**Tuesday 21st May 2019 – 1ks, 300s,200s,100s on grass**

Attendance = 32. Warm, sunny, dry.

Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5,6,7** | **8,9,10** | **11,12,13** | **Av.** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **3x****300m** | **3x****200m** | **3x****100m** |  |  |  |
| **Recovery** | **3min** | **3min** | **3min** | **3min** | **90s** | **60s** | **jog** |  |  |  |
| Jamie Goodge | 2.59 | 2.58 | 2.53 | 2.55 | 44/45/46 | 29/29/29 | 14/14/14 | **2.56/45****29/14** |  | **19/5 LIA 1500 – ran 4.05. Good session and back to Lufbra now** |
| Bede Pitcairn-Knowles | 3.00 | 2.58 | 2.54 | 2.57 | 47/49/48 | 29/30/30 | 15/14/15 | **2.57/48****30/15** | **27/5 London 10k** | **1ks really good and feeling better** |
| Dan Schofield | 3.01 | 3.03 | 3.01 | 3.00 | 46/4647 | 30/30/31 | 15/14/15 | **3.01/46****30/15** | **27/5 London 10k** | **Each session getting better** |
| James Price | 3.02 | 3.04 | 3.05 | 3.08 | 47/47/48 | 30/31/30 | 15/14/14 | **3.05/47****30/14** |  | **Needs a race as must be in pb shape** |
| James Puxty | 1.49600 | 1.45600 | 1.43600 | 1.42600 | 1.42\*600 | 1.44\*600 |  | **1.44** | **22/5 Beckenham relay****3/8 Wimbledon 5000** | **Racing relay Wed and so reduced session** |
| Simon Coppard | 1.49600 | 1.45600 | 1.43600 | 1.40600 | 45/4554 | x | x | **1.44/48** |  | **Stepping up another notch and achilles was ok during session** |
| Michael Ellis | 3.00 | 3.00 | 3.01 | 3.00 |  |  |  | **3.00** | **22/5 Beckenham relay****27/5 London 10k****2/6 SEAA 3k s/c** | **19/5 SAL 3k – 8.51 3k win with 61 last lap.****Said a bit tight generally and has booked sports massage with Tonbridge clinic** |
| **Group 2** | **1** | **2** | **3** | **4** | **5,6,7** | **8,9,10** | **11,12,13** | **Av.** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **3x****300m** | **3x****200m** | **3x****100m** |  |  |  |
| **Recovery** | **3min** | **3min** | **3min** | **3min** | **90s** | **60s** | **jog** |  |  |  |
| Jordan Saul | 3.23 | 3.14 | 3.14 | 3.11 | 49/50/50 | 33/33/31 | 16/15/15 | **3.15/50****32/15** |  | **Feels achilles is still there but improving each week** |
| Charlie Crick | 3.22 | 3.14 | 3.14 | 3.14 | 48/47/47 | 30/31/32 | 14/13/13 | **3.17/47****31/13** | **26/5 UKYDL checking** | **18/5 Eton school race won 800 in 1.58, 4th 400 in 51.3. Shins ok tonight** |
| Simon Fraser | 3.29 | 3.24 | 3.23 | 3.18 | 50/50/51 | 32/32/35 | 19/16/15 | **3.23/50****33/17** | **31/5 Vets League 1500** | **All ok** |
| Tom Cox | 3.30 | 3.27 | 3.25 | 3.19 | 50/49/50 | 34/32/31 | 18/15/14 | **3.25/50****32/16** |  | **Said had done a couple of runs and it showed as much better tonight** |
| Sian Robertson | 3.30 | 3.25 | 3.24 | 3.21 | 55/55/55 | 37/37/36 | 18/17/17 | **3.25/55****37/17** | **On hold re work etc** | **In Spain for a week. Mentioned Staplehurst 10k as a possible race to her** |
| Angel Lópex-Cáceres | 3.31 | 3.26 | 3.26 | 3.25 | 56/56/56 | 35/35/33 | 17/16/17 | **3.27/56****34/17** |  | **All ok although has had bad back and PK sorted. In Spain for a week** |
| Mark Coates | 3.30 | 3.29 | 3.30 | 3.32 | 58/57/58 | 36/35/36 | 19/17/15 | **3.30/58****36/17** |  | **All ok and good session** |
| Alice Wood | 3.35 | 3.33 | 3.34 | 3.35 | 58/58/58 | 37/37/37 | x | **3.34/58****37/x** | **29/5 3k Brighton** | **All ok** |
| Toby Ryan | 3.34 | 3.31 | 3.32 | 3.19 | 62/59/58 | x | x | **3.29/60****x/x** |  | **19/5 Triathlon – did run and bike as swim cancelled. Said felt quite good after.** |
| **Group 3** | **1** | **2** | **3** | **4** | **5,6,7** | **8,9,10** | **11,12,13** | **Av.** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **3x****300m** | **3x****200m** | **3x****100m** |  |  |  |
| **Recovery** | **3min** | **3min** | **3min** | **3min** | **90s** | **60s** | **jog** |  |  |  |
| Nichola Evans | 3.48 | 3.46 | 3.46 | 3.49 | 62/61/61 | 39/40/39 | 18/17/16 | **3.47/61****39/17** | **31/5 Vets League 1500** | **18/5 National Vets Relay – 3rd W35** |
| Abianne Coates | 3.49 | 3.53 | 3.54 | 3.57 | 61/59/59 | 35/37/36 | 15/15/15 | **3.53/60****36/15** |  | **Said in evening back has been tight, maybe from revising etc** |
| Alex Crockford | 3.50 | 3.54 | 3.55 | 3.57 | 62/63/63 | 40/42/41 | 19/18/17 | **3.54/63****41/18** | **27/5 London 10k****26/6 Kent 3000** | **Sat did drills and stride/sprint session. Good week last week. Said a bit tight re glutes/hips etc** |
| Nick James | 3.37 | 3.32 | 3.34 | 3.47 | 57/54/55 | 35/46/45 | x | **3.37/55****42/x** |  | **Legs went in 200s !** |
| Harriet Woolley | 3.41 | 3.44 | 3.42 | 3.46 | 58/59/58 | 36/39/37 | x | **3.43/58****37/x** |  | **All ok** |
| India James | 3.50 | x | x | x | x | x | x | **n.a.** |  | **Shins sore. Has new shoes and could do with some help to resolve.** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** |  | **Av.** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **1000** | **1000** | **1000** |  |  |  |  |
| **Recovery** | **200****Jog****1.14** | **200****Jog****1.36** | **200****Jog****1.54** | **200****Jog****2.08** | **200****Jog****2.10** |  |  |  |  |  |
| Nathan Chapman | 3.15 | 3.16 | 3.11 | 3.17 | 3.16 | 3.18 |  | **3.15** | **Would like to do SAL** | **Good session and all ok** |
| Matt Dennis | 3.19 | 3.20 | 3.20 | 3.19 | 3.17 | 3.16 |  | **3.18** |  | **All ok** |
| Dan Madams | 3.16 | 3.19 | 3.20 | 3.18 | 3.16 | 3.15 |  | **3.17** | **31/5 Vets League 1500** | **Says feels fine Wed. Racing next week** |
| Ashley Gibson | 3.18 | 3.19 | 3.20 | 3.19 | 3.19 | 3.19 |  | **3.19** | **27/5 London 10k** | **Good session and all ok** |
| Luke Hooper | 3.19 | 3.20 | 3.20 | 3.19 | 3.18 | 3.19 | 31/31/30200 | **3.19** | **4/6 TAC Dev Meet 1500 ?****16/6 SAL 5k ?** | **Good session and all ok. Interested in racing now ie on track** |
| Nicole Taylor | 3.14 | 3.16 | 3.16 | 3.18 | 3.20 | part |  | **3.17x5** | **29/5 3k Brighton****7/6 Fast Friday 5000** | **Very tired and stomach issue.** |
| **Other** |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Ben Murphy |  |  |  |  |  |  |  |  | **22/5 Eltham BMC 1500 or Brighton** | **4 mile run and strides as racing Wed** |
| Cameron Payas |  |  |  |  |  |  |  |  | **22/5 Eltham 800** | **4 mile run and strides as racing Wed****Sat – went through warm up routine and some drills. 500,400,300,200,100 off 5432 mins – 70.2,58.3,45.9,30.0,13.1** |
| Tom Richards |  |  |  |  |  |  |  |  |  | **Upto 20 mins plus gym** |
| Steve Fennell |  |  |  |  |  |  |  |  | **22/5 Beckenham relay****27/5 London 10k** | **Did a run. Racing Wed** |
| **Absent** |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **19/5 LIA 3k sc – dnf re achilles sore** |
| Chloe Bird |  |  |  |  |  |  |  |  | **27/5 London 10k****7/6 Fast Friday 5000** |  |
| Chris Olley |  |  |  |  |  |  |  |  | **23-25/5 Regional champs 5000** | **USA – racing this week. Awaiting update.** |
| Clara Tyler |  |  |  |  |  |  |  |  |  | **Exams** |
| Corey De’Ath |  |  |  |  |  |  |  |  | **27/5 London 10k** | **St Marys - 1600 ( lap jog), 2x400 ( off 60s)****1k ( 200 jog), 2x400 ( off 60s)****Splits 4.36, 63/60, 2.47, 62/61. Feeling a lot better.** |
| Dan Bradley | race |  |  |  |  |  |  |  | **22/5 Beckenham relay** |  |
| Dan Seagrove |  |  |  |  |  |  |  |  |  | **Norwich - Exams** |
| Dane Poore |  |  |  |  |  |  |  |  | **29/6 Lee Valley 1/2M** | **Was planning to come over but family issue** |
| Dominic Brown |  |  |  |  |  |  |  |  | **9/6 BAL****15/6 Lufbra BMC GP ?****29/6 Watford BMC GP 1500** | **19/5 LIA 1500 3.43.36 pb and 6th fastest ever TAC****Sheffield - 4x800(400jog rec), 6x400(300jog rec), 10x100m(100jog rec)****Did 2.12, 2.11, 2.10, 2.11, 61, 60, 60, 60, 60, 59. A bit tired from work.** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  | **18/5 Parkrun** |  |
| George Marshall |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  | **Work commitment but ok and hopes to be at TAC Thursday** |
| Harry Lawson |  |  |  |  |  |  |  |  | **22/5 Rossenheim league****3/6 Battersea 5k** | **19/5 SAL 3000 9.08 pb****Racing Wed** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  | **22/5 Beckenham relay****9/6 Staplehurst 10k** | **19/5 SAL 1500 – 5.17****Family commitment** |
| James Stoney |  |  |  |  |  |  |  |  |  | **Has seen Richard Puxty re shins** |
| James West |  |  |  |  |  |  |  |  | **23-25/5 Regional champs 5000** | **USA – racing this week** |
| Jamie Brown |  |  |  |  |  |  |  |  |  | **Uni work so did run at home** |
| Jamie Bryant |  |  |  |  |  |  |  |  | **22/5 – Eltham 5000** | **Ran from home as racing Wed** |
| Joe Watts |  |  |  |  |  |  |  |  | **26/5 Westminster road mile****1/6 Harvel 5 miles** | **Half marathon pb at Plymouth on Sunday 85.29** |
| Kieran Eland |  |  |  |  |  |  |  |  | **22/5 Eltham 800** | **Was doing 500,400,300,200,100 at Ashford on Sat with long recoveries** |
| Kieran Reilly |  |  |  |  |  |  |  |  | **9/6 BAL ?** | **19/5 LIA 1500 in 3.48****Loughborough – 200,300,400,400,300,200****Rec 12523 (?). Times 26,39,55,57,42,26** |
| Kiri Marsh |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **Nottingham** |
| Liz Weeks |  |  |  |  |  |  |  |  | **22/5 Beckenham relay****31/5 Vets League 1500** | **18/5 National Vets relay – 3rd W35** |
| Lottie Richardson |  |  |  |  |  |  |  |  | **27/5 London 10k****10/6 Charnwood 1500/3k** | **Nottingham – midst of exams. 7x800 off 90s** |
| Luke Fisher |  |  |  |  |  |  |  |  |  | **Did Cambridge open meet on Sat and 3000 in 9.30. Has exams now.** |
| Miles Weatherseed |  |  |  |  |  |  |  |  | **25/5 BMC Grand Prix 1500** | **18/5 Varsity 1500 – 2nd** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  | **Injury ok and health good. Just uni work and exams** |
| Phoebe Barker |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000**  | **18/5 Varsity 1500 3rd**  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |
| Ryan Driscoll |  |  |  |  |  |  |  |  | **9/6 BAL** | **Feeling better after stressful 2 weeks. Fri 7+5, Sat 12x300 in 45 off 100 jog in 60s, Sun long run, Mon 55min, Tues 8x3mins off 60s starting at 3.05km down to 2.48** |
| Sam Crick |  |  |  |  |  |  |  |  |  | **Heel issue still and being advised by Angel** |
| Sean Molloy |  |  |  |  |  |  |  |  |  | **Sat 6x500 off 2min + 6x150****75,75,74,74,75,82 , 20 to 17. Sun 10 miles + gym, Mon TAC run, Tues 2x800,600 off 2min, 7min rec,4x250 off 4min****2.01,2.03,93** |
| Tom Holden |  |  |  |  |  |  |  |  |  | **Loughborough – saw him Sat and looked good, walking well etc****Sat 10x60s off 60s, Sun 8 miles, Mon 5 miles****Tues 10x300 off 60s****56,56,56,57,58,57,59,58,57,56 av 57** |
| Will Beeston |  |  |  |  |  |  |  |  | **29/5 Maybe Loughborough open** | **Loughborough – Sat 3x3min,4x60s off 90s** |