**Tuesday 27th August 2019 Run – Powdermills run**

Attendance = 27. Very warm, sunny, dry. Coaches – Mark Hookway, Pete Brenchley, Richard Owen, Bill Mutler

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| **Group** | **Lap 1** | **Lap 2****And total** | **Races** | **Comment** |
| **Distance** | **6040m** | **12300****approx** |  |  |
| Jamie Bryant | 20.58 | 42.48 |  | **26/8 Dartford 10k - 1st****Still ran quite hard tonight** |
| Will Beeston | 20.58 | 42.51 |  | **26/8 Open meet 1500 4.02.83 pb and 400m 53.94. Going really well currently** |
| Jamie Goodge | 20.58 | 43.49 |  | **26/8 Open meet 1500 4.07.92** |
| Nicole Taylor | 22.163min rec | 22.21 |  |  |
| Steve Strange | 20.19 | Break & 2nd lap |  | **1st taster session. Currently with Basildon.Did 48.30 including a recovery after 1 lap** |
| Harriet Woolley | 24.323min rec | 25.28 | **27/10 Frankfurt Marathon** |  |
| James Puxty | 20.58 | dnf | **Pacing at Twilight meet** | **26/8 Open meet 1500 4.02.37****Needed toilet 2nd lap** |
| Ben Murphy | 20.07 | + 200s | **30/8 Twilight meet mile** | **24/8 British Champs – went out in heat but solid race and good experience** |
| Sean Molloy | 20.25 | + 200s | **30/8 Twilight meet mile** | **17/8 SAL 800/400 – won 800****24/8 British Champs – went out in heat. Tight hamstring and saw Angel Thursday. Gave it a go** |
| Michael Ellis | 21.16 |  | **17/8 SAL 1500** |  |
| Simon Coppard | 21.49 | + 200s |  |  |
| Bede Pitcairn-Knowles | 22.09 |  |  |  |
| Dan Bradley | 22.14 |  |  | **26/8 Dartford 10k - 6th****Raced day before** |
| Luke Hooper | 22.17 |  |  | **Did 1 lap as had family commitment** |
| Charlie Crick | 23.07 |  |  |  |
| Michael Mason | 24.04 |  |  | **All ok** |
| Toby Ryan | 24.24 |  | **No races** |  |
| Mark Coates | 24.44 |  |  |  |
| James Stoney | 24.28 |  |  |  |
| Joe Watts | 24.30 ? |  | **1/9 Vets final****14/9 Blackheath relays****20/9 5k Paris, 21/9 10k Paris,22/9 Paris ½ marathon, 29/9 Hever 1/2m** | **Not certain of time** |
| Alice Wood | 24.35 ? |  |  | **Not certain of time** |
| Dan Schofield | 24.38 ? |  |  | **Not certain of time** |
| Olivia Lucas | 24.38 ? |  |  | **Not certain of time** |
| Jordan Saul | 24.46 |  |  | **Fell over and cut legs. Not certain of time** |
| Alice Ralph | 28.02 |  |  |  |
| Abianne Coates | 29.16 |  |  |  |
| Holly Gordon | 29.19 |  |  |  |
| **Absent** |  |  | **Races** | **Comment** |
| Adam Durbaba |  |  |  |  |
| Alex Crockford |  |  |  | **17/8 SAL 1500/3k – been unwell** |
| Angel López-Cáceres |  |  |  | **Away** |
| Ashley Gibson |  |  | **8/9 Great North Run** |  |
| Becky Morrish |  |  |  |  |
| Ben Brooks |  |  |  |  |
| Cameron Payas |  |  |  | **17/8 SAL 5000 been unwell since** |
| Chloe Bird |  |  |  |  |
| Chris Olley |  |  |  |  |
| Claire Day |  |  |  |  |
| Clara Tyler |  |  |  |  |
| Corey De’Ath |  |  | **No more in UK this season** |  |
| Dan Madams |  |  | **1/9 Vets League final** |  |
| Dan Seagrove |  |  |  | **17/8 SAL 800 2.02****Away** |
| Dane Poore |  |  |  |  |
| Dominic Brown |  |  |  | **20/8 Trafford 800 1.50.4 pb****24/8 British Champs – 11th****Hurt foot in heat. Nothing on x ray but needs a scan** |
| George Marshall |  |  |  |  |
| Graeme Saker |  |  |  | **Planned 6k good pace at home** |
| Harry Lawson |  |  |  |  |
| India James |  |  |  |  |
| Jacqui O’Reilly |  |  | **1/9 Vets League final****8/9 Great North Run** |  |
| James Price |  |  |  |  |
| James West |  |  | **30/8 Twilight Meet mile** | **24/8 British Champs 5th** |
| Jamie Brown |  |  |  |  |
| Kieran Eland |  |  |  |  |
| Kieran Reilly |  |  | **30/8 Twilight Meet mile** | **24/8 British Champs 1500****Solid race in heat** |
| Kiri Marsh |  |  |  |  |
| Liz Weeks |  |  |  |  |
| Lucy Thompson |  |  |  |  |
| Luke Fisher |  |  |  |  |
| Luke Reeves |  |  |  |  |
| Matt Dennis |  |  | **8/9 Hellingly 10k** |  |
| Miles Weatherseed |  |  | **30/8 Twilight Meet mile** | **24/8 British Champs****Solid race in heat** |
| Nathan Chapman |  |  |  |  |
| Nathan Marsh |  |  |  |  |
| Nichola Evans |  |  |  |  |
| Nick James |  |  |  |  |
| Olly Kingston |  |  |  |  |
| Phoebe Barker |  |  |  |  |
| Ryan Driscoll |  |  | **30/8 Twilight Meet now pacing steeplechase** | **25/8 British Champs – 10th and last 2 laps really hard. Was late from work so ran 30mins****Pre champs session was 4x500 over 3 hurdles off 5mins in 85.6,84.5,83.2, 81.0 on Wed** |
| Sam Crick |  |  |  |  |
| Sian Robertson |  |  |  | **Away** |
| Steve Fennell |  |  |  |  |
| Tom Cox |  |  |  |  |
| Tom Holden |  |  | **Feb 2020 National XC** | **At home prep for driving test** |
| Tom Richards |  |  |  |  |