**Thursday 20th June - various on grass**

Attendance = 23. Warm, clear, dry and breezy.

Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1-2** | **3** | **4-8** | **9** | **10-13** | **14** | **Av** | **Races** | **Comment** |
| **Distance** | **2x200** | **600** | **4x200** | **600** | **4x200** | **600** | **600s** |  | **Total = 3800m** |
| **Recovery** | **Jog** | **4min** | **75s**  **4min** | **4min** | **75s**  **4min** | **4min** | **& 2 sets of 200s** |  |  |
| Sean Molloy | 28  29 | 1.34 | 28,28  27,27 | 1.31 | 28,27  27,26 | 1.29 | **1.32**  **27** | **29/6 800 Watford**  **6/7 BAL 400**  **14/7 Belgium** | **Looked like was moving strongly and not tight tonight** |
| Jamie Bryant | 30  31 | 1.40 | 30,29  29,29 | 1.36/7 | 30,29  29,29 | 1.37 | **1.38**  **29** | **29/6 Wimbledon 3000** | **Racing 3k next week so shorter session tonight** |
| Charlie Crick | 31  31 | 1.40 | 30,30  29,29 | 1.38 | 30,29  29,29 | 1.38/9 | **1.39**  **29/30** | **800s tbc**  **Away 17th to 14th July** | **19/6 Eltham 800 1.57 very solid after exams etc**  **Good session tonight.** |
| Jamie Brown | 30  30 | 1.40 | 30,30  29,30 | 1.40 | 30,30  31,30 | 1.40 | **1.40**  **30** |  | **Good session and didn’t tail off** |
| Ben Brooks | 30  31 | 66  400 | 30,30  30,31 | 68  400 | 31,31  31,31 | 67  400 | **67**  **30/1** |  | **Worked well doing 400s instead of 600s** |
| **Group 2** | **1** | **2-5** | **6** | **7-10** | **11** |  |  | **Races** | **Comment** |
| **Distance** | **2000** | **4x400** | **1600** | **4x400** | **800** |  |  |  | **Total = 7600m** |
| **Recovery** | **3min** | **75s**  **3min** | **3min** | **75s**  **3min** | **3min** |  |  |  |  |
| Cameron Payas | 6.41 | 70,70  67,68 | 4.49 | 68,66  66,64 | 2.09 |  |  | **29/6 800 Watford**  **6-13/7 Island Games** | **19/6 1500 Eltham 3.59 below par after previous week. Have reviewed build up and approach. 2k was a bit steady but had raced night before. Picked up well** |
| Dan Schofield | 6.42 | 72,72  70,71 | 5.01 | 74,72  72,71 | 2.16 |  |  | **22/6 Parkrun** | **2k a bit steady, but definitely getting stronger** |
| James Price | 6.49 | 72,72  72,72 | 5.07 | 75,73  73,71 | 2.24 |  |  |  | **All ok** |
| Jordan Saul | 7.05 | 78,74  74,75 | 5.38 | 79,75  74,73 | 2.31 |  |  |  | **Said after knee (maybe IT) sore and felt it before session (should have said)** |
| Toby Ryan | 7.02 | 86,82  83,82 | 5.30 | 82,80  78,74 | 2.40 |  |  | **7/7 Ironman triathlon in Germany** | **All ok** |
| Sian Robertson | 7.18 | 83,80  80,80 | 5.44 | 83,81  81,79 | 2.50 |  |  |  | **Felt better tonight** |
| Angel López-Cáceres | 7.19 | 87,83  82,83 | 5.45 | 83,83  82,80 | 2.50 |  |  |  | **All ok** |
| Mark Coates | 7.14 | 84,78  78,80 | 5.57 | 84,84  84,85 | x |  |  |  | **Left before last 800m** |
| Michael Ellis | Dnf  4.06  1200 | x | x | x | x |  |  | **6/7 BAL 3k s/c**  **7/7 Calais** | **19/6 Eltham 1500 win in 4.00.53 pb**  **Excellent race Wed, but struggling tonight with throat and breathing.** |
| **Group 3** | **1** | **2-5** | **6** | **7-10** | **11** |  |  | **Races** | **Comment** |
| **Distance** | **2000** | **4x400** | **1600** | **4x400** | **800** |  |  |  | **Total = 7600m** |
| **Recovery** | **3min** | **75s**  **3min** | **3min** | **75s**  **3min** | **3min** |  |  |  |  |
| Becky Morrish | 7.50 | 92,88  90,89 | 6.01 | 91,90  90,89 | 2.45 |  |  |  | **All ok and finished well** |
| Nichola Evans | 8.09 | 91,86  88,87 | 6.13 | 92,89  90,86 | 2.52 |  |  | **14/7 Sevenoaks 7** | **Started quite steady but good session** |
| Jacqui O’Reilly | 7.52 | 91,86  88,86 | 3.05  800\* | 92,89  90,86 | 2.51 |  |  | **26/6 Kent 3000** | **Stopped 800m into the 1600m and said struggling to breathe even on warm up (maybe hayfever)** |
| **Group 4** | **1/2** | **3/4** | **5/6** | **7/8** | **9/10** | **11/12** | **Av.** | **Races** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** |  |  | **Total = 9600m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |
| Nicole Taylor | 2.42  2.41 | 2.40  2.40 | 2.39  2.38 | 2.36  2.37 | 2.36  2.36 | 2.36  2.35 | **2.38** | **29/6 Watford 3000**  **6/7 Highgate 10,000** | **19/6 Eltham 1500 – club record 4.22.13**  **10k session tonight** |
| Dan Bradley | 2.42  2.42 | 2.40  2.40 | 2.39  2.39 | 2.39  2.38 | 2.39  2.39 | 2.39  2.38 | **2.39/40** | **14/7 Staplehurst 5 miles** |  |
| Kiri Marsh | 2.50  2.49 | 2.47  2.48 | 2.48  2.47 | 2.47  2.47 | 2.48  2.48 | 2.49  2.47 | **2.48** | **7/7 Highgate 10,000m** | **19/6 Eltham 1500m – 4.40 pb and won with strong last lap.**  **10k session tonight** |
| **Other** |  |  |  |  |  |  |  | **Races** | **Comment** |
| Ben Murphy |  |  |  |  |  |  |  | **22&23/6 National u23 champs** | **Run and strides** |
| Simon Coppard |  |  |  |  |  |  |  |  | **Easy run as a bit tired and sore from pacing at Eltham Wednesday** |
| Simon Fraser |  |  |  |  |  |  |  | **24/6 Vets League 3k or 400 !** | **19/6 Eltham 800 – 2.08 season debut.**  **Long day at work so rested** |
| **Absent** |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  | **Ran 6 miles from home** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  | **26/6 Kent 3000** | **Very late work on placement. Aiming at Saturday session** |
| Alex Howard |  |  |  |  |  |  |  | **29/6 Oxford vs Harvard/Yale match steeplechase** |  |
| Alice Ralph |  |  |  |  |  |  |  |  |  |
| Alice Wood |  |  |  |  |  |  |  |  |  |
| Ashley Gibson |  |  |  |  |  |  |  | **7/7 Great North 10k** |  |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  | **19/6 5000 Eltham – 15.44 debut** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  | **13/7 Oxford mile ?** | **USA – Friday session 3x(600,400,200) planned** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  | **29/6 Watford BMC 3000**  **6/7 Highgate 10,000** | **6 (off 90s), 3, 6x60 ( off 60), 4(90), 6x60 ( off 60)**  **(90s), 5x30 ( off 45) Splits 4.55(6)** |
| Dan Madams |  |  |  |  |  |  |  | **24/6 Vets League 3k**  **26/6 possible Kent 10k** |  |
| Dan Seagrove |  |  |  |  |  |  |  |  | **Chest/back still hurts** |
| Dane Poore |  |  |  |  |  |  |  | **29/6 Lee Valley 1/2M** |  |
| Dominic Brown |  |  |  |  |  |  |  | **6/7 BAL 800/1500**  **13/7 Oxford mile**  **27/7 English Champs mile** | **Plan was tempo run 40/50 mins then Sat 4x5min plus hills** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  | **Away** |
| George Marshall |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |
| India James |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  | **3/8 Wimbledon 5000** | **Away** |
| James Stoney |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  | **29/6 Eugene 800**  **9/7 Asuza 1500**  **21/7 Anniversary Games 1 mile**  **24/8 British Champs** | **Caught up for 90 mins on Face Time Thursday to discuss plans for next few weeks. Flies home on 13th July. May do odd 800 before British Champs, whilst building back more volume work.** |
| Jamie Goodge |  |  |  |  |  |  |  | **6/7 BAL 5k** |  |
| Joe Watts |  |  |  |  |  |  |  | **14/7 Mid Kent 5** |  |
| 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** | **Tuesday, easy 9mi at 7:03/mi, yesterday: 5mi easy + 3x4mins off 2mins at ~5:00/mi, today 7.75mi easy (6:38/mi). 56mi so far this week since Sunday. Past few weeks: 53, 44, 47, 44 miles** |
| Liz Weeks |  |  |  |  |  |  |  | **24/6 Vets League 3k** |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  |  |  |  |  |
| Luke Reeves |  |  |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  | **22/6 National u23 champs** |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  | **In Leeds a bit longer re exams** |
| Nick James |  |  |  |  |  |  |  |  |  |
| Olly Kingston |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  | **22/6 National u23 champs 1500 or 5k**  **29/6 Watford 3k** |  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  | **Away** |
| Ryan Driscoll |  |  |  |  |  |  |  | **29/6 Watford GP 3k sc**  **6/7 BAL 800/5k** | **Awaiting update but was due to run 10 miles Thursday after pacing at Eltham Wed** |
| Sam Crick |  |  |  |  |  |  |  |  |  |
| Steve Fennell |  |  |  |  |  |  |  |  |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  | **Away** |
| Tom Richards |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  | **Ran 12km. Going away for a week.** |