**Thursday 18th July – Pump House varied pace or reps on grass**

Attendance = 31. Warm, dry and sunny. Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av** | **Races** | **Comment** |
| **Distance** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |
| Ben Murphy | 83 | 82 | 80 | 80 | 81 | 80 | 79 | 78 | 75 | 74 | **79** | **19/7 Medway Road Mile**  **3/8 BAL 400**  **14/8 Eltham 800**  **24/8 British Champs**  **30/8 Twilight meet mile ?** | **Going well and all ok.**  **Racing Friday but still did full session** |
| Cameron Payas | 84 | 82 | 81 | 81 | 82 | 81 | 80 | 79 | 78 | 77 | **80/1** | **19/7 Medway Road Mile** | **All ok and going well. Racing Friday but still did full session** |
| James Kingston | 83 | 82 | 81 | 81 | 82 | 81 | 80 | 79 | 79 | 78 | **80/1** | **3/8 BAL 1500** | **Tried the group as been so far in front of younger group and u20** |
| Ryan Driscoll | 83 | 82 | 80 | 79 | 77 |  |  |  |  |  | **80x5** | **20/7 Eltham 1500**  **2/8 Birmingham 3k sc**  **25/8 British Champs** | **Racing Saturday but had food poisoning start of week** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av** | **Races** | **Comment** |
| **Distance** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** | **500** |  |  |  |
| **Recovery from front Olly Kingston** | **1.43** | **1.47** | **1.38** | **1.46** | **1.40** | **1.41** | **1.38** | **1.42** | **1.31** |  |  |  |  |
| Olly Kingston | 88 | 87 | 85 | 86 | 87 | 86 | 88 | 87 | 87 | 87 | **87** |  | **Chose group 2 and all ok** |
| George Marshall | 96 | 93 | 91 | 90 | 92 | 91 | 92 | 93 | 94 | 92 | **92/3** |  | **All ok** |
| Mark Coates | 99 | 94 | 97 | 92 | 97 | 96 | 91 | 96 | 1.41 | 99 | **96** |  | **All ok** |
| Angel López-Cáceres | 1.40 | 99 | 99 | 97 | 99 | 97 | 97 | 97 | 96 | 93 | **97/8** |  | **All ok** |
| Sian Robertson | 1.45 | 1.42 | 99 | 99 | 99 | 97 | 97 | 97 | 96 | 94 | **98/9** |  | **Strong finish** |
| Graeme Saker | 1.46 | 1.43 | 1.40 | 1.40 | 1.41 | 99 | 1.40 | 98 | 98 | 93 | **1.40** |  | **All ok** |
| Adam Durbaba | 1.46 | 1.44 | 1.43 | 1.43 | 1.43 | 1.42 | 1.42 | 1.41 | 1.42 | 1.43 | **1.43** |  | **All ok** |
| Ashley Gibson | 99 | 95 | 92 | 92 | 93 | 92 | 93 | 93 |  |  | **94x8** |  | **Did 8 as planned. Away next week** |
| Lucy Thompson | 1.49 | 1.48 | 1.45 | 1.44 | 1.45 | 1.44 | 1.45 | 1.41 |  |  | **1.45x8** |  | **Saw Angel Tuesday re knee and has exercises to strengthen etc** |
| Jacqui O’Reilly | 1.49 | 1.48 | 1.46 | 1.45 | 1.46 | 1.44 | 1.45 | 1.42 |  |  | **1.45/6x8** |  | **17/7 Blackheath 1500 5.10 sb**  **Changed plans last minute**  **Good consistent session tonight** |
| Abianne Coates | 1.49 | 1.48 | 1.46 | 1.46 | 1.48 | 1.45 | 1.48 | 1.55 |  |  | **1.48x8** |  | **Did last rep with Holly and all ok** |
| Alex Crockford | 1.49 | 1.48 | 1.46 | 1.46 | 1.48 | 1.46 |  |  |  |  | **1.47x6** | **19/7 Medway Road Mile**  **17/8 SAL 3000** | **17/7 Blackheath 1500 pb 5.19**  **Legs a bit heavy so did 6 as also racing Friday** |
| Holly Gordon | 1.56 | 1.59 | 2.00 | x | 1.59 | 2.03 | x | 1.55 |  |  | **n.a.** |  | **1st session for a while but been running** |
| **Group 3 varied pace**  **600m** | **1**  **2** | **3**  **4** | **5**  **6** | **7**  **8** | **9**  **10** | **11**  **12** | **13**  **14** | **15**  **16** |  |  | **Total**  **Av** | **Races** | **Comment** |
| **Distance metres** | **600** | **600** | **600** | **600** | **600** | **600** | **600** | **600** |  |  |  |  | **8 pairs = 9600m** |
| **Recovery** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** | **Steady**  **Fast** |  |  |  |  | **7 pairs = 8400m** |
| Will Beeston | 2.15  1.55 | 2.17  1.57 | 2.14  1.59 | 2.16  1.58 | 2.15  1.58 | 2.15  1.56 | 2.14  1.55 | 2.13  1.50 |  |  | **33.27**  **2.15**  **1.56** | **24/7 Watford 3000** | **17/7 Eltham 800 – pb 2.00.2**  **Looked very good and controlled** |
| Nicole Taylor | 2.12  1.59 | 2.16  1.58 | 2.13  1.59 | 2.16  1.59 | 2.16  2.02 | 2.17  2.02 | 2.18  2.02 |  |  |  | **29.49**  **2.15**  **2.00** | **27/7 MK 5000** | **Good session and very consistent** |
| Dan Bradley | 2.15  1.59 | 2.18  2.04 | 2.18  2.06 | 2.20  2.03 | 2.20  2.04 | 2.21  2.05 | 2.22  2.06 |  |  |  | **30.41**  **2.19**  **2.04** | **4/8 East Peckham 10k ?** | **All ok** |
| Luke Hooper | 2.19  2.04 | 2.17  2.05 | 2.18  2.04 | 2.20  2.05 | 2.20  2.05 | 2.23  2.06 | 2.23  2.04 |  |  |  | **30.53**  **2.20**  **2.05** | **4/8 East Peckham 10k ?** | **Very good session** |
| Phoebe Barker | 2.18  2.05 | 2.17  2.06 | 2.18  2.08 | 2.19  2.10 | 2.22  2.13 | 2.22  2.14 | 2.25  2.11 |  |  |  | **31.28**  **2.20**  **2.10** |  | **Building up steadily** |
| Harriet Woolley | 2.30  2.17 | 2.33  2.17 | 2.33  2.19 | 2.34  2.17 | 2.31  2.17 | 2.31  2.19 | 2.34  2.15 |  |  |  | **33.47**  **2.32**  **2.17** | **27/10 Frankfurt Marathon** | **Well paced and all ok** |
| Toby Ryan | 2.24  2.19 | 2.37  2.17 | 2.33  2.19 | 2.34  2.17 | 2.31  2.17 | 2.31  2.16 | 2.37  2.12 |  |  |  | **33.44**  **2.32**  **2.17** | **No races** | **Ticking over now after Ironman** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  |  | **20/7 Eltham 5000**  **3/8 BAL 3k sc** | **Racing Saturday so easy and strides** |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  | **20/7 Eltham 5000** | **Racing Saturday so easy and strides** |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  |  | **20/7 Eltham 1500**  **3/8 BAL 3k sc** | **17/7 Eltham 800 pb 1.58.5 and win**  **Racing Saturday so easy and strides** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 400** | **Earlier - 5 x 200 off 20 secs (31), 3 min rec, 5 x 200 off 30 secs (30)**  **3 mins , 5 x 200 off 60 secs (28)**  **4 mins , 5 x 200 off 2 mins (26)**  **Times - 28.4,31.2,30.2,30.5,30.2**  **29.7,29.7,29.7,30,29.6**  **28, 27.9, 27.6, 27.6, 27.6,**  **26, 26.1, 25.5, 25.5, 24.5**  **Having medicheck up Friday** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  | **Did some easy running** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  | **Did some easy running as foot been sore. Away next week** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  | **Did some easy running** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |  | **Had a niggle then away** |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ben Brooks |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  |  | **Away 17th to 24th July** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  | **19/7 Stumptown Portland 1500m** | **USA racing Friday** |
| Claire Day |  |  |  |  |  |  |  |  |  |  |  | **4/8 East Peckham 10k possibly** |  |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  | **No more in UK this season** |  |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  | **19/7 Vets League 800** | **Away** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  | **Been away** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  | **27/7 MK 5000**  **2/8 Soar mile**  **24/8 British Champs** | **Sheffield** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  | **Says will be back after hols** |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James Price |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  | **21/7 Anniversary Games 1 mile**  **24/8 British Champs** | **17/7 Blackheath 800 – 1st 1.49.52**  **Did double day run from home** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  | **7/8 Watford 800**  **14/8 Eltham 800** | **Texted and said lower leg painful ie left of centre above ankle.** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  | **17/7 Eltham 5000 pb 15.26**  **Family commitment** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  | **20/7 Hastings parkrun** |  |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |  | **Been doing short runs from home upto 3 miles and knee/IT has improved** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **20/7 Eltham 800** |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **27/7 English Champs mile**  **3/8 BAL 5k** | **Loughborough** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  | **24/7 Watford 3000**  **26/7 Serpentine 5k** |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 800 – 1.54** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  | **Saw Angel Tuesday re achilles** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Nichola Evans |  |  |  |  |  |  |  |  |  |  |  | **19/7 Vets League 800** | **Racing Friday** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  |  | **Away 17th to 24th July** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  | **Feb 2020 National XC** | **Loughborough – running all week plus physio** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |