**Tuesday 23rd July – Various on grass**

Attendance = 26. Very hot, dry and sunny. Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1****2** | **3** | **4****5** | **6****7** | **8****9** | **10****11** | **12****13** | **14****15** | **16** | **Av** | **Races** | **Comment** |
| **Distance** | **2x200** | **1600** | **400****200** | **400****200** | **400****200** | **400****200** | **400****200** | **400****200** | **1600** |  |  | **Total 5600m without the final 1600m** |
| **Recovery** | **Jog** | **3mins** | **60s****3mins** | **60s****3mins** | **60s****3mins** | **60s****3mins** | **60s****3mins** | **60s** |  |  |  |  |
| Ryan Driscoll | 3333 | 4.42 | 6529 | 6429 | 6530 | 6429 | 6229 | 6228 | 4.33 | **4.37****64/29** | **2/8 Birmingham 3k sc****25/8 British Champs** | **20/7 Eltham 1500 3.49****Going very well** |
| Jamie Bryant | 3434 | 4.56 | 6530 | 6529 | 6531 | 6630 | 6430 | 6530 | 5.01 | **4.58****65/30** | **3/8 BAL 3k sc** | **20/7 Eltham 5000 14.49 pb****Gave it a real go to go sub 14.40 on Sat****Going well** |
| Harry Lawson | 3434 | 5.06 | 7032 | 6730 | 6831/2 | 6730 | 6730 | 6628 | 5.33 | **5.19****68/30** |  | **Good to see harry back and worked hard doing the etxra mile at the end** |
| Dan Bradley | 3736 | 5.19 | 7232 | 7131 | 7132 | 7132 | 7131 | 7031 | 5.21 | **5.20****71/31/32** | **4/8 East Peckham 10k ?** | **Think has perked up after taking iron supplement** |
| Dane Poore | 3737 | 5.08 | 7334 | 7233 | 7333 | 7231 | 6334 | 7233 | dnf | **71****33** |  | **First session back. Plan wasn’t to do last mile but tried it. That 63 is correct** |
| James Price | 3535 | 5.05 | 7131 | 7131 | 7234 | 7433 | 7232 | 7229 |  | **72****32** |  | **Almost stopped early but got it done** |
| Dan Seagrove | 3636 | 5.34 | 7234 | 7335 | 7035 | 6935 | 7537 | 6934 |  | **71****35** |  | **Found longer stuff hard but ok as not done many sessions etc** |
| Bede Pitcairn-Knowles | 3838 | 5.34 | 7334 | 7535 | 7736 | 7836 | 7837 | 7634 |  | **76****35** |  | **Had fallen off bike a few days back and found it tough. Completed as planned** |
| Michael Ellis | 3637 | 5.12 | 6731/2 | 6832 | 78x | x | x | x | x | **n.a.** | **3/8 BAL 3k sc** | **20/7 Eltham 1500 4.04 after stomach upset. Today had no energy and said hadn’t eaten much during day.** |
| **Group 2** | **1****2** | **3** | **4****5** | **6****7** | **8****9** | **10****11** | **12****13** | **14****15** |  | **Av** | **Races** | **Comment** |
| **Distance** | **2x200** | **1600** | **400****200** | **400****200** | **400****200** | **400****200** | **400****200** | **400****200** |  |  |  |  |
| **Recovery** | **Jog** | **3mins** | **60s****3mins** | **60s****3mins** | **60s****3mins** | **60s****3mins** | **60s****3mins** | **60s** |  |  |  |  |
| Tom Cox | 3737 | 5.30 | 7333 | 6932 | 6931 | 6931 | 6931 | 6829 |  | **69/70****31** |  | **Out in front and could have gone in group 1** |
| Graeme Saker | 4140 | 5.37 | 8036 | 7734 | 7634 | 7535 | 7533 | 7232 |  | **76****34** |  | **‘Royal flush’ on the 400s as all quicker ! Hope achilles ok** |
| Sian Robertson | 4442 | 5.39 | 8137 | 7736 | 7736 | 7636 | 7736 | 7634 |  | **77****36** |  | **Wasn’t sure would make it in time and good session** |
| Liz Weeks | 4443 | 5.58 | 8338 | 8237 | 8037 | 8037 | 8036 | 7835 |  | **80/1****37** | **Aquathon** | **19/7 Medway Road Mile 1st in 5.38. All ok** |
| Michael Mason | 4143 | 6.08 | 8637 | 8436 | 8437 | 8136 | 7836 | 7537 |  | **81****36/7** |  | **Back home and can still complete sessions well with the group** |
| Jacqui O’Reilly | 4444 | 6.08 | 8741 | 8540 | 8439 | 8338 | 8036 | 7835 |  | **83****38** | **27/7 Hastings parkrun****2/8 Rye 10k****1/9 Vets League final****8/9 Great North Run** |  **Another with a ‘Royal Flush’ but on both 400s and 200s !****Well paced** |
| Tom Holden | 4244 | 6.30 | 9242 | 9343 | 9140 | 9040 | 8639 | 8436 |  | **89****40** | **Feb 2020 National XC** | **On 1st rep went through 800 in 3.06 and from then on felt really tired. Partly gym work, partly a week graduating at Lufbra etc. Great effort to complete.** |
| Mark Coates | 4041 | 5.53 | 8541 | 8339 | 8138 | 8238 | 7933 | 82x |  | **82****38x5** |  | **All ok. Just missed last 200** |
| Abianne Coates | 4444 | 6.33 | 9242 | 8940 | 8839 | 8940 | 8940 | x |  | **89****40** |  | **Worked hard as very tired from work** |
| Alex Crockford | 4444 | 6.26 | 9343 | 9443 | 9241 | 9243 | x | x |  | **93****42** | **19/7 Medway Road Mile****17/8 SAL 3000** | **19/7 Medway Road Mile 3rd in 5.56. Really tired tonight from work (pub serving all day)** |
| Holly Gordon | 4544 | 5.10 | 9445 | 95x | 91 | 91 | 94 | 93 |  | **92/3** |  |  |
