**Thursday 23rd May 2019 – 1600 and down the clock or 600s on grass**

Attendance = 25. Warm, sunny, dry.

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **Races** | **Comment** |
| **Distance** | **1600** | **1600** | **800** | **800** | **700** | **700** | **600** | **600** | **500** | **500** |  | **Total = 8400m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |
| Cameron Payas | 5.05 | 5.00 | 2.26 | 2.22 | 2.03 | 2.04 | 1.44 | 1.42 | 1.22 | 1.17 | **12/6 BMC Watford 1500** | **22/5 Eltham 800 1.57.2 sb**  **Did longer session as will do faster Sat** |
| Jamie Bryant | 5.16 | 5.10 | 2.31 | 2.30 | 2.08 | 2.07 | 1.48 | 1.46 | 1.26 | 1.19 |  | **22/5 – Eltham 5000 – 14.53 pb**  **Took very steady after Wed, but wanted session as away 2 weeks in Scotland.** |
| Harry Lawson | 5.18 | 5.14 | 2.33 | 2.32 | 2.07 | 2.08 | 1.50 | 1.45 | 1.25 | 1.21 | **3/6 Battersea 5k** | **22/5 Rossenheim league – won 800&3k in 2.08/9.26. Going well and all ok. Away but back next Thursday.** |
| Dan Bradley | 5.24 | 5.21 | 2.38 | 2.37 | 2.14 | 2.15 | 1.55 | 1.54 | 1.33 | 1.30 |  | **22/5 Beckenham relay – 14.11 for 2.6 miles** |
| Luke Hooper | 5.29 | 5.20 | 2.36 | 2.39 | 2.16 | 2.19 | 2.01 | 2.00 | 1.39 | 1.37 | **4/6 TAC Dev Meet 1500 ?**  **16/6 SAL 5k ?** | **All ok and although said a bit tired is going well** |
| Matt Dennis | 5.30 | 5.25 | 2.40 | 2.41 | 2.19 | 2.20 | 1.57 | 1.57 | 1.36 | 1.34 |  | **Getting back into it after the marathon** |
| Toby Ryan | 4.14  1200 | 4.08  1200 | 2.44 | 2.49 | 2.29 | 2.33 | 2.07 | 2.10 | 1.42 | 1.40 | **Ironman triathlon ?** | **Was happy to do full long session and be at back of group, after triathlon last w/e** |
| Nathan Chapman | 5.20 | 5.17 | 2.37 | 2.38 | 2.15 | 2.16 | x | 1.55 | x | x | **Would like to do SAL** | **Just maybe went a bit quick early on and felt it, so had to stop** |
| Joe Watts | 4.25  1200 | 4.12  1200 | 2.52 | 2.44 | x | x | 2.03 | 1.57 | x | x | **26/5 Westminster road mile**  **1/6 Harvel 5 miles** | **Racing Sunday so planned to miss a few reps. All ok** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Other** | **Av.** | **Races** |  |
| **Distance** | **600** | **600** | **600** | **600** | **600** | **600** | **600** | **600** | **150s** |  |  |  |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |  |  |
| Sean Molloy | 1.44 | 1.39 | 1.38 | 1.37 | 1.39 | 1.36 | 1.37 | 1.31 | 6 | **1.38** |  | **All ok and going well. Did Eltham pacing plus 6.5 mile Wed** |
| Ben Murphy | 1.44 | 1.39 | 1.38 | 1.37 | 1.39 | 1.37 | 1.38 | 1.32 | 4 | **1.38** |  | **22/5 Eltham BMC 1500 won in 3.54 pb. Went a bit quicker than planned so probably Sunday fast session** |
| Bede Pitcairn-Knowles | 1.52 | 1.49 | 1.50 | 1.50 | 1.48 | 1.47 | 1.43 | 1.42 |  | **1.48** | **27/5 London 10k** | **Kept in control as racing Monday** |
| Dan Schofield | 1.52 | 1.52 | 1.55 | 1.53 | 1.52 | 1.49 | 1.47 | 1.43 |  | **1.50** | **27/5 London 10k** | **Kept in control as racing Monday** |
| Charlie Crick | 1.50 | 1.49 | 1.51 | 1.50 | 1.53 | 1.53 | 1.52 | 1.52 |  | **1.51** |  | **Shins have been good this week** |
| James Price | 1.53 | 1.52 | 1.54 | 1.53 | 1.52 | 1.51 | 1.51 | 1.48 |  | **1.52** | **27/5 London 10k** | **Kept in control as racing Monday** |
| James Puxty | 1.50 | 1.49 | 1.52 | 1.50 | 1.48 | 1.47 |  |  |  |  | **3/8 Wimbledon 5000** | **22/5 Beckenham relay – 13.33 for 2.6 miles**  **Was quite tired and tight tonight so did 6** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Races** | **Comment** |
| **Distance** | **600** | **600** | **600** | **600** | **600** | **600** | **600** | **600** |  |  |  |  |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |  |  |
| Tom Cox | 1.56 | 1.54 | 1.54 | 1.51 | 1.52 | 1.51 | 1.55 | 1.46 |  | **1.52** |  | **Worked hard** |
| James Stoney | 2.04 | 1.52 | 2.00 | 2.01 | 1.59 | 1.59 | 2.00 | 1.58 |  | **1.59** |  | **Shins were ok, but still needs resolution** |
| Alice Wood | 1.37  500 | 1.39  500 | 1.40  500 | 1.40  500 | 1.40  500 | 1.36  500 |  |  |  | **1.39** | **29/5 3k Brighton** | **Did 6x500 target 1500m pace. Looked good and finished strongly** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Races** | **Comment** |
| **Distance** | **600** | **600** | **600** | **600** | **600** | **600** | **600** | **600** |  |  |  |  |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |  |  |
| Graeme Saker | 2.16 | 2.11 | 2.13 | 2.10 | 2.12 | 2.06 | 2.03 | 1.59 |  | **2.09** |  | **All ok and picked up at end** |
| Polly Pitcairn-Knowles | 2.16 | 2.12 | 2.13 | 2.13 | 2.16 | 2.14 | 2.10 | 2.07 |  | **2.13** | **27/5 London 10k** | **Racing Monday** |
| Nichola Evans | 2.15 | 2.13 | 2.13 | 2.13 | 2.14 | 2.15 | 2.13 | 2.13 |  | **2.13** | **26/5 Westminster mile**  **31/5 Vets League 1500** | **Racing Sunday. Very consistent** |
