**Thursday 13th June 2019 – Varied paced 800s or 150s grass**

Attendance = 20. Cool, clear, dry and very windy.

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **Av** | **Races** | **Comment** |
| **Distance** | **Run**  **5mins** | **150** | **150** | **150** | **150** | **150** | **150** | **150** | **150** |  |  |  |
| **Recovery** | **4min** | **250**  **jog** | **250**  **jog** | **250**  **jog** | **250**  **jog** | **250**  **jog** | **250**  **jog** | **250**  **jog** | **250**  **jog** |  |  |  |
| Simon Coppard | 5mins  (2.55) | 21 | 21 | 21 | 20/1 | 20 | 19 | 19 | 18 | **20** |  | **Achilles has been good. Last exam Friday** |
| Michael Ellis | 1600m  2.38/5.16 | 21 | 21/2 | 21 | 21 | 19 | 19 | 20 | 19 | **20** | **15/6 SAL 800/5k**  **19/6 Eltham 1500** | **All ok. Had breathing test at specialist and pretty ok. Keeping diary and monitoring** |
| Simon Fraser | 5mins  (2.50) | 22 | 23 | 23 | 23 | 23 | 22 | 23 | 22 | **23** | **19/6 Eltham 800**  **24/6 Vets League 3k or 400 !** | **All ok and entered BMC Eltham next week** |
| Joe Watts | 1600m  3.11/6.26 | 27 | 26 | 26 | 26 | 25 | 25 | 25 | 24 | **25/6** | **16/6 Chepstow 10k**  **14/7 Mid Kent 5** | **All ok and racing Sunday** |
| Polly Pitcairn-Knowles | 1600m  3.31/6.46 | No times | No times | No times | No times | No times | No times | No times | No times | No times | **15/6 SAL** | **Racing at SAL although unsure of events** |
| Alice Ralph | 1600m  3.31/6.56 | No times | No times | No times | No times | No times | No times | No times | No times | No times |  | **All ok. Just rejoined TAC** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** |  |  | **Total** | **Av** | **Races** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** |  |  |  |  |  | **Total 6 pairs = 9600m** |
| **Recovery** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** |  |  |  |  |  |  |
| Jamie Bryant | 3.00  2.28 | 2.48  2.32 | 2.51  2.33 | 2.52  2.34 | 2.52  2.33 | 2.51  2.29 |  |  | **32.23** | **2.51**  **2.31** | **15/6 SAL** | **All ok** |
| Cameron Payas | 3.04  2.31 | 3.04  2.28 | 3.05  2.30 | 3.01  2.29 | 3.00  2.29 | 2.58  2.23 |  |  | **33.02** | **3.02**  **2.28** | **19/6 1500 Eltham**  **29/6 800 Watford**  **6-13/7 Island Games** | **12/6 BMC Watford 1500**  **3.52.87 pb** |
| James Puxty | 3.04  2.31 | 3.04  2.28 | 3.05  2.35 | 3.07  2.40 | 3.04  2.45 | 3.06  2.40 |  |  | **34.09** | **3.05**  **2.36** | **15/6 Dulwich parkrun**  **3/8 Wimbledon 5000** | **Has had a good week and race last Sunday probably helped** |
| Bede Pitcairn-Knowles | 3.03  2.34 | 2.59  2.31 | 3.06  2.46 | 3.04  2.50 | 3.12  2.50 | 3.07  2.50 |  |  | **34.52** | **3.05**  **2.43** | **19/6 5000 Eltham** | **Said got stitch** |
| Dan Schofield | 3.06  2.37 | 3.14  2.48 | 3.16  2.48 | 3.12  2.48 | 3.05  2.43 | 3.08  2.48 |  |  | **35.33** | **3.10**  **2.45** | **Away 4/7 so considering** | **Said generally tired. Has exams on etc** |
| Toby Ryan | 3.13  2.59 | 3.10  2.54 | 3.16  2.57 | 3.20  3.03 | 3.17  3.01 | 3.10  3.02 |  |  | **37.22** | **3.16**  **2.59** | **7/7 Ironman triathlon in Germany** | **Said felt really good despite having been in car 5 hours re work** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** |  |  |  |  | **Races** | **Comment** |
| **Distance** | **400/**  **800** | **400/**  **800** | **400/**  **800** | **400/**  **800** | **400/**  **800** | **400/**  **800** |  |  |  |  |  | **Couldn’t be accurate with video at 400m point by PH so have left times out.** |
| **Recovery** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** | **Steady**  **fast** |  |  |  |  |  |  |
| Nicole Taylor | No times | No times | No times | No times | No times | No times |  |  |  |  | **19/6 Eltham 1500**  **6/7 Highgate 10,000** |  |
| Dan Bradley | No times | No times | No times | No times | No times | No times |  |  |  |  |  |  |
| Sian Robertson | No times | No times | No times | No times | No times | No times |  |  |  |  |  | **All ok – did 6 pairs = 7200m** |
| Chloe Bird | No times | No times | No times | No times | No times | No times |  |  |  |  |  |  |
