**Tuesday 13th August 2019 – 1000s or short pyramid on grass.**

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

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Av.&****5k****pace** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Ryan Driscoll | 2.57 | 2.57 | 2.56 | 2.56 | 2.56 | 2.57 | 2.54 | 2.52 | **2.56****14.40** | **25/8 British Champs** | **Looked good. Sunday hard 4x400 off 90s, 5min,2x1200 off 5min, 2.5min 400****Over 5 hurdles a lap.****73.1,70.7,71.0,68.8,3.37.5,3.38.9,62.9** |
| Jamie Bryant | 3.00 | 2.59 | 3.01 | 3.00 | 3.01 | 3.02 | 3.03 | 3.03 | **3.01****15.05** | **26/8 Dartford 10k ?** | **All ok. 5k pb 14.49** |
| Miles Weatherseed | 2.59 | 2.58 | 3.02 | 3.01 | 3.02 | 3.02 |  |  | **3.01****15.05** | **24/8 British Champs****30/8 Twilight Meet ?** | **10/8 Trafford 1500 – dnf was on for good time but stopped 200 to go as back tight****1st session at Tonbridge for a while** |
| Jamie Goodge | 3.01 | 3.02 | 3.03 | 3.02 | 3.03 | 2.59 |  |  | **3.02****15.10** | **Unsure** | **All ok and good finish. 5k pb 15.26****See Sat session summary** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** |  |  | **Av.** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** |  |  |  |  | **Only got 60s after 1st rep** |
| **Recovery** | **90s** | **60s !** | **90s** | **90s** | **90s** |  |  |  |  |  |  |
| Will Beeston | 3.18 | 3.15 | 3.10 | 3.06 | 3.03 | 3.03 |  |  | **3.09****15.45** |  | **Just back from airport and holiday, so tired. Had been training.** |
| Dan Bradley | 3.18 | 3.16 | 3.15 | 3.15 | 3.16 | 3.18 |  |  | **3.16****16.20** |  | **All ok. Most recent 5k 16.16** |
| Luke Hooper | 3.24 | 3.21 | 3.17 | 3.15 | 3.14 | 3.11 |  |  | **3.17****16.25** |  | **Got quicker throughout. Parkrun pb 17.12** |
| Olly Kingston | 3.21 | 3.19 | 3.16 | 3.13 | 3.16 | 3.16 |  |  | **3.17****16.25** |  | **All ok Parkrun pb 17.28** |
| Matt Dennis | 3.22 | 3.22 | 3.19 | 3.20 | 3.21 | 3.19 |  |  | **3.19****16.35** | **8/9 Hellingly 10k** | **All ok and very consistent. Doesn’t have a 5k pb** |
| Ashley Gibson | 3.25 | 3.21 | 3.21 | 3.21 | 3.21 | 3.19 |  |  | **3.20****16.40** | **8/9 Great North Run** | **All ok. Most recent 5k 16.30** |
| George Marshall | 3.28 | 3.31 | 3.27\* | 3.27 | 3.22 | 3.21 |  |  | **3.26****17.10** |  | **Tried group 2 and a bit too quick.****Parkrun pb is 18.07** |
| Dan Schofield | 3.29 | 3.40\* | 3.34 | 3.35 | 3.37 | 3.36 |  |  | **3.35****17.55** |  | **Just back from holiday. Started group 2 and moved, but finished session** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** |  |  | **Av.** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** |  |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |  |
| Toby Ryan | 3.33 | 3.34 | 3.27 | 3.27 | 3.23 | 3.24 |  |  | **3.28****17.20** | **No races** | **Talked about starting at 3.40 and well inside and going well. Parkrun pb is 18.20** |
| Mark Coates | 3.34 | 3.37 | 3.33 | 3.33 | 3.34 | 3.32 |  |  | **3.34****17.50** |  | **All ok. Parkrun pb 18.26** |
| Liz Weeks | 3.42 | 3.43 | 3.41 | 3.40 | 3.42 | 3.40 |  |  | **3.41****18.25** |  | **All ok and consistent. Recent parkrun 18.43** |
| Tom Holden | 3.53 | 3.55 | 3.50 | 3.48 | 3.46 | 3.39 |  |  | **3.48****19.00** | **Feb 2020 National XC** | **One of best sessions so far over longer work****Found Saturday tough in the wind****See Sat session summary** |
| Joe Watts | 3.48 | 3.48 | 3.50 | 3.48 | 3.46 | 3.46 |  |  | **3.48****19.00** |  | **1st session for a while but was ok.****Did 19.43 parkrun Saturday. Pb is 18.06** |
| Ben Brooks | 3.37 | 3.49 | 4.04 | 4.05 | 3.59 | 3.57 |  |  | **3.55****19.35** |  | **Just back from holiday** |
| Abianne Coates | 3.54 | 3.56 | 4.01 | 4.01 | 4.02 | 4.05 |  |  | **4.00****20.00** |  | **Been on holiday but trained** |
| Alex Crockford | 3.59 | 4.02 | 4.04 | 4.06 | 1.59500 | 2.01500 |  |  | **4.02****2.00** | **17/8 SAL 1500/3k** | **Felt flat tonight so last 2 swapped to 500s****See Sat session summary** |
| Alice Ralph | 1.52500 | 1.50500 | 1.48500 | 1.46500 | 1.43500 | 1.41500 |  |  | **1.47** |  | **Did 500s throughout as planned and got quicker each one.** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |  | **Av.** | **Races** | **Comment** |
| **Distance** | **200** | **300** | **400** | **500** | **400** | **300** | **200** |  |  |  |  |
| **Recovery** | **2min** | **3min** | **4min** | **5min** | **4min** | **3min** |  |  |  |  |  |
| Simon Coppard | 27 | 44 | 61 | 79 | 60 | 42/3 | 26 |  | **n.a.** | **Maybe 17/8 SAL** | **See Sat session summary** |
| Dan Seagrove | 28 | 45/6 | 62 | 80 | 61 | 43 | 27 |  | **n.a.** | **17/8 SAL 400** | **Best session yet****See Sat session summary, also solid** |
| Charlie Crick | 27/8 | 45/6 | 62 | 80 | 62 | 44 | 28 |  | **n.a.** |  | **Away at festival at w/e** |
| **Run** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Harriet Woolley |  |  |  |  |  |  |  |  |  | **27/10 Frankfurt Marathon** |  |
| Nicole Taylor |  |  |  |  |  |  |  |  |  | **Has finished season (wedding on British Champs day)** |  |
| Olivia Lucas |  |  |  |  |  |  |  |  |  |  |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |  |  |
| **Other**  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  | **Just helped with timing as has tight shoulder/back** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  | **Been on bike and came down** |
| Sean Molloy |  |  |  |  |  |  |  |  |  | **14/8 Eltham 800****17/8 SAL 800****24/8 British Champs****30/8 Twilight meet mile** | **Easy and strides****Racing Wednesday****See Sat session summary. Won at Newham Sunday in 1.51.5** |
| James West |  |  |  |  |  |  |  |  |  | **24/8 British Champs** | **11/8 European Cup 3k 3rd 8.02****Raced well Sunday. Easy run and drills** |
| Michael Ellis |  |  |  |  |  |  |  |  |  | **14/8 Eltham 800****17/8 SAL 1500** | **Racing Wednesday****See Sat session summary which was good** |
| **Absent** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  | **Working – treated Ryan plus Tom Richards**  |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  | **10/8 Thames ½ marathon – 2nd in 88.23** |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Going away September. Did Monday run** |
| Ben Murphy |  |  |  |  |  |  |  |  |  | **14/8 Eltham 800****24/8 British Champs****30/8 Twilight meet mile ?** | **Easy and strides at home****Racing Wednesday****See Sat session summary** |
| Cameron Payas |  |  |  |  |  |  |  |  |  | **14/8 Eltham 800****17/8 SAL 5000****21/8 Watford 1500** | **Easy at home****Racing Wednesday****See Sat session summary** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **8/8 West Chester mile 4th 4.02 with 57 last lap. Now a break** |
| Claire Day |  |  |  |  |  |  |  |  |  |  | **Injured with fractured elbow** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  | **No more in UK this season** | **USA – Sat 4xshort hills (30s) 2,4,6,8,10 ( off 3mins)** **Tuesday session 1,2,3 x 3 ( off 2mins) + 3mile tempo** |
| Dan Madams |  |  |  |  |  |  |  |  |  | **20/8 Trafford 800****1/9 Vets League final** | **Has foot issue with neuroma sore spot so backing off** |
| Dominic Brown |  |  |  |  |  |  |  |  |  | **24/8 British Champs** | **Sheffield - Felt good tonight. So was 3x400, 2x400, 1x400 off 60secs, 4mins. Did 58 (31,27), 59 (32,27), 60 (32,28), 58 (31,27), 59 (32,27) then last 400 did 100 easy 300 fast in 53 (15,38). Finished off with a few 150m strides. Hamstrings felt good but will ice bath this eve anyway just in case** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  | **17/8 SAL** | **Said tired so ran from home** |
| India James |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  | **1/9 Vets League final****8/9 Great North Run** | **Away** |
| James Price |  |  |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  |  |  | **14/8 Eltham 5000** | **Ran from home. Did Sunday and Monday runs. Racing Wednesday****See Sat session summary.** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  | **X trained Sat rather than session as felt knee** |
| Kieran Eland |  |  |  |  |  |  |  |  |  | **14/8 Eltham 800m** | **11/8 400m at Newham 50.47** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  | **24/8 British Champs 1500** | **10/8 Trafford 1500 3.47. Achilles a bit sore still and so managing it. Session Wed and seeing Paul Massey Thursday. May see Angel** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  | **In Lincoln** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  | **See Sat session summary. Did Sunday run. Working in London** |
| Luke Fisher |  |  |  |  |  |  |  |  |  | **14/8 Eltham 5000****21/8 Watford 3000** | **Racing Wednesday****See Sat session summary** |
| Luke Reeves |  |  |  |  |  |  |  |  |  | **14/8 Eltham 5000** | **Racing Wednesday** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  | **Away** |
| Nichola Evans |  |  |  |  |  |  |  |  |  |  |  |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  | **Been running from home** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |
| Tom Richards |  |  |  |  |  |  |  |  |  |  | **Hamstring/knee issue still there a bit so assessed again 12/8. May see Angel for alternative assessment** |