**Tuesday 25th June - various on track (plus some weekend notes below)**

Attendance = 27. Very warm, muggy, dry and still.

Coaches – Mark Hookway, Richard Owen, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **Av** | **Races** | **Comment** |
| **Distance** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** | **400** |  |  | **Total = 6000m** |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **3**  **min** | **90s** | **90s** | **90s** | **90s** | **3**  **min** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Cameron Payas | 67 | 69 | 67 | 66 | 65 | 57 | 65 | 63 | 64 | 65 | 56 | 64 | 64 | 64 | 61 | **67**  **63**  **62** | **29/6 800 Watford**  **6-13/7 Island Games** | **Going well. Aim was sets of 68/66/63 roughly with dropping fast ones on 6th and 11th.** |
| Charlie Crick | 68 | 69 | 68 | 68 | 68 | 66 | 66 | 65 | 67 | 68 | 65 | 67 | 68 | 69 | 67 | **68**  **66**  **66** | **30/6 UKYDL**  **400 & 800**  **Away 17th to 14th July** | **Aim was 70/66/63**  **1st set just a bit quick, but solid session and worked hard** |
| Jamie Brown | 68 | 68 | 68 | 68 | 67 | 65 | 66 | 65 | 66 | 68 | 67 | 69 | 70 | 71 | 60 | **68**  **66**  **67** |  | **Aim was 70/66/63**  **1st set just a bit quick, but solid session and worked hard and fast last one** |
| Simon Coppard | 68 | 69 | 69 | 68 | n.a. | 66 | 66 | 65 | 65 | n.a. | 61 | 63 | 62 | 60 | n.a. | **68/9**  **65/6**  **61/2** |  | **Planned 3x4x400. Put spikes on last set for 1st time and all ok** |
| Kieran Eland | 67 | 67 | 67 | 67 | 65 | 57 | 65 | 64 | 65 | x | 56 | 66 | 65 | 64 | x | **67**  **63x4**  **63x4** | **29/6 Watford 800**  **6/7 BAL 400** | **Aim was fast on 6th & 11th.**  **Had to adjust as found it tough.** |
| **Group 1a** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **Av** | **Races** | **Comment** |
| **Distance** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** |  |  | **Total = 4500m** |
| Dan Seagrove | 50 | 51 | 50 | 50 | 49 | 48 | **49** | **47** | **48** | 50 | **46** | **49** | **49** | **49** | **49** | **50**  **48**  **48** |  | **Did 3x5x300 and worked out ok. First session back after uni** |
| Ben Brooks | 50 | 51 | 50 | 50 | n.a. | 47 | **48** | **48** | **48** | n.a. | **46** | **49** | **49** | **47** | **n.a.** | **50**  **48**  **48** |  | **Did 3x4x300 and worked well** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |  |  |  |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **400** | **400** | **400** | **400** | **400** | **400** | **1000** |  |  |  |  |  |  |  | **Total = 6400m** |
| **Recovery** | **90s** | **90s** | **3**  **min** | **60s** | **60s** | **60s** | **60s** | **60s** | **3**  **min** |  |  |  |  |  |  |  |  |  |
| Ben Murphy | 2.54 | 2.52 | 2.53 | 69 | 68 | 68 | 67 | 67 | 64 | 2.41 |  |  |  |  |  | **2.53**  **67**  **2.41** | **6/7 BAL 1500**  **24/8 British Champs** | **22&23/6 National u23 champs – 5th pb 1.49.7**  **Going well. Putting some volume back in now.** |
| Ryan Driscoll | 2.54 | 2.52 | 2.53 | 69 | 68 | 68 | 67 | 67 | 64 | 2.47 |  |  |  |  |  | **2.53**  **67**  **2.47** | **29/6 Watford GP 3k sc**  **6/7 BAL 800/5k** | **Targets were 2.55/68/2.50 and holding back. Very in control re Sat race.** |
| Jamie Goodge | 2.56 | 2.56 | 3.02 | 69 | 69 | 69 | 68 | 68 | 67 | 2.53 |  |  |  |  |  | **2.58**  **68**  **2.53** | **6/7 BAL 5k** | **Targets were 3.00/68/?**  **1st session back from uni. Just been doing runs as been so busy** |
| Bede Pitcairn-Knowles | 2.57 | 2.56 | 3.03 | 70 | 70 | 70 | 69 | 69 | 69 | 3.04 |  |  |  |  |  | **2.59**  **69/70**  **3.04** | **Parkrun in Cornwall** | **Stuck at it well.Discussed non track races when back from holiday** |
