**Thursday 11th April 2019 – Various on grass**

Attendance = 33. Chilly, sunny and dry. Coaches – Mark Hookway, Richard Owen, Pete Brenchley

Warm up then jog to Tonbridge Juddians Rugby Club. Good paced run from there –

Long = outside of sportsground then Powdermills course back to Oast Lane.

Short = same course but start straight to Brightfriars Meadow and under railway. Long = 3.7 miles/5.95km, Short = 3.1 miles/4.98km (confirmed via gps).

Similar to 30th March and 2nd May 2017, plus 27th March, 5th April 2018

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| **Pace per mile** | **7.00** | **6.45** | **6.30** | **6.15** | **6.00** | **5.45** | **5.30** | **5.15** | **5.00** |
| **3.1 miles/4.98km** | **21.42** | **20.55** | **20.09** | **19.22** | **18.36** | **17.49** | **17.03** | **16.16** | **15.50** |
| **3.6 miles/5.79km** | **25.12** | **24.18** | **23.24** | **22.30** | **21.36** | **20.42** | **19.48** | **18.54** | **18.00** |
| **5km pace** | **21.45** | **20.58** | **20.12** | **19.25** | **18.38** | **17.52** | **17.05** | **16.18** | **15.32** |

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| **Group 1 – Long****3.7 miles/5.95km** | **Run** | **Hills** | **Track** | **Comment** |
| **Distance** | **Long** | **25s** | **200s/****300s** |  |
| Dominic Brown | 18.10 | 8 | 2s&3s | **3x200 (200 jog),3x300 (500 rec). Said a bit tight after recent weights, but 3s around 40 for 1st and 3rd** |
| Jamie Bryant | 18.23 | 8 | 2s&3s | **All ok. Racing Sat at SAL 5k.** |
| Steve Fennell | 18.33 | 8 | 3s | **6x300, 100 jog rec** |
| Miles Weatherseed | 18.43 | 8 | 2s&3s | **3x200 (200 jog),3x300 (500 rec). Sopped after 200 of last rep. Had trouble re breathing with air quality. Reviewing asthma pump.** |
| Cameron Payas | 19.00 | 8 | 2s&3s | **3x200 (200 jog),3x300 (500 rec). Said foot a bit sore but eased off and all ok** |
| Michael Ellis | 19.25 | 8 | 3s | **6x300, 100 jog rec. All ok and racing at SAL Sat 5k** |
| Matt Dennis | 19.38 | 8 | 3s | **5x300, 100 jog rec. Think did 5 reps on track as could feel calf a little tight.** |
| James Price | 20.40 | 8 | Nil | **Said tight so didn’t do track.**  |
| George Marshall | 21.08 | 8 | 3s | **6x300, 100 jog rec. All ok** |
| Dan Seagrove | 21.08 | 8 | 2s&3s | **3x200 (200 jog),3x300 (500 rec). Finished very fast on 300s in spikes eg 42** |
| Luke Reeves | 21.10 | 8 | 3s | **6x300, 100 jog rec. All ok** |
| Olly Kingston | 21.37 | 8 | 3s | **6x300, 100 jog rec. All ok** |
| Charlie Crick | 22.02 | 8 | 2s | **6x200. Racing 800 at SAL Sat so run controlled.** |
| Luke Hooper | 22.18 | 8 | 3s | **6x300, 100 jog rec. Steady on run** |
| Jordan Saul | 22.18 | 8 | 3s | **6x300, 100 jog rec. Achilles a lot better. New Brooks shoes** |
| Dan Schofield | 22.18 | 8 | 3s | **6x300, 100 jog rec. All done although feel more there on run.** |
| James Stoney | 22.18 | 8 | 3s | **6x300, 100 jog rec. All done although feel more there on run.** |
| Sian Robertson | 22.37 | 8 | Nil | **Didn’t think would make training and very tired with work currently. Just ran after hills** |
| Adam Durbaba | 22.48 | 8 | 3s | **6x300, 100 jog rec. Completed and all ok** |
| Alice Wood | 23.10 | 6 | 2s | **6x200. All ok** |
| **Group 2 – Short****3.1 miles/4.98km** |  |  |  | **Comment** |
