**Tuesday 16th July – Relay on grass (3x300,400,500,600)**

Attendance = 23. Warm, dry and sunny. Coaches – Mark Hookway, Pete Brenchley, Bill Mutler.

In pairs as a relay. Jamie Bryant paired with Mark Coates, Nick James and India James and took over as first finished.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Av** | **Races** | **Comment** |
| **Distance** | **290** | **380** | **504** | **610** | **290** | **380** | **504** | **610** | **290** | **380** | **504** | **610** |  |  | **Total = 1784 per set**  **3 sets = 5352m** |
| Jamie Bryant | 47 | 63 | 1.29 | 1.46 | 47 | 65 | 1.29 | 1.48 | 49 | 64 | 1.27 | 1.43 | **48,64**  **1.28,1.46** | **20/7 Eltham 5000**  **3/8 BAL 3k sc** | **All ok** |
| James Puxty | 52 | 65 | 1.30 | 1.49 | 49 | 63 | 1.32 | 1.53 | 52 | 64 | 1.34 | 1.47 | **51,64**  **1.32,1.50** | **20/7 Eltham 5000** | **With Claire. Added 2s to one time for cheating !** |
| Simon Coppard | 51 | 66 | 1.32 | 1.52 | 50 | 67 | 1.35 | 1.56 | 49 | 64 | 1.32 | 1.53 | **50,66**  **1.33,1.54** |  | **With Charlie 1st. Away for a week now.** |
| Olly Kingston | 53 | 69 | 1.34 | 1.56 | 50 | 67 | 1.35 | 1.56 | 53 | 67 | 1.33 | 1.53 | **52,68**  **1.34,1.55** |  | **All ok. With Liz.**  **13/7 parkrun – 3rd at Ashford in 17.28 pb** |
| Luke Hooper | 50 | 68 | 1.34 | 1.54 | 54 | 70 | 1.37 | 1.57 | 52 | 70 | 1.37 | 1.58 | **52,69**  **1.36,1.55** |  | **13/7 SAL 3k sc – debut 10.47.7** |
| Dan Bradley | 47 | 66 | 1.38 | 1.57 | 54 | 70 | 1.36 | 1.56 | 52 | 71 | 1.33 | 1.54 | **51,69**  **1.36,1.56** |  | **With Phoebe and all ok.**  **14/7 Staplehurst 5 miles – 1st 27.14** |
| Charlie Crick | 51 | 66 | 1.33 | 1.55 | 52 | 69 | 1.38 | 1.58 | 53 | 71 | 1.39 | 1.55 | **52,68**  **1.37,1.56** | **Away 17th to 24th July** | **13/7 SAL 800 – 3rd 1.55.2 pb and 400m relay leg 51.7**  **With Simon 1st. Away for a week with Sam and Simon** |
| Nicole Taylor | 53 | 69 | 1.36 | 1.58 | 51 | 68 | 1.37 | 1.57 | 52 | 68 | 1.35 | 1.56 | **52,68**  **1.36,1.57** | **27/7 MK 5000** | **All ok. With Toby** |
| Bede Pitcairn-Knowles | 50 | 67 | 1.35 | 1.54 | 52 | 69 | 1.37 | 1.57 | 52 | 73 | 1.38 | 1.58 | **51,70**  **1.37,1.56** |  | **All ok. With George. Going away in September for a while** |
| Matt Dennis | 52 | 67 | 1.32 | 1.54 | 51 | 70 | 1.39 | 1.57 | 53 | 69 | 1.40 | 2.00 | **52,68**  **1.37,1.57** |  | **With Luke 2nd** |
| George Marshall | 52 | 67 | 1.38 | 2.01 | 54 | 70 | 1.44 | 2.04 | 53 | 73 | 1.39 | 1.57 | **53,70**  **1.40,2.01** |  | **All ok. With Bede** |
| Toby Ryan | 50 | 69 | 1.37 | 2.02 | 55 | 74 | 1.44 | 2.02 | 56 | 76 | 1.44 | 2.03 | **54,72**  **1.42,2.02** |  | **With Nicole and all ok.**  **Leaves in September re work** |
| Phoebe Barker | 54 | 72 | 1.42 | 2.06 | 57 | 74 | 1.42 | 2.03 | 58 | 74 | 1.42 | 1.59 | **56,73**  **1.42,2.03** |  | **With Dan. Picked up at end.** |
| Liz Weeks | 54 | 74 | 1.45 | 2.08 | 59 | 77 | 1.46 | 2.09 | 59 | 79 | 1.49 | 2.10 | **57,77**  **1.47,2.09** |  | **With Olly and said struggles with shorter work.** |
| Claire Day | 52 | 71 | 1.44 | 2.11 | 57 | 79 | 1.51 | 2.12 | 57 | 81 | 1.48 | 2.07 | **55,77**  **1.48,2.10** | **4/8 East Peckham 10k possibly** | **With James P and all ok.**  **Sun 15x300 off 500 jog in 52/56, plus 3x200** |
| Mark Coates | 58 | 77 | 1.49 | 2.14 | 62 | 76 | 1.53 | 2.14 | 58 | 81 | 1.55 | 2.14 | **59,78**  **1.52, 2.14** |  | **All ok. With Jamie B** |
| Nick James | 54 | 72 | 1.45 | 2.15 | 61 | 75 | 2.00 | 2.26 | 55 | 89 | 2.08 | 2.11 | **56,79**  **1.53,2.17** |  | **Varied pace some reps !**  **With Jamie B** |
| India James | 57 | 81 | 1.55 | 2.32 | 54 | 90 | 2.13 | 2.10 | 71 | 99 | 1.48 | 2.46 | **61,90**  **1.59,2.29** |  | **Varied pace some reps, but did complete session** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 400**  **14/8 Eltham 800**  **24/8 British Champs**  **30/8 Twilight meet mile ?** | **13/7 SAL 400 relay leg 48.8 after 8 mile run in morning**  **Birthday family dinner so trained earlier . 1600 4.31, 3x300 in 37 off 500 jog – was sick** |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/7 Eltham 800**  **20/7 Eltham 1500**  **3/8 BAL 3k sc** | **Racing Wednesday. Banged knee on Saturday when hurdling so been sore and stiff. Did easy and strides and knee a lot better.** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/7 Eltham 5000** | **Racing Wednesday. Easy and strides** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/7 Eltham 800** | **Racing Wednesday. Easy and strides 13/7 SAL 800/1500**  **800 2.01.1** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **3x1mile, 4x200 with younger group as was worried doing relays** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 1500**  **19/7 Medway Road Mile**  **17/8 SAL 3000** | **Graduation Tuesday and racing Wednesday** |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Trained earlier on own** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Been busy and leg niggling which needs sorting. Then away a week** |