| Michael Ellis | 2.56 | 2.56 | 3.10 | 71 | 71 | 71 | 75 | x | x | x |  |  |  |  |  | **3.00**  **72x4**  **x** | **6/7 BAL 3k s/c**  **7/7 Calais** | **Felt shattered. Thinks overdid Sunday in heat with 1.52 run. Resting Wed from running** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |  |  |  |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **400** | **400** | **400** | **400** | **400** | **400** | **1000** |  |  |  |  |  |  |  | **Total = 6400m** |
| **Recovery** | **90s** | **90s** | **3**  **min** | **60s** | **60s** | **60s** | **60s** | **60s** | **3**  **min** |  |  |  |  |  |  |  |  |  |
| Dan Schofield | 3.04 | 3.04 | 3.05 | 69 | 71 | 71 | 72 | 72 | 73 | 2.59 |  |  |  |  |  | **3.04**  **71**  **2.59** |  | **22/6 Parkrun – only steady**  **Good session and finished well** |
| Dan Bradley | 3.08 | 3.12 | 3.19 | 71 | 73 | 71 | **72** | **73** | **73** | **3.17** |  |  |  |  |  | **3.13**  **72**  **3.17** | **14/7 Staplehurst 5 miles** | **A bit tired today. Did 1.52 with Michael Sunday** |
| James Price | 3.04 | 3.09 | 3.13 | 70 | 72 | 72 | **72** | **73** | **74** | **3.08** |  |  |  |  |  | **3.09**  **72**  **3.08** |  | **All ok** |
| Olly Kingston | 3.10 | 3.15 | 3.18 | 72 | 76 | 74 | 74 | 73 | 74 | 3.10 |  |  |  |  |  | **3.14**  **74**  **3.10** |  | **Moved into this group and handled it really well** |
| Nicole Taylor | 3.04 | 3.04 | 3.04 | 68 | 68 | 68 | 68 | 69 | 68 | 66  400 | 66  400 |  |  |  |  | **3.04**  **67/8**  **x8** | **29/6 Watford 3000**  **6/7 Highgate 10,000** | **Did 3x1k and 8x400 all ok** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |  |  |  |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **1000** | **1000** | **1000** | **400** | **400** | **400** | **400** | **400** | **400** | **1000** |  |  |  |  |  |  |  | **Total = 6400m** |
| **Recovery** | **90s** | **90s** | **3**  **min** | **60s** | **60s** | **60s** | **60s** | **60s** | **3**  **min** |  |  |  |  |  |  |  |  |  |
| Liz Weeks | 3.38 | 3.37 | 3.37 | 80 | 81 | 80 | 80 | 80 | 80 | 3.35 |  |  |  |  |  | **3.37**  **80**  **3.35** |  | **24/6 Vets league 3000 – 1st in 10.55. All ok** |
| Nick James | 3.45 | 3.42 | 3.45 | 83 | 81 | 82 | 81 | 81 | 83 | 3.42 |  |  |  |  |  | **3.44**  **82**  **3.42** |  | **Paced a lot better and finished session. Had done an extra run last week** |
| Nichola Evans | 3.48 | 3.42 | 3.45 | 85 | 82 | 82 | 81 | 81 | 81 | 3.42 |  |  |  |  |  | **3.45**  **82**  **3.42** | **14/7 Sevenoaks 7** | **Very well judged session** |
| Harriet Woolley | 3.44 | 3.41 | 3.43 | 82 | 81 | 81 | 82 | 81 | 82 | x |  |  |  |  |  | **3.43**  **81/2**  **x** |  | **Had jet lag** |
| Alice Ralph | 2.18  600 | 2.16  600 | 2.17  600 | 38  200 | 37  200 | 40  200 | 39  200 | 38  200 | x | 2.19  600 |  |  |  |  |  | **2.17**  **38**  **2.19** |  | **Think did 5x200, so almost as planned** |
| Mark Coates | 3.43 | 3.35 | 3.36 | 86 | 83 | 83 | 85 | 84 | 85 | x |  |  |  |  |  | **3.38**  **84**  **x** |  | **Disappeared before last 1k** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Went with younger group on grass as just getting back and some tightness – 10mins tempo & 8x400. Tough but ok** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran on grass and no more info** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Run and some 400s. Has a cold etc** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **22/6 National u23 champs 5000 8th in 18.59**  **Run and some 400s. Has a cold etc** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **26/6 Kent 3000** | **Racing Wed** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/6 Oxford vs Harvard/Yale match