**Thursday 2nd August 2019 – sets of 321 minutes on grass**

Attendance = 33. Warm, sunny, dry. Coaches – Mark Hookway, Pete Brenchley

Splits shown on 3min rep are at 680m, which was large lap

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group – all start together** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **Total** | **Races** | **Comment** |
| **Distance/Time** | **3min** | **2min** | **60s** | **3min** | **2min** | **60s** | **3min** | **2min** | **60s** | **3min** | **2min** | **60s** |  |  | **3 sets = 18 mins** |
| **Recovery** | **2min** | **60s** | **3min** | **2min** | **60s** | **3min** | **2min** | **60s** | **3min** | **2min** | **60s** |  |  |  | **4 sets = 24 mins** |
| James Puxty | 930  2.15 | 630 | 340 | 950  2.07 | 650 | 345 | 945  2.08 | 650 | 375 | 955  2.09 | 650 | 370 | **7790** | **14/8 Eltham 5000** | **Recovering from week cycling** |
| Steve Fennell | 885  2.22 | 625 | 310 | 940  2.11 | 640 | 315 | 950  2.09 | 670 | 335 | 1005  2.05 | 675 | 365 | **7715** |  | **Picked up as went through session** |
| Bede Pitcairn-Knowles | 875  2.20 | 625 | 310 | 900  2.15 | 620 | 340 | 940  2.11 | 645 | 360 | 955  2.09 | 650 | 355 | **7575** |  | **All ok** |
| Dan Seagrove | 880  2.21 | 630 | 340 | 940  2.08 | 640 | 335 | 915  2.12 | 645 | 335 | 865  2.20 | 620 | 315 | **7460** |  | **Good effort and getting fitter** |
| Luke Reeves | 890  2.18 | 625 | 310 | 920  2.13 | 620 | 335 | 930  2.12 | 645 | 320 | 910  2.15 | 620 | 315 | **7440** |  | **Going well** |
| Matt Dennis | 875  2.23 | 620 | 310 | 900  2.17 | 620 | 335 | 910  2.16 | 630 | 335 | 910  2.15 | 620 | 350 | **7415** | **8/9 Hellingly 10k** | **All ok** |
| Tom Cox | 885  2.22 | 625 | 315 | 920  2.12 | 625 | 320 | 890  2.15 | 615 | 320 | 880  2.16 | 620 | 380 | **7395** |  | **Getting fitter** |
| Charlie Crick | 875  2.23 | 600 | 320 | 900  2.16 | 625 | 345 | 910  2.15 | 625 | 310 | 900  2.15 | 620 | 365 | **7395** |  | **Getting better each day** |
| Ashley Gibson | 860  2.26 | 600 | 310 | 900  2.17 | 620 | 320 | 905  2.16 | 620 | 310 | 890  2.19 | 600 | 320 | **7255** | **8/9 Great North Run** | **All ok** |
| Toby Ryan | 785  2.36 | 570 | 280 | 890  2.19 | 605 | 320 | 905  2.17 | 600 | 320 | 880  2.20 | 585 | 320 | **7060** | **No races** | **All ok** |
| Graeme Saker | 8302.30 | 570 | 290 | 865  2.23 | 590 | 315 | 865  2.20 | 600 | 310 | 865  2.21 | 590 | 320 | **7010** |  | **Did 4 sets and all ok** |
| Mark Coates | 860  2.25 | 570 | 300 | 860  2.26 | 580 | 315 | 860  2.22 | 590 | 320 | 810  2.30 | 565 | 290 | **6920** |  | **All ok** |
| Tom Holden | 785  2.35 | 570 | 280 | 865  2.24 | 580 | 310 | 865  2.22 | 580 | 315 | 860  2.23 | 585 | 320 | **6915** | **Feb 2020 National XC** | **Good session and week** |
| James Stoney | 830  2.31 | 580 | 285 | 840  2.24 | 560 | 310 | 860  2.26 | 570 | 320 | 820  2.28 | 550 | 300 | **6825** |  | **Completed it well** |
| Dane Poore | 930  2.16 | 625 | 320 | 925  2.12 | 620 | 330 | X  2.18 | 600 | 315 | 1005  2.05 | 575 | x | **6245** |  | **Stopped on 6th rep and missed last. Just goes too quick to complete at various stages** |
| Sean Molloy | 935  2.12 | 660 | 360 | 970  2.05 | 675 | 375 | 990  2.02 | 700 | 400 |  |  |  | **6065** | **3/8 BAL 400** | **All ok and looked good** |
| Ben Murphy | 935  2.12 | 660 | 360 | 970  2.05 | 675 | 370 | 975  2.02 | 670 | 380 |  |  |  | **5995** | **3/8 BAL 400**  **14/8 Eltham 800**  **24/8 British Champs**  **30/8 Twilight meet mile ?** | **All ok** |
| Simon Coppard | 890  2.17 | 640 | 360 | 950  2.07 | 650 | 360 | 950  2.05 | 665 | 390 |  |  |  | **5855** |  | **Good session and pushed hard** |
| Dan Bradley | 885  2.20 | 625 | 315 | 920  2.13 | 625 | 340 | 930  2.12 | 645 | 325 |  |  |  | **5610** | **4/8 East Peckham 10k** | **Did 3 sets as racing Sunday** |
| Nicole Taylor | 885  2.19 | 625 | 320 | 920  2.14 | 620 | 335 | 915  2.14 | 630 | 320 |  |  |  | **5570** | **Has finished season (wedding on British Champs day)** | **Did 3 sets as planned** |
| Angel López-Cáceres | 785  2.34 | 580 | 280 | 880  2.21 | 600 | 315 | 890  2.18 | 610 | 320 |  |  |  | **5260** |  | **All ok** |