| Toby Ryan | 4339 | 5.40 | 8036 | 8139 | x | x | x | x |  | **n.a.** | **No races** | **Shattered and no real targets currently** |
| Emilia Hope | 45x | x | 95 | 95 | 96 | 97 | x | 94 |  | **n.a.** |  | **Did what she felt could do** |
| **Group 3** | **Run** | **1****2** | **3****4** | **5****6** | **7****8** | **9****10** | **11****12** |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **1200****1000** | **400****400** | **400****400** | **400****400** | **400****400** | **400****400** | **400****400** |  |  |  |  |  |
| **Recovery** | **3-4 mins** | **25/30s** | **25/30s** | **25/30s** | **25/30s** | **25/30s** | **25/30s** |  |  |  |  |  |
| Nicole Taylor | 3.581200 | 7775 | 7778 | 7678 | 7877 | 7777 | 7675 |  |  | **77** | **27/7 MK 5000** | **All ok** |
| Phoebe Barker | 3.231000 | 7977 | 7980 | 7982 | 7880 | 8182 | 8179 |  |  | **80** | **27/7 MK 5000****possibly** | **Deciding if ok to race but getting stronger** |
| **Other** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  | **24/7 Watford 3000** | **Racing Wednesday so easy and strides** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  | **Did 2k in 7.54 and strides** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  | **At club but awaiting scan on back** |
| **Absent** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  | **Work** |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |  |
| Ben Brooks |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Ben Murphy |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 400****14/8 Eltham 800****24/8 British Champs****30/8 Twilight meet mile ?** | **19/7 Medway Road Mile 1st in 4.23** **Suffering in heat and to trained later at home 15x60s on and 30s off plus am run** |
| Cameron Payas |  |  |  |  |  |  |  |  |  |  | **17/8 SAL** | **19/7 Medway Road Mile 2nd 4.30. At Guildford did****3x(5x200). 100 jog (30-40 seconds)****29 for most with some 27 and 28, and 2x30** |
| Charlie Crick |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **Research & enquiries to see if possible** | **19/7 Stumptown Portland 1500m 3.43 pb****7x1k (1st 3 on road) 90s/2min****2.50,50,52****2.44,44,44,2.37. Legs tired but good session.** |
| Claire Day |  |  |  |  |  |  |  |  |  |  | **4/8 East Peckham 10k possibly** | **Away** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **No more in UK this season** | **1,2,3mins x2 ( off 2mins), 3mile tempo . Splits 2.58 through 1k on both 3mins 5.09,5.20,5.10 (3miles)** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  | **Away. Didn’t do vets league.** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  | **27/7 MK 5000****2/8 Soar mile****24/8 British Champs** | **Sheffield****Sat - 4x600 off 4mins, 4x400 off 2mins - 1.30, 1.29, 1.30, 1.31, 58, 57, 58, 58** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  | **27/10 Frankfurt Marathon** | **Ran in morning at home** |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  | **20/7 Eltham 5000 15.13 pb****Away** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  | **11/8 European Cup 3k****24/8 British Champs** | **21/7 Anniversary Games 1 mile 3.56****Oregon schedule but may join in TAC when can. Got GB selection for European Cup** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  | **Has injured shin, saw physio. Can x train** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  | **Didn’t do parkrun in the end** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **20/7 Eltham 800 1.59****Felt flat** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 5k ?** | **Not been able to train Fri to Tues re work but Wed am run and can do good few days now. Not racing this w/e** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  | **27/7 Nottingham 5000** |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  | **17/8 SAL ?** |  |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  | **Sat 10k at Caterham 2nd 42.01** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  | **24/7 Watford 3000****26/7 Serpentine 5k** | **Racing Wednesday** |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  | **4/8 East Peckham 10k ?** | **Ran from home re family commitment** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Nichola Evans |  |  |  |  |  |  |  |  |  |  |  | **19/7 Vets League 800** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |
| Olly Kingston |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 400** | **London – 3x1k off 90s, 4mins****200,250,300,250,200****2.53/53/54****26.1,31.0,28.3,31.3,23.6** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |