**Tuesday 14th January – Run and hills (south end of Tonbridge)**

Attendance = 29. Mild but very windy and heavy rain, so pretty bad.

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

Tempo run Course – From Yardley Pk/Hadlow Rd junction via mini by pass, Woodgate Way, Premier road to crossing by Deakin Leas.

|  |  |  |  |
| --- | --- | --- | --- |
| **Group - Hills** | **‘Tempo’****Run****2.6 miles** | **Hills****Approx** | **Comment** |
| **Jamie Goodge** | **14.34** | **10** | **All ok and good week last week inc 3x3k Sat and 2 hours Sunday** |
| **Stuart Brown** | **14.34** | **10** | **All ok and going well** |
| **Michael Ellis** | **14.42** | **10** | **Did 94 miles last week and continuing ‘aerobic’ boost spell. Holding up well. Did hills as continuous run.** |
| **James Puxty** | **15.02** | **10** | **Back from uni for couple of weeks. Worked hard tonight.** |
| **Dan Schofield** | **16.00** | **8** | **Not racing at w/e so did 8 hills. Would like to push on a bit more** |
| **James Kingston** | **16.00** | **6** | **Won Knole Run Saturday. Cut back tonight as Kent Schools this w/e** |
| **Jordan Saul** | **16.00** | **8** | **All ok** |
| **Luke Hooper** | **16.10** | **8** | **A bit reluctant to do 8 hills as doesn’t like them, but got them done !** |
| **Tom Woolley** | **16.14** | **6/7** | **1st taster session with group. Has had sore achilles so a bit worried about that but said was ok**  |
| **Alice Wood** | **16.45** | **6/7** | **All ok** |
| **Katie Goodge** | **16.45** | **6** | **Won Knole Run Saturday. Kent Schools this w/e** |
| **Mark Coates** | **16.45** | **6/7** | **All ok** |
| **Alex Sandberg** | **16.45** | **6** | **Had Knole Run Saturday and Kent Schools this w/e so kept at 6 hills** |
| **Alex Thompson** | **16.45** | **6** | **Had Knole Run Saturday and Kent Schools this w/e so kept at 6 hills** |
| **Maria Heslop** | **17.20** | **6** | **All ok** |
| **Toby Ryan** | **17.20** | **6** | **Quick visit back home from Doha** |
| **Harriet Woolley** | **17.21** | **6/7** | **All ok** |
| **Adam Tibbals** | **17.22** | **6/7** | **Has now joined TAC and on both email lists** |
| **Alex Crockford** | **18.34** | **6** | **Feeling better after illness** |
| **Sarah Cronin** | **18.40** | **6** | **Has now joined TAC and on both email lists** |
| **Charlie Lindsay** | **Short** | **6** | **Not fully fit. Did slightly shorter run** |
| **Tom Holden** | **Short**  | **6** | **Was going well until struggled with recovery before 6th hill. Probably just as has been ill. Did good Sunday morning exercises/drills session and looking for help to ‘unlock’ aspect of right foot reaction off ground.** |
| **Group – Track** | **4x300** | **4x200** | **Comment** |
| **Recovery** | **2mins****3min after set** | **2mins** | **Session was changed from 4x400,4x200 with change of paces built in, due to conditions** |
| **Ben Murphy** | **43s** | **27s** | **All ok. Racing Sunday 800m. Held back a bit. Started work this week.** |
| **Charlie Crick** | **n.a.** | **27,25,****25,24** | **Foot ok and had seen Richard Puxty who had given support under toes. Did 4x200 part of session** |
| **Sean Molloy** | **44.7,45****42.6,40.9** | **26.8,26.525.4,25.2** | **All ok and had done Lee Valley session on Saturday** |
| **Simon Coppard** |  |  | **All ok and with those above.** |
