**Thursday 15th August 2019 Run (Leigh, Penshurst)**

Attendance = 23. Warm, sunny, dry. Coaches – Mark Hookway, Pete Brenchley, Richard Owen

|  |  |  |  |  |  |
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| **Group** | **Run**  **Short** | **Run**  **Mid** | **Run**  **Long** | **Races** | **Comment** |
| **Distance** | **11k+** | **12k+** | **15k+** |  |  |
| Dan Bradley |  |  | Yes |  | **16.13k/63.39. All ok** |
| Jamie Bryant |  |  | Yes | **26/8 Dartford 10k** | **15.99k/58.34. All ok. Has entered 10k** |
| Jamie Goodge |  |  | Yes |  | **All ok** |
| Luke Hooper |  |  | Yes |  | **16.29k/64.58** |
| Ryan Driscoll |  |  | Yes | **25/8 British Champs** | **Moving well 9.8 miles av 5.37s first 2 6.40/6.15. Felt good** |
| Toby Ryan |  |  | Yes | **No races** | **16.01k /68.01. Said felt good** |
| Tom Cox |  |  | Yes |  | **All ok** |
| Ben Murphy |  | Yes |  | **24/8 British Champs**  **30/8 Twilight meet mile** | **14/8 Eltham 800 2nd 1.50.6**  **12.88k/46.13** |
| Adam Durbaba | Yes |  |  |  |  |
| Ben Brooks | Yes |  |  |  |  |
| Charlie Crick | Yes |  |  |  |  |
| Dan Schofield | Yes |  |  |  |  |
| Graeme Saker | Yes |  |  |  |  |
| James Puxty | Yes |  |  |  | **14/8 Eltham 5000 15.31. Never got into race. Did shorter run** |
| James Stoney | Yes |  |  |  |  |
| Michael Ellis | Yes |  |  | **17/8 SAL 1500** | **14/8 Eltham 800 1.56.92 big pb**  **11.47k/50.29 + 6x100** |
| Nichola Evans | Yes |  |  |  | **Ran with Michael and Tom Holden** |
| Olivia Lucas | Yes |  |  |  |  |
| Olly Kingston | Yes |  |  |  |  |
| Sean Molloy | Yes |  |  | **17/8 SAL 800**  **24/8 British Champs**  **30/8 Twilight meet mile** | **14/8 Eltham 800 – 1st 1.50.52**  **Good win Wed and did shorter run then fast strides** |
| Simon Coppard | Yes |  |  |  | **A bit tight after pacing 3x800m races Wed, but good** |
| Tom Holden | Yes |  |  | **Feb 2020 National XC** | **Ran with Michael and Nichola**  **Miles were 7.05, 7.14, 7.21, 7.02, 6.48, 6.59, 6.55. A bit quicker than when on own.** |
| Alice Wood | 6k |  |  |  | **Did short powdermills run** |
| **Absent** |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |
| Alex Crockford |  |  |  | **17/8 SAL 1500/3k** | **Ran from home** |
| Alice Ralph |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |
| Ashley Gibson |  |  |  | **8/9 Great North Run** |  |
| Becky Morrish |  |  |  |  |  |
| Bede Pitcairn-Knowles |  |  |  |  |  |
| Cameron Payas |  |  |  | **17/8 SAL 5000**  **21/8 Watford 1500** | **14/8 Eltham 800 1.56.98 sb**  **Ran from home** |
| Chloe Bird |  |  |  |  |  |
| Chris Olley |  |  |  |  | **USA – week off and first easy run**  **Started work** |
| Claire Day |  |  |  |  | **Injured elbow** |
| Clara Tyler |  |  |  |  |  |
| Corey De’Ath |  |  |  | **No more in UK this season** | **USA** |
| Dan Madams |  |  |  | **1/9 Vets League final** |  |
| Dan Seagrove |  |  |  | **17/8 SAL 400** |  |
| Dane Poore |  |  |  |  |  |
| Dominic Brown |  |  |  | **20/8 Trafford 800**  **24/8 British Champs** | **Sheffield** |
| George Marshall |  |  |  |  |  |
| Harriet Woolley |  |  |  | **27/10 Frankfurt Marathon** |  |
| Harry Lawson |  |  |  | **17/8 SAL** |  |
| India James |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  | **1/9 Vets League final**  **8/9 Great North Run** | **AWay** |
| James Price |  |  |  |  |  |
| James West |  |  |  | **24/8 British Champs** | **Doing Friday session** |
| Jamie Brown |  |  |  |  |  |
| Joe Watts |  |  |  |  |  |
| Jordan Saul |  |  |  |  | **Been working away this week** |
| Kieran Eland |  |  |  |  | **Has finished season and having a break** |
| Kieran Reilly |  |  |  | **24/8 British Champs 1500** | **Friday – 3 x (4x200,600) off 90s/4min. 30.8, 29.4, 30.1, 29.4, 1:32, 30, 28.6, 29.3, 28.6, 1:32,**  **29.1, 29, 30, 27.9, 1:32**  **Really windy and tough** |
| Kiri Marsh |  |  |  |  |  |
| Liz Weeks |  |  |  |  |  |
| Lucy Thompson |  |  |  |  |  |
| Luke Fisher |  |  |  | **21/8 Watford 3000** | **14/8 Eltham 5000 won in 15.49 debut** |
| Luke Reeves |  |  |  |  | **Didn’t turn up Wed to race at Eltham** |
| Mark Coates |  |  |  |  |  |
| Matt Dennis |  |  |  | **8/9 Hellingly 10k** |  |
| Miles Weatherseed |  |  |  | **24/8 British Champs**  **30/8 Twilight Meet ?** |  |
| Nathan Chapman |  |  |  |  |  |
| Nathan Marsh |  |  |  |  | **Away** |
| Nick James |  |  |  |  |  |
| Nicole Taylor |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |
| Sam Crick |  |  |  |  | **Has had stomach issues again and tests** |
| Sian Robertson |  |  |  |  |  |
| Steve Fennell |  |  |  |  |  |
| Tom Richards |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |