**Tuesday 11th June 2019 – 400s or 321 miles on grass**

Attendance = 27. Cool, clear, dry and very windy.

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

With cricket on we had to move to the adjacent field, so the 400s were a run, rather than the cricket boundary and last 200 into the wind. Total lap used for longer session was 1132 metres. (3.45 = 2.59km, 4.00 = 3.32km, 4.15 = 3.45km, 4.30 = 4.59km)

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **Run**  **1132m**  **spilt** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av** | **Races** | **Comment** |
| **Distance** | **5min** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |  |
| **Recovery** | **4min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |
| Ben Murphy | 3.41 | 63 | 62 | 65 | 61 | 65 | 61 | 66 | 59 | **63** | **15/5 BMC Loughborough 800**  **22&23/6 National u23 champs** | **Trying to alternate steady/fast reps**  **Worked hard and all ok** |
| Charlie Crick | 3.56 | 68 | 65 | 69 | 67 | 70 | 67 | 71 | 65 | **69** | **19/6 Eltham 800** | **All ok. Can’t make Thursday** |
| Jamie Brown | 3.49 | 70 | 67 | 71 | 69 | 72 | 70 | 74 | 67 | **70** |  | **All ok and first session at TAC for a while.** |
| Luke Hooper | 4.04 | 72 | 70 | 74 | 72 | 76 | 72 | 77 | 72 | **73** |  | **Said has felt a bit drained at end of sessions since marathon, so did shorter session tonight** |
| Simon Coppard | 3.42 | 71 | 67 | 70 | 71 | 80 | 77 | 80 | 80 | **74** |  | **Found it very tough but finished and achilles has been good** |
| **Group 2** | **Run** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av** | **Races** | **Comment** |
| **Distance** | **5min** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |  |
| **Recovery** | **4min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |
| Simon Fraser | 4.03 | 79 | 78 | 75 | 76 | 76 | 77 | 72 | 71 | **75** | **24/6 Vets League 3k or 400 !** | **Vets league cancelled Monday. All ok and back better.** |
| Graeme Saker | 4.08 | 82 | 81 | 82 | 82 | 78 | 81 | 76 | 79 | **80** |  | **All ok and making real progress re achilles** |
| Ben Brooks | 4.06 | 80 | 80 | 81 | 81 | 81 | 81 | 78 | 79 | **80** |  | **Very good after not much training recently** |
| Jacqui O’Reilly | 4.22 | 83 | 86 | 88 | 91 | 90 | 90 | 88 | 86 | **88** | **19/6 Eltham 1500** | **Staplehurst 10k Sunday 3rd 41.52**  **Has had a bit of a cold but ok and finished strongly** |
| India James | 4.34 | 86 | 86 | 88 | 91 | 90 | 91 | 92 | 89 | **89** |  | **Shin a lot better tonight on grass** |
| Nick James | 4.04 | 80 | 78 | 75 | 79 | 80 | 83 | 87 | x | **80** |  | **Must have missed last one** |
| **Group 2** | **1** |  | **2** |  | **3** |  |  |  |  |  | **Races** | **Comment** |
| **Distance** | **15min** |  | **10min** |  | **5min** |  |  |  |  |  |  |  |
| **Recovery** | **3min** | **Splits** | **3min** | **Splits** |  |  |  |  |  |  |  |  |
| Jamie Bryant | 4528m 15.01  4 laps/  3.49/7.32  11.16 | 3.49  3.43  3.45 | 3000m  3.43  7.31 | 3.43  3.48 | 3.39 |  |  |  |  |  |  | **All ok after 2 weeks away in Scotland, but been running a fair bit** |
| Michael Ellis | 4450m  3.54/7.48  11.41 | 3.54  3.54  3.53 | 2860m  3.51  7.50 | 3.51  3.59 | 3.45 |  |  |  |  |  | **15/6 SAL 800/5k**  **19/6 Eltham 1500** | **9/6 BAL 3k sc 2nd 10.01 and paced it steady**  **Breathing improving. Appt. Thursday** |
| Harry Lawson | 4340m  3.53/7.46  11.44 | 3.53  3.53  3.58 | 2860m  3.51  7.51 | 3.51  4.00 | 3.39 |  |  |  |  |  | **15/6 SAL** | **Ran 16.04 5km pb at Battersea Monday. All ok. Needs easy day** |
| Dan Bradley | 4220m  3.57/7.59  12.07 | 3.57  4.02  4.08 | 2800m  4.01  8.07 | 4.01  4.06 | 3.57 |  |  |  |  |  |  | **Says feeling a bit better now on iron supplement** |
| Nicole Taylor | 4200m  4.04/8.11  12.17 | 4.04  4.07  4.06 | 2800m  4.01  8.08 | 4.01  4.07 | 3.55 |  |  |  |  |  | **19/6 Eltham 1500**  **6/7 Highgate 10,000** | **7/6 Fast Friday 10,000 1st in 33.31 pb. All ok** |
| Matt Dennis | 4200m  4.04/8.11  12.17 | 4.04  4.07  4.06 | 2800m  4.02  8.08 | 4.02  4.06 | 3.57 |  |  |  |  |  |  | **All ok. Sayd been a bit lethargic since maratjon.** |
| Julian Rendall | 4200m  4.04/8.11  12.17 | 4.04  4.07  4.06 | 2800m  4.02  8.09 | 4.02  4.07 | 4.04 |  |  |  |  |  |  | **All ok** |
| Tom Cox | 3.58/8.17  12.42 | 3.58  4.19  4.25 | 4.14  8.44 | 4.14  4.30 | 4.14 |  |  |  |  |  |  | **Found it tough but completed** |
| Becky Morrish | 3900m  4.31/9.04  13.33 | 4.31  4.33  4.29 | 4.31  9.05 | 4.31  4.34 | 4.30 |  |  |  |  |  |  | **Now joining TAC after taster sessions. Paced very well** |
| Harriet Woolley | 3900m  4.26/8.58  13.33 | 4.26  4.32  4.35 | 4.33  9.18 | 4.33  4.45 | 4.33 |  |  |  |  |  |  | **All ok** |
| Liz Weeks | 3700m  4.32/9.14  14.01 | 4.32  4.42  4.47 | 4.39  9.31 | 4.39  4.52 | 4.38 |  |  |  |  |  | **24/6 Vets League 3k** | **Staplehurst 10k Sunday 1st 40.11. All ok** |
| Alice Wood | 3396m  3 laps only  4.21/8.47  13.18 | 4.21  4.26  4.31 | 400  83 | 400  83 | 400  82 | 400  81 | 400  78 |  |  |  | **19/6 Eltham 1500**  **26/6 Wimbledon 3000** | **Did Tempo run plus 5x400 with group 2, joining on their 3rd 400m rep** |
| Dane Poore | 4475m  3.44/7.34  11.31 | 3.44  3.50  3.57 | Dnf  3.58 |  | 3.45 |  |  |  |  |  | **29/6 Lee Valley 1/2M** | **Said went off too quick. Stopped 2nd lap of 2nd rep** |
| Bede Pitcairn-Knowles | 4480m  3.42/7.29  11.23 | 3.42  3.47  3.54 | x | x | x |  |  |  |  |  | **19/6 5000 Eltham** | **Felt sick so didn’t start 2nd rep** |
| Dan Schofield | 4220m  3.59/8.07  12.13 | 3.59  4.08  4.06 | dnf |  |  |  |  |  |  |  | **Away 4/7 so considering** | **Felt sick after starting 2nd rep. Said ate to late before** |
| Grace Fleming | 2264m  2 laps  4.52/10.13 | 4.52  5.21 | 1132m  1 lap  5.13 |  |  |  |  |  |  |  |  | **Back from uni and been rowing and doing well** |
| **Absent** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  | **Exams – back and health ok. Also has a job so limited time.** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  | **26/6 Kent 3000** | **Away** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000 - dnf** |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  |  |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  | **7/7 Great North 10k** | **Did 10x2mins earlier on grass and all ok** |
| Cameron Payas |  |  |  |  |  |  |  |  |  |  | **12/6 BMC Watford 1500**  **19/6 1500 Eltham**  **29/6 800 Watford**  **6-13/7 Island Games** | **Racing Wednesday** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 10000 38.57** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **13/6 Oxford mile ?** | **USA all ok and ready to pick up again after steady runs. Did 8x2mins last week. Tues 12x400 –**  **63, 65, 64, 65, 65, 64, 64, 64, 63, 63, 63, 62** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **15/6 Loughborough 5000**  **29/6 Watford BMC ?