**Thursday 11th July – 2min, 90s, 60s sets**

Attendance = 25. Warm, dry and sunny. Coaches – Mark Hookway, Richard Owen, Bill Mutler

* Note rep 10 think some distances exaggerated as some had run on by time got video to them.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **Total** | **Races** | **Comment** |
|  | **10\*** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** |  |  | **4.5 mins per set** |
| **Distance** | **2min** | **90s** | **60s** | **2min** | **90s** | **60s** | **2min** | **90s** | **60s** |  |  | **2=9mins, 3 = 13.5min, 4 = 18min** |
| **Splits** | **600**  **split** | **400 split** | **200 split** | **600**  **split** | **400 split** | **200 split** | **600**  **split** | **400 split** | **200 split** |  |  | **5 = 22.5min, 6 = 27min** |
| **Recovery** | **90s** | **60s** | **2min** | **90s** | **60s** | **2min** | **90s** | **60s** | **2min** |  |  |  |
| Ryan Driscoll | 650  1.52 | 500  72 | 355  33 | 655  1.49 | 520  71 | 350  34 | 675 | 530  69 | 345  34 | **9310** | **20/7 Eltham 1500**  **2/8 Birmingham 3k sc**  **25/8 British Champs** | **Going well and will do some hurdle work Sat** |
| “ | 690  1.47 | 515  69 | 345  33 | 680  1.46 | 515  70 | 355  33 | 700  1.41 | 550  64 | 380  31 |  |  |  |
| Jamie Bryant | 650  1.52 | 500  72 | 355  33 | 655  1.49 | 520  71 | 350  34 | 673 | 530  69 | 345  34 | **9248** | **20/7 Eltham 5000** | **All ok and going well. Slight headache before again** |
| “ | 690  1.47 | 515  69 | 345  33 | 680  1.46 | 510  70 | 350  33 | 690  1.43 | 530  66 | 360  32 |  |  |  |
| Jamie Goodge | 630  1.54 | 485  74 | 345  34 | 650  1.50 | 500  73 | 345  34 | 650  1.52 | 510  72 | 340  34 | **9040** | **20/7 Eltham 5000 ?** | **Going well and finished strongly** |
| “ | 660  1.52 | 505  70 | 340  34 | 670  1.51 | 505  71 | 345  34 | 675  1.46 | 515  67 | 370  31 |  |  |  |
| James Puxty | 615  1.58 | 465  76 | 345  35 | 625  1.55 | 490  73 | 345  34 | 645 | 500  73 | 340  34 | **8825** | **20/7 Eltham 5000** | **Looking better again** |
| “ | 660  1.52 | 500  71 | 335  34 | 670  1.52 | 500  71 | 335  35 | 650  1.51 | 470  75 | 335 |  |  |  |
| Michael Ellis | 615  1.58 | 465  76 | 335  36 | 620  1.56 | 480  76 | 340  35 | 630 | 465  76 | 330  36 | **8670** | **17/7 Eltham 800**  **20/7 Eltham 1500 tbc** | **Took steady** |
| “ | 655  1.54 | 490  73 | 335  35 | 650  1.53 | 495  72 | 335  35 | 630  1.55 | 470 | 330 |  |  |  |
| Tom Cox | 590 | 460  77 | 330  37 | 605  1.58 | 470  77 | 335  35 | 625 | 455  77 | 335  35 | **7145** | **13/7 SAL 3k sc tbc** | **Going better as has done some running !** |
| “ | 650  1.53 | 485  73 | 340  34 | 630  1.55 | 480  73 | 355  33 |  |  |  |  |  |  |
| Olly Kingston | 590 | 455  78 | 330  36 | 600  2.00 | 465  76 | 330  36 | 625 | 465  76 | 330  36 | **7140** | **13/7 parkrun** | **Going well and training consistently** |
| “ | 645  1.56 | 485  75 | 330  35 | 650  1.53 | 490  72 | 350  33 |  |  |  |  |  |  |
| Dan Bradley | 600  2.00 | 465  76 | 330  36 | 605  1.59 | 470  77 | 330  35 | 625 | 465  76 | 330  36 | **7087** | **14/7 Staplehurst 5 miles** | **In control as racing Sunday** |
| “ | 650  1.56 | 485  75 | 330  35 | 602  1.59 | 470  77 | 330  35 |  |  |  |  |  |  |
| Luke Hooper | 575 | 445  80 | 325  37 | 590 | 465  79 | 320  38 | 615 | 450  80 | 325  37 | **6985** | **Considering 3k sc on Sat** | **Said feeling better** |
| “ | 640  1.58 | 480  76 | 330  36 | 605  1.58 | 480  74 | 340  35 |  |  |  |  |  |  |
| Bede Pitcairn-Knowles | 585 | 455  78 | 330  37 | 505  1.59 | 465  78 | 325  37 | 620  79 | 455  79 | 325  37 | **6905** | **13/7 SAL 3k sc ?** | **Has missed a few days as away** |
| “ | 645  1.57 | 480  76 | 330  35 | 600  2.00 | 460  79 | 325  36 |  |  |  |  |  |  |
| Nicole Taylor | 600  2.00 | 460  77 | 340  36 | 610  1.58 | 475  76 | 330  36 | 625 | 465  76 | 330  36 | **5705** | **27/7 MK 5000** | **All ok** |
| “ | 650  1.56 | 485  75 | 335  36 |  |  |  |  |  |  |  |  |  |
| Ashley Gibson | 570 | 445  81 | 320 | 595 | 465  78 | 320  38 | 620 | 460  78 | 325  38 | **5575** |  | **All ok** |
| “ | 645  1.57 | 480  76 | 330  37 |  |  |  |  |  |  |  |  |  |
| Ben Brooks | 585 | 450  79 | 325  37 | 595 | 465  78 | 325  37 | 590 | 445  81 | 325  37 | **5500** |  | **Getting fitter but now away** |
| “ | 585 | 475  77 | 335  33 |  |  |  |  |  |  |  |  |  |