| Ben Brooks |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Cameron Payas |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **6-13/7 Island Games**  **800 8th, 1500 7th**  **At Alex graduation** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  |  | **19/7 Stumptown Portland 1500m** | **USA – was tired after 5k last week.**  **Sunday 8x300 off 2min then 3 mins**  **44.1, 43.9, 43.7, 43.1, 42.7, 42.2, 42.5, 42.9** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  |  | **27/7 MK 5000**  **2/8 Soar mile**  **24/8 British Champs** | **Sheffield – 2x1 mile, 4 mins rec in 4.35/36, 2x3x500 off 100/400 jog in 81/2/3, 82/2/1 5 mins jog , 1 mile 4.34. Now MK 5000 as couldn’t do Eltham** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Graeme Saker | ? |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran at home** |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  |  |  |  | **27/10 Frankfurt Marathon** | **14/7 Mid Kent 5 miles 1st 31.03 pb**  **Ran from home 23k** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 3000/1500 9.17, 4.33** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/7 Eastbourne Road race** | **13/7 SAL 1500 – 5.12**  **Racing Wednesday** |
| James Price |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 3000 – debut 9.20.5** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 800**  **21/7 Anniversary Games 1 mile**  **24/8 British Champs** | **Easy earlier.**  **Back in UK early Sunday**  **Racing Wednesday 800 to sharpen for Sunday.** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |  | **7/8 Watford 800**  **14/8 Eltham 800** |  |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |  | **20/7 Hastings parkrun** | **14/7 Mid Kent 5 – 30.31** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **First run Monday was 2.34 miles** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  | **20/7 Eltham 800** | **14/7 Inter Counties 800 4th 1.57**  **Cardiff** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **27/7 English Champs mile**  **3/8 BAL 5k** | **Am run, pm 5x2mins off 60s, 5x30s hills. Calf a bit sore after w/e.**  **13/7 SAL 800 2nd 1.54**  **14/7 Inter Counties Ashford**  **800 3rd 1.55, 1500 1st 3.54**  **Loughborough, work etc this week but mapped out** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Steady running as just got a job and sorting everything** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 1500 – 5.16 debut**  **Appointment with Angel re knee** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  |  |  | **24/7 Watford 3000**  **26/7 Serpentine 5k** | **Last Wed 20x400 off 60s in 72/3 very early. Sat hills** |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 800** | **Paced 1 mile at w/e through 1k in 2.30 and racing Wed** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Has booked to see Angel re knee** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away until September** |
| Nichola Evans |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **14/7 Sevenoaks 7 – 3rd**  **16/7 Ran 20.01 at Standard Chartered City 5k** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  |  | **20/7 Eltham 1500**  **2/8 Birmingham 3k sc**  **25/8 British Champs** | **Food poisoning so sick all day.**  **Sat – 12 x 400m over 4 barriers, plus a hurdle. Av 68/9 but ‘easy’ first half with pick ups.** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Came out of hospital on Saturday**  **Away for week** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 400** | **London – 500,400,300,200,100 off 5mins – 66,50.4,37.5,26.4,18.7**  **13/7 Belgium 800 – dnf**  **Blocked off track. Having medicheck analysis this week** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran from home as late from work** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Is having checks on back etc** |
| Tom Cox |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **13/7 SAL 3k sc – 10.42.6** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  |  | **Feb 2020 National XC** | **Loughborough all week**  **Sat Run and upslopes, calf tight, Sun 9 miles, Mon 6, Tues plan was 5** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Pleased with progress and seeing physio again Friday. Been doing intervals** |