| Sian Robertson | 785  2.34 | 580 | 280 | 880  2.20 | 600 | 315 | 895  2.17 | 610 | 315 |  |  |  | **5260** |  | **Did 3 sets as precaution as felt ok** |
| Claire Day | 860  2.26 | 610 | 290 | 865  2.22 | 560 | 310 | 860  2.25 | 560 | 320 |  |  |  | **5235** | **4/8 East Peckham 10k possibly** | **Did 3 sets as racing Sunday** |
| Sam Crick | 7902.39 | 570 | 270 | 860  2.27 | 560 | 310 | 865  2.22 | 600 | 320 |  |  |  | **5145** |  | **All ok and progressing** |
| Jordan Saul | 770  2.40 | 570 | 265 | 810  2.31 | 560 | 310 | 865  2.22 | 600 | 320 |  |  |  | **5070** |  | **All ok and progressing** |
| Michael Mason | 7702.40 | 570 | 270 | 830  2.29 | 550 | 310 | 860  2.25 | 570 | 310 |  |  |  | **5040** |  | **All ok** |
| Nichola Evans | 785  2.37 | 570 | 270 | 830  2.31  2.31 | 550 | 270 | 830  2.30 | 560 | 310 |  |  |  | **4975** |  | **Did 3 sets as racing Sunday. Said felt better than Tuesday** |
| Olivia Lucas | 770  2.40 | 540 | 265 | 810  2.34 | 530 | 270 | 790  2.31 | 560 | 310 |  |  |  | **4845** |  | **Completed as planned** |
| Alice Ralph | 730  2.48 | 520 | 240 | 730  2.48 | 500 | 250 | 740  ? | 480 | 310 |  |  |  | **4500** |  | **Completed as planned** |
| James Price | 905  2.17 | 630 | 320 | 925  2.12 | 650 | 360 | X | x | x | x | x | x | **3790** |  | **Had hurt knee rock climbing** |
| Alice Wood | 730  2.48 | 520 | 240 | 730  2.49 | 500 | 250 |  |  |  |  |  |  | **2970** |  | **Completed as planned** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 3k sc** | **Did some work over hurdles on. Track inc 2x800. Racing Sat** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  |  | **2/8 Soar mile**  **24/8 British Champs** | **Easy and strides as racing Friday** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/8 SAL 1500/3k** | **Away** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |  |  | **10/8 Thames ½ marathon** |  |
| Ben Brooks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cameron Payas |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/8 SAL**  **14/8 Eltham 800**  **21/8 Watford 1500** | **Away** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  |  | **8/8 West Chester mile** | **Have found another track race, for Thursday** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |  | **No more in UK this season** | **At home - ,2,3,4,5 ( off 2mins), 3mile tempo**  **Splits 4.45-4.48 pace for reps. 5.08,5.12,5.15 - 3miles** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  |  | **1/9 Vets League final** |  |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  |  |  |  | **2/8 Rye 10k**  **27/10 Frankfurt Marathon** |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  |  | **17/8 SAL** | **Away** |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **1/9 Vets League final**  **8/9 Great North Run** | **Work busy and stressful. Not racing at Rye** |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  | **11/8 European Cup 3k**  **24/8 British Champs** | **Back still an issue. Session planned Friday** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 3k sc**  **Wants a 5k** |  |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  | **11/8 400m at Newham**  **14/8 Eltham 800m** | Cardiff Tuesday -100,120,150,120,100 off 8mins  Thurs - 2x600 off 4mins, 4x200m off 5mins. The times were: 1:34,1:34 and 25,25,24,24. |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 5k** | **Racing Sat** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Wed – Lincoln 5k 17.26** |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/8 Aquathon** |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Been easing off re work** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  |  |  |  | **4/8 East Peckham 10k** |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 800 & 1500** |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Olly Kingston |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  |  |  | **2/8 Birmingham 3k sc**  **25/8 British Champs** | **Racing Friday** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  | **Next physio 12/8** |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |