**Thursday 12th September 2019 Run – Run via Swanmead, Hartlake Bridge etc**

Attendance = 23. Warm, clear, dry. Coaches – Mark Hookway, Pete Brenchley,

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** | **1** | **2** | **Comment** |
|  | **Turn before Hartlake** | **Turn at Hartlake Bridge** |  |
| Adam Durbaba |  | Yes | **Running well tonight with group** |
| Charlie Crick |  | Yes | **Blackheath relays Sat** |
| Dan Bradley |  | 11.60k/51.52 | **Blackheath relays Sat and Larkfield 10k Sun** |
| James Price |  | Yes | **Blackheath relays Sat** |
| James Puxty |  | Yes | **Blackheath relays Sat** |
| James Stoney |  | Yes | **Running well tonight with group** |
| Jamie Bryant |  | 12.19k/53.13 | **Larkfield 10k Sunday** |
| Jamie Goodge |  | Yes | **Blackheath relays Sat** |
| Mark Coates |  | Yes | **Blackheath relays Sat** |
| Michael Ellis |  | 14.49k/62.17 | **Blackheath relays Sat** |
| Nathan Chapman |  | Yes |  |
| Nicole Taylor |  | Yes | **Reigate 10k Sunday** |
| Phoebe Barker |  | Yes | **Reigate 10k Sunday** |
| Sam Crick |  | Yes |  |
| Simon Coppard |  | Yes |  |
| Steve Strange |  | Yes | **Racing for Basildon** |
| Tom Holden |  | 11.3k | **Blackheath relays Sat** |
| Alice Wood | Yes |  | **Blackheath relays Sat** |
| Chloe Bird | 11.13k/51.23 |  |  |
| Ellen Pitcairn-Knowles | Yes |  |  |
| Nichola Evans | 11.26k/51.18 |  | **Larkfield 10k Sunday** |
| Polly Pitcairn-Knowles | 11.00k/52.40 |  |  |
| **Other** |  |  | **Comment** |
| Ben Murphy |  |  | **Ran earlier 11.27k/44.45** |
| **Absent** |  |  | **Comment** |
| Abianne Coates |  |  | **Blackheath relays Sat** |
| Alex Crockford |  |  |  |
| Alice Ralph |  |  |  |
| Angel López-Cáceres |  |  |  |
| Ashley Gibson |  |  |  |
| Becky Morrish |  |  |  |
| Bede Pitcairn-Knowles |  |  | **Away from Sunday so will take off this list for a while** |
| Cameron Payas |  |  | **Ran from home** |
| Chris Olley |  |  | **USA – Friday due tempo or 4x10mins** |
| Claire Day |  |  | **Ran from home** |
| Clara Tyler |  |  |  |
| Corey De’Ath |  |  | **USA** |
| Dan Madams |  |  | **Larkfield 10k Sunday** |
| Dan Schofield |  |  | **Blackheath relays Sat** |
| Dan Seagrove |  |  |  |
| Dane Poore |  |  |  |
| Dominic Brown |  |  | **Sheffield** |
| George Marshall |  |  |  |
| Graeme Saker |  |  | **Larkfield 10k Sunday** |
| Harriet Woolley |  |  |  |
| Harry Lawson |  |  | **St Marys** |
| Holly Gordon |  |  |  |
| India James |  |  | **Not seen or heard from for a few weeks** |
| Jacqui O’Reilly |  |  |  |
| James West |  |  |  |
| Jamie Brown |  |  |  |
| Joe Watts |  |  | **Blackheath relays Sat** |
| Jordan Saul |  |  |  |
| Kieran Eland |  |  |  |
| Kieran Reilly |  |  | **Blackheath relays Sat** |
| Kiri Marsh |  |  |  |
| Liz Weeks |  |  | **Larkfield 10k Sunday** |
| Lucy Thompson |  |  |  |
| Luke Fisher |  |  |  |
| Luke Hooper |  |  | **Larkfield 10k Sunday** |
| Luke Reeves |  |  |  |
| Matt Dennis |  |  |  |
| Miles Weatherseed |  |  |  |
| Nathan Marsh |  |  | **Leeds** |
| Nick James |  |  | **Not seen or heard from for a few weeks** |
| Olivia Lucas |  |  |  |
| Olly Kingston |  |  |  |
| Ryan Driscoll |  |  | **Away** |
| Sean Molloy |  |  | **X training** |
| Sian Robertson |  |  |  |
| Tom Cox |  |  |  |
| Tom Richards |  |  | **Considering coaching and gradually getting back to running** |
| Will Beeston |  |  |  |