**Saturday 10th August 2019 – Various track sessions.**

Attendance = 13. Cool, sunny, dry and very, very windy eg 40mph winds. Coaches – Mark Hookway, Pete Brenchley, Julie Goodge.

Looking at the 400m times I would estimate that they are between 1.5 and 2.0s slower than in good conditions.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **Av.** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** |  |  |
| **Recovery** | **4min** | **4min** | **4min** | **4min** |  |  |  |
| Sean Molloy | 60.1 | 54.9 | 55.1 | 55.9 | 57.2 | **56.6**  **Last 4 - 55.8** | **All ok. Decided not to travel to Manchester and race today. Doing Newham open on Sunday and Eltham Wednesday. All ok** |
| Ben Murphy | 60.1 | 54.9 | 55.1 | 55.9 | 59.3 | **57.1**  **Last 4 - 56.3** | **Found it tough at end, but ok** |
| Michael Ellis | 65.0 | 60.2 | 59.5 | 58.7 | 61.0 | **60.9**  **Last 4 – 59.9** | **Good session with very steady forst 400** |
| Simon Coppard | 60.1 | 58.2 | 57.4 | 58.2 |  | **58.5** | **Ok and worked hard. Tied up last rep but achilles good and wore spikes** |
| Cameron Payas | 61.8 | 59.5 | 59.2 | 59.6 |  | **60.0** | **Did 4 as racing Wednesday and didn’t want to go too deep** |
| Dan Seagrove | 62.4 | 62.4 | 62.2 | 64.1 |  | **62.8** | **All ok although found it tough. Doing SAL next w/e** |
| Katie Goodge | 54.6 | 54.9 | 54.3 | 53.6 | 53.9 | **54.3** | **Racing SAL 800 next w/e so did the faster session** |
| Tom Holden | 34.5 | 34.3 | 35.8 | 34.3 | 33.6 | **34.5** | **Wasn’t in most positive frame of mind but having a good overall week. Cross winds made balance for everyone tough.** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **Av.** | **Comment** |
| **Distance** | **1200** | **400** | **400** | **400** | **400** |  |  |
| **Recovery** | **800 jog**  **5min** | **800 jog**  **5min** | **800 jog**  **5min** | **800 jog**  **5min** |  |  |  |
| Jamie Goodge | 3.44.9 | 3.42.0 | 3.39.7 | 3.40.6 | 3.34.5 | **3.40.3** | **All ok and looked in control** |
| Luke Fisher | 3.48.3 | 3.46.0 | 3.49.2 | 3.50.6 |  | **3.48.5** | **All ok. Stopped at 4 as racing 5000 at Eltham Wed** |
| James Puxty | x | 3.42.0 | 3.53.1 | 3.55.9 | 3.54.3 | **3.51.3** | **Was in bed and overslept when we met up so found it tough.** |
| Alex Crockford | 2.57.0 | 2.59.6 | 3.06.5 | 2.59.5 | 2.55.8 | **2.59.7** | **Spikes on for 4th and 5th reps and picked up. All ok** |
| Lucy Thompson | 2.57.0 | 3.01.5 | 3.06.5 | 3.04.3 | 3.04.7 | **3.02.8** | **Ran parkrun beforehand in 20.27** |