City 5000** | **Did light run and felt a lot better. Seeing Paul Massey Friday** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  | **Did warm up but heel hurt** |
| **Absent** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  | **27/5 London 10k**  **26/6 Kent 3000** | **Had assignment to finish so ran from home** |
| Alex Howard |  |  |  |  |  |  |  |  |  | **15/5 Lee Valley 5000**  **19/5 LIA 3k sc** | **London - All ok and racing next week** |
| Ashley Gibson |  |  |  |  |  |  |  |  |  | **11/5 Ipswich 5k**  **27/5 London 10k** | **Racing Sat** |
| Chris Olley |  |  |  |  |  |  |  |  |  | **23-25/5 Regional champs 5000** | **USA – Tues 2x200,2x3k off 90s in 8.53/9.00, 2x200** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  | **Exams** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **St Mary’s – has pulled out of race Sat as break from racing.**  **Thurs - 5 ( 90), 6x75 ( off 60), 5 ( 90)**  **5x60,30 ( off 60,45)** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  | **Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  | **15/5 BMC 1500**  **19/5 LIA 1500** | **Sheffield – felt sick from eatining something dodgy** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  | **Was due to come to TAC but holding back until really sure re achilles/calf. Managed 2k 6.00, 1600 4.32, 1200 3.35** |
| Harry Lawson |  |  |  |  |  |  |  |  |  | **3/6 Battersea 5k** | **Was racing Wed in Rosenheim league but no updates** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  | **19/5 SAL 1500**  **9/6**  **Staplehurst 10k** | **Family commitment** |
| James Stoney |  |  |  |  |  |  |  |  |  |  | **Have contacted re shin assessment** |
| James West |  |  |  |  |  |  |  |  |  | **12/12 Pac 12 Conf 5000** | **USA - Down to race at w/e** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  | **Was unwell early in week but imagine Spurs picked him up !** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  | **15/5 Lufbra open ?**  **19/5 LIA or 20/5 Charnwood 1500** | **Had chat Wed re races at Loughborough etc** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  | **Loughborough – ran Tues, Wed ok** |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  | **11/5 Sussex 5000**  **18/5 Parkrun**  **27/5 London 10k**  **10/6 Charnwood 1500/3k** | **Ran from home and easing for Sat race** |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  | **Family commitmemt** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  | **Foot still hurts** |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  | **18/5 Varsity 1500** | **Oxford** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  | **Would like to do SAL** | **Working late** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  | **15/5 Watford 1500**  **18/5 Varsity** | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  | **Still away** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  | **19/5 LIA 3k sc** | **Wed ran twice, Thurs rested – withdrawn from Ipswich 5k** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |
| Steve Fennell |  |  |  |  |  |  |  |  |  | **27/5 London 10k** |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  | **Loughborough – Wed jog and drills and mobility after good few days running** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  | **Loughborough – Wed gym (new regime to help injury avoidance), Thurs 5 miles** |