**Thursday 21st February 2019 – Hildenborough run**

**Tuesday 26th February 2019 – Run and some did 200s/strides**

Thursday – chilly and dry. Hildenborough run and strides for some

Attendance 8 (many ran from home re National)

Tuesday – mild and dry. Cemetery Hill, Longmead, Round Houses, Whistler, Hunt, Barchester, Hadlow Rd

Attendance = 14. Cool and dry. Coaches – Mark Hookway, Richard Owen

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| **Name** | **Thursday****21st Feb** | **Tuesday****26th Feb** | **Other** | **Raced****National** | **Comment** |
| Alice Wood |  | 8k | no | **Yes** | **Decent National after injury and has kept fir from x training. Going to get gait analysis to try and resolve foot injuries etc** |
| Bede Pitcairn-Knowles |  | Yes10k | 6x200 | **Yes** | **Good National in winning u20 team** |
| Ben Murphy |  | Yes10k | 10x200 | **BMC 800****Wed** | **Ran 1.54 800 last week and all ok** |
| Cameron Payas |  | Yes10k | 6x200 | **Yes** | **Best ever race at National 69th as first year senior** |
| Dan Bradley |  | Yes10k | Straights/bends strides | **Yes** | **All ok** |
| Ellen Pitcairn-Knowles | Fartlek |  |  | **Yes** | **Good National. Couldn’t make Thursday** |
| Jamie Bryant |  | Yes10k | 6x200 | **Yes** | **Good National and all ok** |
| Joe Watts |  | Yes10k | No | **Yes** | **All ok** |
| Mark Coates | Yes | Yes10k | No |  | **All ok** |
| Michael Ellis | Yes | Yes10k | 6x200 | **Yes** | **All ok** |
| Nicole Taylor | Track | Yes10k | Straights/bends strides | **Yes** | **All ok. 12th at National** |
| Robbie Farnham-Rose | Earlier & saw Louise | Yes10k | No | **Yes** | **DNF National and tight Tuesday in back. Seeing chiropractor Friday** |
| Sam Crick | Yes |  |  | **Yes** | **Missing a fair bit of training and not on Monday run either** |
| Sean Molloy |  | Yes10k | 10x200 |  | **Persuaded to run etc with TAC as hadn’t run since last Wed** |
| Simon Coppard | Yes | Yes10k |  |  | **All ok and managed 6 days in a row running** |
| Simon Fraser |  | Yes10k | No | **Yes** | **All ok. Can’t make Thursday** |
| Toby Ryan | Yes |  |  | **Yes** | **All ok** |
| **Absent** |  |  |  |  | **Comment** |
| Alasdair Kinloch |  |  |  | **Yes** | **Loughborough – good National in 7th u20** |
| Alex Crockford |  |  |  | **Yes** | Good national but resting a bit this week as legs sore and tight |
| Alex Howard |  |  |  | **Yes** | **DNF National but Battersea Tuesday 543214321 mins and said all good. Racing Reading Half Marathon in 2 weeks** |
| Charlie Crick |  |  |  | **Yes** | **Trained with school 3x800,1k,2x300** |
| Charlie Joslin-Allen |  |  |  |  | **USA due to Facetime this week** |
| Chloe Bird |  |  |  | **Yes** | **Nottingham** |
| Chris Olley |  |  |  |  | **USA – 92 miles last week and all ok. Racing end of March next** |
| Corey De’Ath |  |  |  | **Yes** | **St Marys – 6,3x2,4,3x2,4,3x90s,5x30s** |
| Dan Madams |  |  |  | **½ marathon** | **Really good race on Sunday – 74.55 at Wokingham half marathon. Legs sore and recovering** |
| Dan Seagrove |  |  |  | **Yes** | **Norwich** |
| Dane Poore |  |  |  | **Yes** | **Away**  |
| Dominic Brown |  |  |  |  | **Sheffield – really tired from work all day. 6x800 off 60s, 6x200 off 100 jog. Times 2.18/22, 32s** |
| Elle Baker |  |  |  |  | **All ok and running. Hopes to be down soon** |
| George Duggan |  |  |  | **Yes** | **Loughborough** |
| Graeme Saker |  |  |  |  |  |
| Harry Lawson |  |  |  | **Yes** | **All ok** |
| Harry Paton |  |  |  |  |  |
| James Puxty |  |  |  | **Yes** | **Leeds** |
| James West |  |  |  |  | **USA – ran 7.51 3k at w/e** |
| Jamie Bingham |  |  |  | **Yes** |  |
| Jamie Brown |  |  |  |  |  |
| Jamie Goodge |  |  |  | **Yes** | **Loughborough** |
| Jordan Saul |  |  |  | **Yes** | **DNF National re achilles (wore off road). Has run steady from home since and all ok** |
| Kieran Eland |  |  |  |  |  |
| Kieran Reilly |  |  |  | **Yes** | **Loughborough – excellent National 44th** |
| Kiri Marsh |  |  |  | **Yes** | **National a bit drained so checking out** |
| Lottie Richardson |  |  |  |  | **Was unwell so didn’t race. Tues 2x6x400 in 83s/81s plus 10k Wed** |
| Luca Russo |  |  |  | **Yes** | **Back racing** |
| Lucy Thompson |  |  |  | **Yes** | **Good National despite having a cold** |
| Luke Hooper |  |  |  |  | **Tuesday 16 mile run and all ok** |
| Matt Dennis |  |  |  |  |  |
| Nathan Chapman |  |  |  |  | **Not seen or heard from** |
| Nathan Marsh |  |  |  | **Yes** | **National DNF felt drained. Have messaged Tuesday for update** |
| Peter Bannister |  |  |  |  | **Saw consultant after wrist op and commencing running** |
| Phoebe Barker |  |  |  | **Yes** | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  | **Yes** | **Cornwall** |
| Ryan Driscoll |  |  |  | **Yes** | **Turned ankle in National. Since then steady/easy with double day Tuesday. Wed am 6 and plan 10 in evening with 8 good pace. Saturday Tonbridge for session.** |
| Sian Robertson |  |  |  | **Yes** | **Solid National and now in Spain** |
| Tom Cox |  |  |  | **Yes** |  |
| Tom Holden |  |  |  |  | **Sun 8 miles then achilles a bit sore Tuesday so did drills etc** |
| Tom Richards |  |  |  |  | **X training** |
| Will Beeston |  |  |  | **Yes** | **Saw Loughborough physio after DNF National and has exercises to strengthen eg glutes.** |