| **Steve Strange** |  |  | **All ok and with those above.** |
| **Dan Bradley** |  |  | **Did a run with Nicole** |
| **Nicole Taylor** |  |  | **Did a run with Dan B** |
| **Absent** |  |  | **Comment** |
| **Abianne Coates** |  |  | **Bath uni – foot improving and will try short treadmill run as part of session. Been x training well Sun 60min bike + 30min swim, Tues 15x45s on bike** |
| **Adam Durbaba** |  |  | **Back at university** |
| **Adam Van der Plas** |  |  |  |
| **Alice Ralph** |  |  |  |
| **Becky Morrish** |  |  |  |
| **Cameron Payas** |  |  | **Did morning track on own, similar to our session last week. 1200m 3.51 and then 12x400 off 90s in 65/6** |
| **Chris Olley** |  |  | **USA – all ok and still completing 80/90 mile weeks. Saturday 2x2 miles in around 9.20 and then 1k on track in 2.36, kicking off a 66s 400m. Tuesday 3x3x600 off 90s/400 jog****1.40.96,1.43/1.45,99,95/1.43,99,91 with some control. Racing 1 mile Saturday.** |
| **Corey De’Ath** |  |  | **St Marys 6 ( 90s), 3 , 2x90 ( off 75), 3x3 ( 90s), 2x90, 3x3****2x90, 6 Splits 5.00(6), 4.55(3), 4.50(90), 5.02(6)** |
| **Dan Madams** |  |  |  |
| **Dan Seagrove** |  |  | **Back at university** |
| **Dane Poore** |  |  |  |
| **Dominic Brown** |  |  | **Sheffield – awaiting update, but last week 84 miles total. Sat 10mins plus 6x2.5mins, Sun 15 miles** |
| **Edo Leone** |  |  |  |
| **Ellen Pitcairn-Knowles** |  |  | **Did Saturday, Sunday, Monday with TAC but commitment tonight** |
| **George Marshall** |  |  | **Back at university** |
| **Graeme Saker** |  |  | **Due to have cortisone injection 23rd Jan** |
| **Harry Paton** |  |  |  |
| **Helen Gaunt** |  |  | **Did Sat session with TAC** |
| **Ingmar Gunn** |  |  | **Think maybe injured as was at Knole Run but didn’t start** |
| **Jacqui O’Reilly** |  |  | **Trained at home** |
| **James Stoney** |  |  | **Back at university** |
| **James West** |  |  | **USA – racing 1k Saturday** |
| **Jamie Brown** |  |  |  |
| **Jamie Bryant** |  |  | **Has run 2 miles easch day and foot ok. Was due to increase a fraction Tuesday** |
| **Kathleen Faes** |  |  | **Couldn’t get to TAC due to traffic** |
| **Kieran Reilly** |  |  | **Guildford – did good session of 2x200,1k,4x400,1k on Saturday. Easy runs since . Quad tight after Sunday. Seeing john Allen Wed. Due to race 3k Sunday.** |
| **Kiri Marsh** |  |  | **Nottingham** |
| **Liz Weeks** |  |  |  |
| **Lucy Thompson** |  |  | **Back at university** |
| **Luke Reeves** |  |  | **Back at university** |
| **Matt Dennis** |  |  |  |
| **Miles Weatherseed** |  |  | **Oxford** |
| **Nathan Chapman** |  |  | **Ran 10 miles in morning as 3x3miles** |
| **Nathan Marsh** |  |  | **Leeds** |
| **Nichola Evans** |  |  | **Couldn’t get to TAC** |
| **Olly Kingston** |  |  | **Back at university** |
| **Phoebe Barker** |  |  | **Back at university** |
| **Polly Pitcairn-Knowles** |  |  | **Back at university** |
| **Ryan Driscoll** |  |  | **Late back from work so ran 8 miles from home** |
| **Sam Crick** |  |  |  |
| **Toby Emm** |  |  | **Finished Knole run on Sat after tight calf etc** |
| **Tom Richards** |  |  | **Was due to do the hills from home** |
| **Will Beeston** |  |  | **Loughborough – been steady running after niggle and ok** |
| **Will Kingswood** |  |  | **Did Knole Run Saturday** |