| Alice Wood | No times | No times | No times | No times | No times | No times |  |  |  |  | **19/6 Eltham 1500**  **26/6 Wimbledon 3000** |  |
| Nichola Evans | No times | No times | No times | No times | No times | No times |  |  |  |  | **14/7 Sevenoaks 7** |  |
| **Other** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  | **15/5 BMC Loughborough 800**  **22&23/6 National u23 champs** | **Did easy run then Friday jog and some strides** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  | **Did some drills and jogging beforehand. Sai awaiting GP referral to see Angel on NHS but needs to do more to sort.** |
| **Absent** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |  |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  | **26/6 Kent 3000** | **Away in Cyprus but running** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  |  |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  | **7/7 Great North 10k** |  |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |  |
| Ben Brooks |  |  |  |  |  |  |  |  |  |  |  | **Working in evening** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  | **19/6 Eltham 800** | **School commitment** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **13/6 Oxford mile ?** | **USA and all ok** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **15/6 Loughborough 5000**  **29/6 Watford BMC ?**  **6/7 Highgate 10,000** | **St Mary’s – said relaxed session on grass -** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  | **24/6 Vets League 3k** | **Ran from home** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  |  |  |  |  |  | **29/6 Lee Valley 1/2M** | **Ran from home** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  | **15/6 Lufbra BMC GP**  **29/6 Watford BMC GP 1500** | **12/6 Watford 1500 – dnf after long car journey** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  | **15/6 SAL** | **Run and strides at home** |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  | **19/6 Eltham 1500** | **Friday – 6x800** |
| James Price |  |  |  |  |  |  |  |  |  |  |  |  |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  | **15/6 Brooks 1500 ?**  **29/6 Eugene 1500**  **9/7 Asuza ?**  **21/7 Anniversary Games 1 mile** | **USA – unlikely to race this w/e**  **Wed interesting session**  **1k 2.34, 400 ‘jog’ in 88s + 4.5min**  **600 88, 1k 2.34, 600 88**  **Same recoveries**  **1800m varied 200s**  **30,44,30,40,30,40,29,41,27**  **3xshort hill** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  | **6/7 BAL 5k** | **Loughborough** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  | **first run Thursday after illness – 4.7 miles** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  | **15/6 Lufbra BMC GP**  **1500m** | **Home - Seen physio and masseur for check up. Run and 8x60m** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  | **24/6 Vets League 3k** |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |  |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  | **22/6 National u23 champs** | **12/6 Watford BMC 1500 – dnf. Just shattered from exams finishing** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **Leeds – Thursday finished last exam and all ok health wise etc. Been very busy and just a couple of runs per week** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  | **22/6 National u23 champs** |  |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  | **15/6 1500 Loughborough**  **29/6 Watford GP ?**  **6/7 BAL ?** | **Been on course in Norfolk and really busy. Double days and Wed some 30/45s reps** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  | **15/6 1500 Loughborough**  **29/6 800 Watford**  **14/7 Belgium** |  |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |  |  | **Was working** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – calf all ok after Tuesday a bit tight and ran 6.6 miles Wed** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  | **Been away** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  | **Friday 5k easy and foot all ok** |