**Tuesday 18th June 2019 – 400s grass**

Attendance = 31. Warm, clear, dry and still. Had rained heavily in day, but ground good.

Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Av** | **Races** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  | **Aim to pick up at 200m** |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  | **Change of pace** |
| Ben Murphy | 7040/30 | 6941/28 | 6940/29 | 6940/29 | 6941/28 | 6740/27 | 6841/27 | 6739/28 | 6740/27 | 6639/27 | **68****40/28** | **22&23/6 National u23 champs** | **15/5 BMC Loughborough 800****1.51. Good session and all ok** |
| Jamie Brown | 7240/32 | 7141/31 | 7140/31 | 7140/31 | 7141/30 | 7140/31 | 7241/31 | 7039/31 | 7040/30 | 6939/30 | **71****40/30** |  | **All ok. Finished uni and working** |
| Simon Coppard | 77/40/37 | 7641/35 | 7540/35 | 7540/35 | 7540/35 | 7440/34 | 7441/33 | 7239/33 | 7240/32 | 6839/29 | **74****40/34** |  | **Pacing at Eltham Wednesday in flats****Much better and kept in control****Legs a bit tired.10k and golf Monday** |
| Ben Brooks | 31 | 28 | 30 | 31 | 31 | 31 | 31 | 31 | 31 | 32 | **31** |  | **Did 200s with above** |
| **Group 2** | **1/2** | **3/4** | **5/6** | **7/8** | **9/10** | **11/12** | **13/14** | **15/16** | **17/18** | **19/20** | **Av** | **Races** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |  |
| **Recovery (from back)** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** |  |  |  |
| Ryan Driscoll | 7470 | 7070 | 6969 | 7070 | 6869 | 6969 | 6869 | 6868 | 6767 | 6966 | **69** | **29/6 Watford GP 3k sc****6/7 BAL 5k** | **15/6 1500 Loughborough 3.51** |
| Jamie Bryant | 7470 | 7071 | 7069 | 7070 | 6969 | 7069 | 6969 | 6868 | 6868 | 6966 | **69** | **29/6 Wimbledon 3000** | **15/6 SAL** |
| James Puxty | 7570 | 7171 | 7069 | 7170 | 6969 | 7169 | 7070 | 7269 |  |  | **70/1** | **3/8 Wimbledon 5000** | **15/6 Dulwich parkrun - 15.56** |
| Steve Fennell | 7570 | 7171 | 7070 | 7070 | 6969 | 7069 | 7069 |  |  |  | **70** |  |  |
| **Group 3** | **1/2** | **3/4** | **5/6** | **7/8** | **9/10** | **11/12** | **13/14** | **15/16** | **17/18** | **19/20** | **Av** | **Races** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |  |
| **Recovery (from back)** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** |  |  |  |
| Dane Poore | 7571 | 7071 | 7173 | 7273 | 7373 | 7374 | 7574 | 7469 |  |  | **72/3** | **29/6 Lee Valley 1/2M** |  |
| Dan Schofield | 7874 | 7374 | 7574 | 7473 | 7373 | 7373 | 7473 | 7268 |  |  | **73/4** | **Away 4/7 so considering** | **Sat Parkrun pb 16.25** |
| Harry Lawson | 7573 | 7272 | 7373 | 7272 | 7272 | 7272 | 7374 | 7881 |  |  | **73/4** |  | **15/6 SAL – 800m 2.06.9, 5000m 16.29.3 pb** |
| Dan Bradley | 7874 | 7474 | 7474 | 7473 | 7374 | 7474 | 7474 | 7372 |  |  | **74** |  | **All ok and very consistent** |
| James Price | 8074 | 7473 | 7575 | 7473 | 7374 | 7574 | 7475 | 7469 |  |  | **74** |  | **All ok** |
| Tom Cox | 8077 | 7677 | 7778 | 7775 | 7576 | 7675 | 7677 | 7565 |  |  | **76** |  | **Best session yet with good finish** |
| Ashley Gibson | 8077 | 7677 | 7778 | 7876 | 7677 | 7778 | 7776 |  |  |  | **77** | **7/7 Great North 10k** | **All ok and did 14 as planned** |
| Luke Hooper | 8076 | 7676 | 7777 | 7877 | 7781 | 8284 |  |  |  |  | **78/9** |  | **Had been ill with stomach bug for 5 days. Feels will take a break and do some easy running to build miles** |
| **Group 4** | **1/2** | **3/4** | **5/6** | **7/8** | **9/10** | **11/12** | **13/14** | **15/16** | **17/18** | **19/20** | **Av** | **Races** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |  |
| **Recovery (from back)** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** | **45s** |  |  |  |
| Toby Ryan | 8280 | 7877 | 7777 | 7576 | 7576 | 7878 | 7776 | 7774 |  |  | **77** | **7/7 Ironman triathlon in Germany** | **All ok** |
| Jordan Saul | 8785 | 8381 | 8181 | 8281 | 8180 | 8280 | 7977 | 7869 |  |  | **80/1** |  | **First session after week off and said struggled but got it done** |
| Olly Kingston | 8480 | 7877 | 7777 | 7776 | 7574 | 7574 | 7269 |  |  |  | **76** |  | **Good session and has run 17+ for parkrun recently** |
| Graeme Saker | 8681 | 8179 | 8180 | 8279 | 8179 | 8280 | 7974 |  |  |  | **80** |  | **Ankle was sore driving home and said pushed a bit too much tonight** |
| Liz Weeks | 8684 | 8587 | 8685 | 8585 | 8685 | 8686 | 8581 |  |  |  | **85** | **24/6 Vets League 3k** | **All ok and no cross fit in morning** |
| Becky Morrish | 9088 | 8888 | 8787 | 8787 | 8887 | 8787 | 8681 |  |  |  | **87** |  | **All ok** |
| Nichola Evans | 8987 | 8787 | 8786 | 8786 | 8888 | 8888 | 8883 |  |  |  | **87** | **14/7 Sevenoaks 7** | **All ok** |
| Sian Robertson | 8681 | 8179 | 8080 | 8179 | 8079 | 8280 |  |  |  |  | **80/1** |  | **Stopped at 12 before struggling re tired** |
| Nathan Chapman | 8079 | 7674 | 7474 | 7172 | x71 | 73x |  |  |  |  | **n.a.** |  | **Protecting achilles – going too quick for group** |