| Phoebe Barker | 550 | 425  84 | 315 | 570 | 445  81 | 300  40 | 580 | 430  84 | 305  39 | **5300** |  | **ok** |
| “ | 580 | 475  78 | 325  38 |  |  |  |  |  |  |  |  |  |
| Angel López-Cáceres | 535 | 425  84 | 315 | 570 | 445  82 | 300  41 | 590 | 445  81 | 305  39 | **5325** |  | **ok** |
| “ | 600  2.00 | 475  79 | 320  38 |  |  |  |  |  |  |  |  |  |
| Sian Robertson | 535 | 425  84 | 315 | 565 | 445  81 | 300  40 | 590 | 445  81 | 305  39 | **5250** |  | **Looked tired at end** |
| “ | 590 | 440  82 | 295  40 |  |  |  |  |  |  |  |  |  |
| Tom Holden | 530 | 415  86 | 300 | 550 | 420  85 | 295  41 | 570 | 415  86 | 300  40 | **5140** |  | **All ok and picking up as went along.** |
| “ | 575 | 450  80 | 320  38 |  |  |  |  |  |  |  |  |  |
| Graeme Saker | x | x | x | 560 | 420  85 | 295  41 | 575 | 415  86 | 300  40 | **3915** |  | **Joined in after 1st set. Tried extra shoe lace hole for shoe stability** |
| “ | 575 | 455  80 | 320  38 |  |  |  |  |  |  |  |  |  |
| Nichola Evans | 525 | 415  87 | 300 | 545 | 415  86 | 295  41 | 560 | 410  87 | 300  41 | **3765** | **14/7 Sevenoaks 7** | **3 sets as racing Sunday** |
| Lucy Thompson | 525 | 410  88 | 295 | 540 | 402  89 | 290  42 | 555 | 400  90 | 300  40 | **3717** |  | **3 sets re knee which was ok. Talked with Angel** |
| **Other** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  | **13/7 Belgium 1500**  **20/7 BMC Eltham 5000**  **27/7 English Champs mile**  **24/8 British Champs** | **Jog and 200s on track as racing Sat** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  | **10/7 Watford BMC 800**  **13/7 Belgium 800**  **17/7 Blackheath 800 ?** | **Jog and 200s on track as racing Sat** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 800**  **Away 17th to 14th July** | **Jog and 200s on track as racing Sat** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **Easy 30 mins and now away for 7 weeks** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  | **Ran easy as back from holiday** |
| **Absent** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 1500**  **19/7 Medway Road Mile**  **17/8 SAL 3000** | **Running in Gibraltar** |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |  |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  | **24/8 British Champs** | **10/7 Watford 1500m** |
| Cameron Payas |  |  |  |  |  |  |  |  |  |  | **6-13/7 Island Games** | **Qualified for 1500m final Friday pm** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **19/7 Stumptown Portland 1500m tbc** | **Recovering from 5k in 13.40 on Tuesday. Quads and hamstrings tight** |
| Claire Day |  |  |  |  |  |  |  |  |  |  | **4/8 East Peckham 10k possibly** | **Late from work. Did 10k run with 22mins good pace. Will try 60s on/off at w/e** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  | **Late home** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  | **14/7 Mid Kent 5 miles**  **27/10 Frankfurt Marathon** |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 800/3000** |  |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 1500**  **17/7 Eastbourne Road race** | **Late back from work** |
| James Price |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 3000** |  |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  | **21/7 Anniversary Games 1 mile**  **24/8 British Champs** |  |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  | **Away next week. Friday 200,300,400,500,500,400,300 off 60s rec. Last week 60 miles** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  | **14/7 Mid Kent 5**  **20/7 Hastings parkrun** |  |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  | **Not been running re knee/IT but trying Friday** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 800**  **14/7 Inter Counties Ashford**  **27/7 English Champs mile** | **At home 10 mins tempo and 5x130m hills strides** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  |  |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  | **Just got a new job and been busy so just running easy/steady** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  | **24/7 Watford 3000**  **26/7 Serpentine 5k** |  |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 800** |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  | **In hospital – could be out soon** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 800/1500** | **Working** |