**Saturday 22nd June - various destinations**

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| **Name** | **Destination** | **Session** | **Comment** |
| Alex Crockford | Tonbridge | On grass 2x200, 1000m, 4min rec, 4x400, 2mins rec, 4mins rec, 1000m |  |
| Cameron Payas | Tonbridge | 15/20mins tempo, 6x300 13/20/13  Hills x 20s |  |
| Charlie Crick | Tonbridge | 4.5k tempo 17.0s, 6x200 in 29/30 on grass | **Felt good** |
| Chris Olley | San Francisco | 2x200 29/30, 3x(600,400,200  Recovery 2min, 90s,3min  90,59,29/90,60,29/90,60,29 | **Target 1500m pace throughout.**  **Good session** |
| Corey De’Ath | Twickenham | 10 ( 2mins), 7.5 ( 90s) , 5 2.5, 5, 2.5  4.56/5(10), 5.00(7.5), 5.00(5)  5.00(2.5), 4.59(5), 4.55(2.5) | **Said solid session** |
| Dominic Brown | Leeds | 500,700,300 off 75s, 5min rec 5x300 off 60s  73, 1.45,42, 43,42,42,41,40 | **Felt good** |
| Harry Lawson | Sunday near Oxted | 3x1k off 90s, 6x400 off 60s, 1k, with 3 min between sets  2.58,3.02,3.02, 6x400 in 68, 3.03 | **Can’t make Tuesday so did Sunday**  **Racing 3000m at Watford Wednesday** |
| Luke Fisher | Cambridge | Ran 9.25 3000m at Cambridge on Friday | **Was disappointed** |
| Michael Ellis | Tonbridge | 45 min | feeling a lot better |
| Ryan Driscoll | Twickenham | 10x400 off 60s in 63/, 5mins rec 1000m in 2.38 | **All ok. Had to adapt from plan as joined in with St Marys group** |
| Sean Molloy | Cambridge | 600 80, 8min rec, 5x200 off 4mins  23.3,24.4,24.8,25.0,25.6 |  |
| Simon Coppard | Malling | Malling parkrun |  |