**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 | 33  33 | 4.42 | 65  29 | 64  29 | 65  30 | 64  29 | 62  29 | 62  28 | 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 | 34  34 | 4.56 | 65  30 | 65  29 | 65  31 | 66  30 | 64  30 | 65  30 | 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 | 34  34 | 5.06 | 70  32 | 67  30 | 68  31/2 | 67  30 | 67  30 | 66  28 | 5.33 | **5.19**  **68/30** |  | **Good to see harry back and worked hard doing the etxra mile at the end** |
| Dan Bradley | 37  36 | 5.19 | 72  32 | 71  31 | 71  32 | 71  32 | 71  31 | 70  31 | 5.21 | **5.20**  **71/31/32** | **4/8 East Peckham 10k ?** | **Think has perked up after taking iron supplement** |
| Dane Poore | 37  37 | 5.08 | 73  34 | 72  33 | 73  33 | 72  31 | 63  34 | 72  33 | dnf | **71**  **33** |  | **First session back. Plan wasn’t to do last mile but tried it. That 63 is correct** |
| James Price | 35  35 | 5.05 | 71  31 | 71  31 | 72  34 | 74  33 | 72  32 | 72  29 |  | **72**  **32** |  | **Almost stopped early but got it done** |
| Dan Seagrove | 36  36 | 5.34 | 72  34 | 73  35 | 70  35 | 69  35 | 75  37 | 69  34 |  | **71**  **35** |  | **Found longer stuff hard but ok as not done many sessions etc** |
| Bede Pitcairn-Knowles | 38  38 | 5.34 | 73  34 | 75  35 | 77  36 | 78  36 | 78  37 | 76  34 |  | **76**  **35** |  | **Had fallen off bike a few days back and found it tough. Completed as planned** |
| Michael Ellis | 36  37 | 5.12 | 67  31/2 | 68  32 | 78  x | 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 | 37  37 | 5.30 | 73  33 | 69  32 | 69  31 | 69  31 | 69  31 | 68  29 |  | **69/70**  **31** |  | **Out in front and could have gone in group 1** |
| Graeme Saker | 41  40 | 5.37 | 80  36 | 77  34 | 76  34 | 75  35 | 75  33 | 72  32 |  | **76**  **34** |  | **‘Royal flush’ on the 400s as all quicker ! Hope achilles ok** |
| Sian Robertson | 44  42 | 5.39 | 81  37 | 77  36 | 77  36 | 76  36 | 77  36 | 76  34 |  | **77**  **36** |  | **Wasn’t sure would make it in time and good session** |
| Liz Weeks | 44  43 | 5.58 | 83  38 | 82  37 | 80  37 | 80  37 | 80  36 | 78  35 |  | **80/1**  **37** | **Aquathon** | **19/7 Medway Road Mile 1st in 5.38. All ok** |
| Michael Mason | 41  43 | 6.08 | 86  37 | 84  36 | 84  37 | 81  36 | 78  36 | 75  37 |  | **81**  **36/7** |  | **Back home and can still complete sessions well with the group** |
| Jacqui O’Reilly | 44  44 | 6.08 | 87  41 | 85  40 | 84  39 | 83  38 | 80  36 | 78  35 |  | **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 | 42  44 | 6.30 | 92  42 | 93  43 | 91  40 | 90  40 | 86  39 | 84  36 |  | **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 | 40  41 | 5.53 | 85  41 | 83  39 | 81  38 | 82  38 | 79  33 | 82  x |  | **82**  **38x5** |  | **All ok. Just missed last 200** |
| Abianne Coates | 44  44 | 6.33 | 92  42 | 89  40 | 88  39 | 89  40 | 89  40 | x |  | **89**  **40** |  | **Worked hard as very tired from work** |
| Alex Crockford | 44  44 | 6.26 | 93  43 | 94  43 | 92  41 | 92  43 | 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 | 45  44 | 5.10 | 94  45 | 95  x | 91 | 91 | 94 | 93 |  | **92/3** |  |  |
| Toby Ryan | 43  39 | 5.40 | 80  36 | 81  39 | x | x | x | x |  | **n.a.** | **No races** | **Shattered and no real targets currently** |
| Emilia Hope | 45  x | 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 | 3.58  1200 | 77  75 | 77  78 | 76  78 | 78  77 | 77  77 | 76  75 |  |  | **77** | **27/7 MK 5000** | **All ok** |
| Phoebe Barker | 3.23  1000 | 79  77 | 79  80 | 79  82 | 78  80 | 81  82 | 81  79 |  |  | **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 |  |  |  |  |  |  |  |  |  |  |  |  |