| Jason Barton (vet) | 20.06 | 8 | Nil | **No track as took children home after their training. In vets group.** |
| Michael Mason | 20.20 | 8 | 2s | **6x200. All ok.** |
| Polly Pitcairn-Knowles | 20.55 | 6 | 2s | **6x200. All ok** |
| Nick James | 21.08 | 8 | ? | **6x200. Had eaten at 4pm. Not sure if did any track.** |
| Melissa Berry | 21.36 | Nil | Nil | **Just did the run to protect quads** |
| India James | 21.48 | ? | nil | **Felt sick after run, as eaten at 4pm** |
| Clara Tyler | 21.54 | 8 | ? | **Not sure if did any track** |
| **Other** |  |  |  | **Comment** |
| Alex Crockford |  |  |  | **Did warm up and ran on grass before seeing Louise and soleous a lot better.** |
| Bede Pitcairn-Knowles |  |  |  | **Hadn’t felt great after work so came down later for run and a few strides.** |
| Sean Molloy | 3.25miles16.30 | 8 | 2s | **6x200 (200 jog). Did earlier with Ben. Run pace seems quick at 5.04p/m** |
| Ben Murphy | 5.42k/17.41 | 8 | 2s | **6x200 (200 jog). Did with Sean earlier as motorway closing** |
| Simon Coppard |  |  |  | **Gym bike with Tom** |
| Tom Richards |  |  |  | **Gym bike with Simon** |
| **Absent** |  |  |  | **Comment** |
| Abianne Coates |  |  |  | **Ran 6 miles at home** |
| Alex Howard |  |  |  | **London** |
| Charlie Joslin-Allen |  |  |  | **USA** |
| Chloe Bird |  |  |  | **Nottingham** |
| Chris Olley |  |  |  | **USA – has 1500 on Sat, then 5000 on Thursday** |
| Corey De’Ath |  |  |  | **St Marys – 532,6x75s,3,2,6x45s,6x30s** |
| Dan Bradley |  |  |  | **Texted saying still not feeling well** |
| Dan Madams |  |  |  |  |
| Dane Poore |  |  |  | **Ran from home as calves tight after Tuesday** |
| Elle Baker |  |  |  | **Been doing 30+ miles per week** |
| Ellen Pitcairn-Knowles |  |  |  | **Away** |
| Graeme Saker |  |  |  |  |
| Harriet Wooley |  |  |  | **Had trials** |
| Harry Lawson |  |  |  | **Ran from home and did run, hills and strides over 200/300. Racing 800 at SAL on Sat** |
| Harry Paton |  |  |  |  |
| Jacqui O’Reilly |  |  |  | **Away** |
| James Puxty |  |  |  |  |
| James West |  |  |  | **USA** |
| Jamie Bingham |  |  |  | **Away** |
| Jamie Brown |  |  |  |  |
| Jamie Goodge |  |  |  | **Portugal with Loughborough** |
| Joe Watts |  |  |  | **Racing Boston UK Marathon Sunday** |
| Kieran Eland |  |  |  |  |
| Kieran Reilly |  |  |  | **Did tempo at home, 20 mins at 5.12 p/m, but couldn’t get on track as meeting on.** |
| Lottie Richardson |  |  |  | **Nottingham – 5k tempo** |
| Lucy Thompson |  |  |  |  |
| Mark Coates |  |  |  |  |
| Matt Randall |  |  |  |  |
| Nathan Marsh |  |  |  | **Leeds – did 2x200,2x(1k,4x400) as per our Tuesday session** |
| Nicole Taylor |  |  |  | **Away** |
| Phoebe Barker |  |  |  | **Away** |
| Robbie Farnham-Rose |  |  |  | **Away** |
| Ryan Driscoll |  |  |  | **London – taper for Brighton 10k Sunday** |
| Sam Crick |  |  |  | **Heel been sore and saw Mark PK to try and resolve. Thinks linked to hips and slight difference in leg length** |
| Simon Fraser |  |  |  | **Away** |
| Toby Ryan |  |  |  | **Away** |
| Tom Holden |  |  |  | **Ankle a bit bruised and sore after turning it but saw physio and could have been worse.**  |
| Will Beeston |  |  |  | **Away but running each day on treadmill and knee all ok.** |