**  **6/7 Highgate 10,000** | **St Marys - 1600 ( lap jog)**  **3x1k ( 200 jog), 6x400 ( 60s)**  **Times 4.30, 2.48/2.48/2.51**  **63,63,63,62,63,62** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  | **24/6 Vets League 3k** |  |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  | **Norwich** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  | **12/6 Watford 1500**  **15/6 Lufbra BMC GP**  **29/6 Watford BMC GP 1500** | **9/6 BAL 1500 1st 3.54 with last 400 in 56, plus 4x400 split 51.0 (missed 800 re train)** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |
| James Price |  |  |  |  |  |  |  |  |  |  |  | **9/6 Staplehurst 10k – 1st 35.50** |
| James Puxty |  |  |  |  |  |  |  |  |  |  | **3/8 Wimbledon 5000** | **9/6 BAL 3000 – 2nd A string 8.54. (3.04,3.00,2.50).**  **Was training Tuesday morning as can’t make TAC – Had 5min rec 4800m 16.26, 3200m 9.58, 1600m 4.43** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  | **15/6 Brooks 1500 ?**  **29/6 Eugene 1500**  **9/7 Asuza ?**  **21/7 Anniversary Games 1 mile** | **9/6 Portland 1500 3.37.22 2nd fastest ever time.** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  | **9/6 BAL – 1st B string 8.59. (3.04,3.00,2.55). Has job in Sevenoaks for a year** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  | **16/6 Chepstow 10k**  **14/7 Mid Kent 5** |  |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  | **Had a week unwell and not run** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  | **15/6 Lufbra BMC GP**  **1500m** | **9/6 BAL 800 1st 1.54 and relay 52.0** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000 17.22 just outside pb** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  | **Post exams had easy week away.** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  | **Cambridge – Sunday quite a hard 25km run. Tues 2x6x400 with 60s/3mins rec in 68/9** |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |  |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  | **12/6 Watford BMC 1500**  **22/6 National u23 champs** | **Oxford** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  | **Would like to do SAL** |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **Leeds – awaiting update as busy work spell** |
| Nichola Evans |  |  |  |  |  |  |  |  |  |  |  | **Vets league cancelled Monday** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  | **22/6 National u23 champs** |  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  | **15/6 1500 Loughborough** | **9/6 BAL 800 1st B 1.59 plus 3k sc 1st 9.16, 4x400 leg 54. Sore after. On course this week in Norfolk. Double day Monday.** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  | **15/6 1500 Loughborough**  **29/6 800 Watford**  **14/7 Belgium** | **Was away and trained 3 of 4 days.**  **London – 3x400 off 3min, 8mins rec, 3200 off 3 min**  **52,52,53.8,25,25,26** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  | **On hold re work etc** |  |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  | **Ironman triathlon ?** |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  | **Loughborough –**  **Sat 6x200m off 2min in 33,33,34,33,33,33**  **Sun 9 miles, Mon 6 miles**  **Tues 654321 mins, 90s rec**  **Tight left calf and hip** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – has sore foot since running 10k on treadmill Friday.** |