| Alex Crockford | 2.15 | 2.17 | 2.23 | 2.23 | 2.22 | 2.19 |  |  |  | **2.20** | **27/5 London 10k**  **26/6 Kent 3000** | **Racing Monday and stopped at 6 as was a bit tight in quads/hip etc** |
| Alice Ralph | 2.16 | 2.15 | 2.23 | 2.24 | 2.27 | 2.22 |  |  |  | **2.21** |  | **1st session back at TAC. Has done a bit of running on own. Did 6 as planned and adjusted pace.** |
| **Other** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Michael Ellis |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k**  **2/6 SEAA 3k s/c** | **22/5 Beckenham relay – 13.16 for 2.6 miles**  **Did 2 runs as quite tight** |
| **Absent** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Said felt a bit off and back still tight so rested** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** |  |
| Angel Lópex-Cáceres |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **Racing Monday** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k**  **7/6 Fast Friday 5000** | **Nottingham. Racing Monday** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **23-25/5 Regional champs 5000** | **USA – racing Sat (UK 4.45am Sunday). All ok just gps watch stopped working** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  | **Exams** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **St Mary’s - 5 ( 90), 6x 60, 30 ( off 60,45), 5 ( 90)**  **6x60,30 ( off 60,45), 4.35(5), 4.25(5)**  **Racing Monday** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500** | **Family commitment. Ran 5 miles on treadmill at home. Now 7 days in a row.** |
| Dan Seagrove |  |  |  |  |  |  |  |  |  |  |  | **Norwich** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  | **29/6 Lee Valley 1/2M** |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  | **9/6 BAL**  **15/6 Lufbra BMC GP ?**  **29/6 Watford BMC GP 1500** | **Sheffield – 3x5min off 90s, 3x2min off 60s. Double day. Sat plan tempo, short hills, 150s** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  |  |  |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  | **9/6 Staplehurst 10k** | **22/5 Beckenham relay – 17.26 for 2.6 miles**  **Family commitment** |
| James West |  |  |  |  |  |  |  |  |  |  | **23-25/5 Regional champs 5000** | **USA – qualified for next round NCAA with 2nd in Regional heat 1500m 3.48, 55s last lap** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – ran 12k with Will Beeston** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  | **9/6 Staplehurst 10k ?** | **Family commitment so ran 7.5 miles at home. Will do Sat session at TAC** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  | **22/5 Eltham 800 – 1.59.5 and back very tight so struggled. Still needs help with it.** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  | **9/6 BAL ?** | **Loughborough – Wed 5x2mins off 90s, Thursday double run day** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **Nottingham** |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  | **22/5 Beckenham relay**  **31/5 Vets League 1500** | **22/5 Beckenham relay – 16.32 for 2.6 miles** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k**  **10/6 Charnwood 3k** | **Nottingham. Last exam 31/5. Racing Monday. Last week 50k** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  | **Cambridge** |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  | **25/5 BMC Grand Prix 1500** | **Oxford** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **Leeds – Tuesday managed 6x2.5mins off 60s and 6x100. In midst of heavy work/exam period.** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |  | **29/5 3k Brighton**  **7/6 Fast Friday 5000** | **Away with work** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  | **7/6 Fast Friday 5000** | **Cambridge** |
| Robbie Farnham-Rose |  |  |  |  |  |  |  |  |  |  |  |  |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  | **9/6 BAL** | **Twickenham – managed 3x1mile off 2 mins in 4.53/53/55. Was so tired stopped before 4th one and the 200s planned. Will do TAC session over hurdles Saturday** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  | **On hold re work etc** | **Away** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  |  | **Exams so ran from home. Achilles ok** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  | **31/5 Vets League 1500** |  |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  | **27/5 London 10k** | **22/5 Beckenham relay – 12.53 for 2.6 miles** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  | **Loughborough – Wed 4.5 miles** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  | **29/5 1500m Loughborough open** | **Loughborough – ran 12k with Jamie Goodge**  **Tues good session - 200m[1min off], 300m[2min], 400m[5min], 400m[2min], 300m[3min], 200m. With aim of 2s quicker on the way down. I ran 29,44,59,57,44,27.** |