**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 | 70  40/30 | 69  41/28 | 69  40/29 | 69  40/29 | 69  41/28 | 67  40/27 | 68  41/27 | 67  39/28 | 67  40/27 | 66  39/27 | **68**  **40/28** | **22&23/6 National u23 champs** | **15/5 BMC Loughborough 800**  **1.51. Good session and all ok** |
| Jamie Brown | 72  40/32 | 71  41/31 | 71  40/31 | 71  40/31 | 71  41/30 | 71  40/31 | 72  41/31 | 70  39/31 | 70  40/30 | 69  39/30 | **71**  **40/30** |  | **All ok. Finished uni and working** |
| Simon Coppard | 77/  40/37 | 76  41/35 | 75  40/35 | 75  40/35 | 75  40/35 | 74  40/34 | 74  41/33 | 72  39/33 | 72  40/32 | 68  39/29 | **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 | 74  70 | 70  70 | 69  69 | 70  70 | 68  69 | 69  69 | 68  69 | 68  68 | 67  67 | 69  66 | **69** | **29/6 Watford GP 3k sc**  **6/7 BAL 5k** | **15/6 1500 Loughborough 3.51** |
| Jamie Bryant | 74  70 | 70  71 | 70  69 | 70  70 | 69  69 | 70  69 | 69  69 | 68  68 | 68  68 | 69  66 | **69** | **29/6 Wimbledon 3000** | **15/6 SAL** |
| James Puxty | 75  70 | 71  71 | 70  69 | 71  70 | 69  69 | 71  69 | 70  70 | 72  69 |  |  | **70/1** | **3/8 Wimbledon 5000** | **15/6 Dulwich parkrun - 15.56** |
| Steve Fennell | 75  70 | 71  71 | 70  70 | 70  70 | 69  69 | 70  69 | 70  69 |  |  |  | **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 | 75  71 | 70  71 | 71  73 | 72  73 | 73  73 | 73  74 | 75  74 | 74  69 |  |  | **72/3** | **29/6 Lee Valley 1/2M** |  |
| Dan Schofield | 78  74 | 73  74 | 75  74 | 74  73 | 73  73 | 73  73 | 74  73 | 72  68 |  |  | **73/4** | **Away 4/7 so considering** | **Sat Parkrun pb 16.25** |
| Harry Lawson | 75  73 | 72  72 | 73  73 | 72  72 | 72  72 | 72  72 | 73  74 | 78  81 |  |  | **73/4** |  | **15/6 SAL – 800m 2.06.9, 5000m 16.29.3 pb** |
| Dan Bradley | 78  74 | 74  74 | 74  74 | 74  73 | 73  74 | 74  74 | 74  74 | 73  72 |  |  | **74** |  | **All ok and very consistent** |
| James Price | 80  74 | 74  73 | 75  75 | 74  73 | 73  74 | 75  74 | 74  75 | 74  69 |  |  | **74** |  | **All ok** |
| Tom Cox | 80  77 | 76  77 | 77  78 | 77  75 | 75  76 | 76  75 | 76  77 | 75  65 |  |  | **76** |  | **Best session yet with good finish** |
| Ashley Gibson | 80  77 | 76  77 | 77  78 | 78  76 | 76  77 | 77  78 | 77  76 |  |  |  | **77** | **7/7 Great North 10k** | **All ok and did 14 as planned** |
| Luke Hooper | 80  76 | 76  76 | 77  77 | 78  77 | 77  81 | 82  84 |  |  |  |  | **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 | 82  80 | 78  77 | 77  77 | 75  76 | 75  76 | 78  78 | 77  76 | 77  74 |  |  | **77** | **7/7 Ironman triathlon in Germany** | **All ok** |
| Jordan Saul | 87  85 | 83  81 | 81  81 | 82  81 | 81  80 | 82  80 | 79  77 | 78  69 |  |  | **80/1** |  | **First session after week off and said struggled but got it done** |
| Olly Kingston | 84  80 | 78  77 | 77  77 | 77  76 | 75  74 | 75  74 | 72  69 |  |  |  | **76** |  | **Good session and has run 17+ for parkrun recently** |
| Graeme Saker | 86  81 | 81  79 | 81  80 | 82  79 | 81  79 | 82  80 | 79  74 |  |  |  | **80** |  | **Ankle was sore driving home and said pushed a bit too much tonight** |
| Liz Weeks | 86  84 | 85  87 | 86  85 | 85  85 | 86  85 | 86  86 | 85  81 |  |  |  | **85** | **24/6 Vets League 3k** | **All ok and no cross fit in morning** |
| Becky Morrish | 90  88 | 88  88 | 87  87 | 87  87 | 88  87 | 87  87 | 86  81 |  |  |  | **87** |  | **All ok** |
| Nichola Evans | 89  87 | 87  87 | 87  86 | 87  86 | 88  88 | 88  88 | 88  83 |  |  |  | **87** | **14/7 Sevenoaks 7** | **All ok** |
| Sian Robertson | 86  81 | 81  79 | 80  80 | 81  79 | 80  79 | 82  80 |  |  |  |  | **80/1** |  | **Stopped at 12 before struggling re tired** |
| Nathan Chapman | 80  79 | 76  74 | 74  74 | 71  72 | x  71 | 73  x |  |  |  |  | **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 | 89  90 | 87  88 | 86  87 | 84  86 | 85  86 | 83  81 |  |  |  |  | **86** | **26/6 Kent 3000** | **Withdrawn from Eltham. Good session.** |
| Polly Pitcairn-Knowles | 89  90 | 87  88 | 87  88 | 85  89 | 88  92 | 90  87 |  |  |  |  | **88** |  | **15/6 SAL – withdrew as too much to sort before back in Cornwall. Going away for few weeks now.** |
| India James | 90  90 | 88  89 | 88  88 | 86  89 | 88  89 | 88  87 |  |  |  |  | **88** |  | **Best session yet, completed and shin/calf ok** |
| Alice Ralph | 90  90 | 87  88 | 87  88 | 87  89 | 89  91 | 94  92 |  |  |  |  | **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.** |