steeplechase** |  |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Calf been tight** |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **7/7 Great North 10k** |  |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **USA – delayed flight back re interviews**  **10 miles inc 8 tempo at 5.30 p/m** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/6 Watford BMC 3000**  **6/7 Highgate 10,000** | **2k ( lap jog)**  **3x ( 1k, 3x400)**  **200 jog between 1k -400s 60s between 400s**  **Lap jog between sets**  **Times 5.48, 2.50, 63avg**  **2.51, 63avg, 2.50, 63avg** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **26/6 possible Kent 10k** | **24/6 Vets League 3k**  **4th 9.34** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/6 Lee Valley 1/2M** |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **6/7 BAL 800/1500**  **13/7 Belgium 1500**  **27/7 English Champs mile** | **Sheffield – 4x200 off 2min,3x300 off 3 min, 1x 400. 4min b/w sets**  **26,26,26,25, 40,39,40,54** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **See weekend summary as did session Sunday.** |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **26/6 Kent 3000** | **Racing Wed** |
| James Puxty |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **3/8 Wimbledon 5000** | **Away** |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/6 Eugene 800**  **9/7 Asuza 1500**  **21/7 Anniversary Games 1 mile**  **24/8 British Champs** | **USA** |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/6 Wimbledon 3000** | **Racing Wed** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **14/7 Mid Kent 5** |  |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Had dental appt and been x training re IT/knee** |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/6 Watford 1500**  **7/7 Calais**  **14/7 Inter Counties Ashford**  **27/7 English Champs mile** | **Loughborough - 2x200, then 3x (600,400,200) off 2min, 90s, 3 min**  **33,33,97,62,29,95,63,30,**  **93,61,29. Bit tight after walking w/e** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **7/7 Highgate 10,000m** | **2nd in Lincoln 5k in 17.18. On placement** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Been doing easy and steady runs at home as felt tired still after marathon** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Ran from home as tight legs** |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/6 Oxford vs Harvard/Yale match ?**  **17/7 Blackheath 800** | **22/6 National u23 champs withdrew as unwell** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Leeds – still has exam to do** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Cornwall** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Seeing Richard Puxty re heel Wed & another physio Thursday next week** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **29/6 800 Watford**  **6/7 BAL 400**  **14/7 Belgium**  **17/7 Blackheath 800** | **Battersea - 500,200,150,100 (20secs between reps)**  **10mins**  **3x200m (5-7mins recovery between reps)**  **66,28,21,14**  **22.9, 22.6, 23.2** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Couldn’t get to TAC and said would run at home** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Didn’t do vets league – MPK said back tightened again** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **7/7 Ironman triathlon in Germany** |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Saw Jon Houghton specialist again and can do shorter work rather than longer.** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |

**Saturday/Sunday 22nd /23rd June - various destinations**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |  |