| **Group 5** | **1/2** | **3/4** | **5/6** | **7/8** | **9/10** | **11/12** |  |  |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** |  |  |  |  |  |  |  |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |  |  |  |  |
| Jacqui O’Reilly | 8990 | 8788 | 8687 | 8486 | 8586 | 8381 |  |  |  |  | **86** | **26/6 Kent 3000** | **Withdrawn from Eltham. Good session.** |
| Polly Pitcairn-Knowles | 8990 | 8788 | 8788 | 8589 | 8892 | 9087 |  |  |  |  | **88** |  | **15/6 SAL – withdrew as too much to sort before back in Cornwall. Going away for few weeks now.** |
| India James | 9090 | 8889 | 8888 | 8689 | 8889 | 8887 |  |  |  |  | **88** |  | **Best session yet, completed and shin/calf ok** |
| Alice Ralph | 9090 | 8788 | 8788 | 8789 | 8991 | 9492 |  |  |  |  | **89** |  | **Found tough at end but stuck with it well.** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  | **Races** |  |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  |  | **19/6 Eltham 1500** | **Easy as racing Wednesday****15/6 SAL 800/5k****1st 1.59.6, then 16.37.9** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  | **19/6 Eltham 800****24/6 Vets League 3k or 400 !** | **Easy as racing Wednesday** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |  | **Exams and work** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  | **26/6 Kent 3000** | **Been away in Cyprus** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  | **29/6 Oxford vs Harvard/Yale match steeplechase** | **Battersea – 5x(1200,400) in 3.28/64, 60s/2min rec. Last week tough with work etc** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  | **Withdrawn from Eltham . Tight calf so x trained** |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **19/6 5000 Eltham** | **Racing Wednesday** |
| Cameron Payas |  |  |  |  |  |  |  |  |  |  |  | **19/6 1500 Eltham****29/6 800 Watford****6-13/7 Island Games** | **Racing Wednesday** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  | **19/6 Eltham 800** | **Racing Wednesday** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  | **13/7 Oxford mile ?** | **USA – Sat 8x600 off 300 jog in 2mins****99,99,98,97,97,96,95,93****Tuesday 321 miles off 3 mins****15.05,9.58,4.41** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  | **29/6 Watford BMC 3000****6/7 Highgate 10,000** | **15/6 Loughborough 5000****14.49****St Marys - 2k ( lap jog), 1200 ( 200 jog)****2x400 ( off 60) ( 200 jog) 1200 ( 200 jog), 2x400 ( off 60), (200 jog) 1200** **( 200 jog), 2x400 ( off 60)****Times 5.43,3.23,63,63,3.25, 63,64 3.21****62,60** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  | **24/6 Vets League 3k****26/6 possible Kent 10k** | **Ran at home** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  |  | **Back home from uni but hurt back, maybe from trampoline** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  | **6/7 BAL 800/1500****13/7 Oxford mile****27/7 English Champs mile** | **15/6 Lufbra BMC GP – 3.45****Sheffield - 4x(3x400) off 1min/3mins in 60,61,61, 60,59,60, 59,59,59, 58,58,58** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  | **29/6 Eugene 1500****9/7 Asuza ?****21/7 Anniversary Games 1 mile** | **15/6 Brooks 1500 - 4th 3.35.74 TAC Club record. In dialogue re next few weeks inc support etc.** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  | **6/7 BAL 5k** | **Back home this week** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  | **14/7 Mid Kent 5** | **16/6 Chepstow 10k – 38.00** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **29/6 Watford 800****6/7 BAL 400** |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **29/6 Watford 1500****7/7 Calais****14/7 Inter Counties Ashford****27/7 English Champs mile** | **15/6 Lufbra BMC GP****1500m 3.51****Loughborough – 2x600m off 10min with 2nd varied pace (600,1500,800 pace) – 84,86 (27,30,29)** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  | **19/6 Eltham 1500m****7/7 Highgate 10,000m** | **Racing Wednesday** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  | **Training reduced with exams and away etc and then knee sore.** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  |  | **Cambridge – Sat 2 miles, 3min rec,5x75s off 60s, 2miles. 10.10/10.25 for 2 miles.****Tues – 3x(6x300) off 45s/3min on grass. All ok** |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  | **22/6 National u23 champs** |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds – all ok. Ran 10 miles with Kiri Sunday and going to ease back into things as exams done.** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |  |  | **19/6 Eltham 1500****6/7 Highgate 10,000** | **Racing Wednesday** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  | **22/6 National u23 champs 1500 or 5k** |  |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  |  | **29/6 800 Watford****6/7 BAL 400****14/7 Belgium** | **15/6 1500 Loughborough 3.51****Sunday – run and gym****Tuesday - Went to Battersea, but no update.** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – ran Friday/Sat and foot ok, but no further update.** |