**Thursday 27th June – 321 mins and/or 150m on grass**

Attendance = 30. Cool, dry and windy.

Coaches – Mark Hookway, Bill Mutler

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **Info** | **Races** | **Comment** |
| **Distance** | **15**  **min** | **10**  **min** | **5**  **min** |  |  |  |
| **Recovery** | **3min** | **3min** |  |  |  |  |
| Ashley Gibson | 15 | 10 | 5 |  | **7/7 Great North 10k** |  |
| Ben Murphy | 15  2.84 miles | 10 | 5 |  | **6/7 BAL 400 and 4x400**  **24/8 British Champs** | **At front of group and all ok. Will do faster/shorter session at w/e** |
| Claire Day | 15 | 10 | 5 |  | **7/7 Herne Bay 10k** | **All ok. First session with group** |
| Dan Bradley | 15  2.5 miles | 10 | 5 |  | **14/7 Staplehurst 5 miles** | **Said was just very tired from work etc on Tuesday** |
| Dan Schofield | 15 | 10 | 5 |  |  |  |
| Dan Seagrove | 15 | 10 | 5 |  |  |  |
| George Marshall | 15 | 10 | 5 |  |  |  |
| Jamie Bryant | 15 | 10 | 5 |  | **6/7 BAL 3k sc** | **26/6 Wimbledon 3000 8.30.76 pb. Took it steady as legs tired.** |
| Jamie Goodge | 15 | 10 | 5 |  | **6/7 BAL 5k** | **Said legs very heavy from circuits. Will do tempo, fast strides etc Sat maybe with James Puxty.** |
| Matt Dennis | 15  4.14k | 10  2.79k | 5  1.44k |  |  |  |
| Nichola Evans | 15  2.4 miles | 10  1.52 miles | 5  0.8 miles |  | **14/7 Sevenoaks 7** | **Said struggles to go much quicker than half marathon pace in training** |
| Olly Kingston | 15  2.55 miles | 10  1.67 miles | 5  0.88 miles |  |  |  |
| Phoebe Barker | 15 | 10 | 5 |  |  | **Feeling a bit better after heavy cold etc** |
| Sian Robertson | 15 | 10 | 5 |  |  | **All ok** |
| Toby Ryan | 15 | 10 | x |  | **7/7 Ironman triathlon in Germany** | **Missed last 5mins as tapering for next weeks ironman** |
| James Price | 15 | x | x |  |  | **Was very tight from playing squash. Think just did the 15mins** |
| **Group 2** | **1** | **2** | **3** |  | **Races** | **Comment** |
| **Distance** | **15**  **min** | **10**  **min** | **150s**  **min** |  |  |  |
| **Recovery** | **3min** | **3min** |  |  |  |  |
| Adam Durbaba | 10 | 10 | 4x150 |  |  | **All ok** |
| Alex Crockford | 10 | 10 | 4x150 |  |  | **26/6 Kent 3000 11.15 pb by 20s. Legs a bit heavy but otherwise ok** |
| Alice Ralph | 10 | 10 | 4x150 |  |  | **All ok** |
| Ben Brooks | 10 | 10 | 4x150 |  |  | **At front on 150s** |
| India James | 10  2.39k | 10  2.38k | 4x150 |  |  | **Starting to pace sessions and finish well plus shin a lot better.** |
| Jacqui O’Reilly | 10  1.6 miles | 10  1.5 miles | 4x150 |  | **13/3 SAL** | **26/6 Kent 3000 – dnf. Has seen doctor re breathing issue over last week or so and trying a few things.** |
| Lucy Thompson | 10 | 10 | 4x150 |  |  | **Feeling a bit better. 4.88k for 2x10mns total** |
| Tom Cox | 10 | 10 | 4x150 |  |  | **Worked hard** |
| Graeme Saker | 10 | 5 | 4x150 |  |  | **Did as planned re caution with achilles** |
| **Other** |  |  |  |  | **Races** | **Comment** |
| Angel López-Cáceres |  |  |  |  |  | **Came to watch, but had physio on back, with issue from tennis weeks ago.** |
| Cameron Payas |  |  |  |  | **29/6 800 Watford**  **6-13/7 Island Games** | **Did easy plus some 150s** |
| James Puxty |  |  |  |  | **3/8 Wimbledon 5000** | **Came back from holiday at 5am and very tired so did own run. Ran twice when away for a week Will do tempo, fast strides etc Sat maybe with Jamie Goodge.** |
| Michael Ellis |  |  |  |  | **6/7 BAL 3k s/c** | **Did 30min easy run as has felt flat this week.** |
| Sean Molloy |  |  |  |  | **29/6 800 Watford**  **6/7 BAL 400**  **14/7 Belgium**  **17/7 Blackheath 800** | **Did own run etc** |
| **Absent** |  |  |  |  | **Races** | **Comment** |
| Abianne Coates | **10** | **10** | 4x150 |  |  |  |
| Alex Howard |  |  |  |  | **29/6 Oxford vs Harvard/Yale match steeplechase** |  |
| Alice Wood |  |  |  |  |  | **X training** |
| Becky Morrish |  |  |  |  |  |  |
| Bede Pitcairn-Knowles |  |  |  |  | **Parkrun in Cornwall** | **Away** |
| Charlie Crick |  |  |  |  | **30/6 UKYDL**  **400 & 800**  **Away 17th to 14th July** | **Racing Sunday** |
| Chloe Bird |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  | **USA – delayed return to UK until 26th July now. Friday 1200s off 200 jog in 90s planned** |
| Clara Tyler |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  | **29/6 Watford BMC 3000**  **6/7 Highgate 10,000** | **St Marys - 6 ( 90s), 2x2 , 6x75 ( 60s)**  **4.50(6)** |
| Dan Madams |  |  |  |  |  | **Didn’t do Kent 10k in the end due to work** |
| Dane Poore |  |  |  |  | **29/6 Lee Valley 1/2M** | **Racing Saturday and says feeling ok again** |
| Dominic Brown |  |  |  |  | **6/7 BAL 800/1500**  **13/7 Belgium 1500**  **27/7 English Champs mile** | **Sheffield 3x2k on hilly loop off 2mins in 6.00,5.54,5.52. Pacing men’s 1500 A race on Saturday.** |
| Ellen Pitcairn-Knowles |  |  |  |  |  | **Away** |
| Harriet Woolley |  |  |  |  | **30/6 North Downs 30k** | **Ran at home** |
| Harry Lawson |  |  |  |  |  | **26/6 Watford 3000 – 9.06.01 pb** |
| James Stoney |  |  |  |  |  |  |
| James West |  |  |  |  | **29/6 Eugene 800**  **9/7 Asuza 1500**  **21/7 Anniversary Games 1 mile**  **24/8 British Champs** | **USA – racing Saturday 6.30pm local time. In conjunction with Track Town Youth League meeting** |
| Jamie Brown |  |  |  |  |  | **At home – Wed 18k, Thurs 12x200 off 200 jog in 31s** |
| Joe Watts |  |  |  |  | **2/7 TAC mile**  **14/7 Mid Kent 5**  **20/7 Hastings parkrun** | **Heavy work spell so can’t get to TAC** |
| Jordan Saul |  |  |  |  |  | **X training re IT/Knee** |
| Kieran Eland |  |  |  |  | **29/6 Watford 800**  **6/7 BAL 400** | **Racing Saturday** |
| Kieran Reilly |  |  |  |  | **29/6 Watford 1500**  **14/7 Inter Counties Ashford**  **27/7 English Champs mile** | **Racing Saturday. Back home now. Saw physio including video of running on track recently and shoe wear. Has some suggested drills to help left leg cross over.** |
| Kiri Marsh |  |  |  |  | **7/7 Highgate 10,000m** |  |
| Liz Weeks |  |  |  |  |  |  |
| Lottie Richardson |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |
| Luke Hooper |  |  |  |  |  |  |
| Mark Coates |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  | **29/6 Oxford vs Harvard/Yale match ?**  **17/7 Blackheath 800** |  |
| Nathan Chapman |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |
| Nick James | **10** | **10** | 4x150 |  |  |  |
| Nicole Taylor |  |  |  |  | **29/6 Watford 3000**  **6/7 Highgate 10,000** | **Racing Sunday and ran at home** |
| Polly Pitcairn-Knowles |  |  |  |  |  | **Away** |
| Ryan Driscoll |  |  |  |  | **29/6 Watford GP 3k sc**  **6/7 BAL 800/5k** | **Racing Sunday. Twickenham, easy, 200s and few hurdles** |
| Sam Crick |  |  |  |  |  | **Seen Richard Puxty re heel and more exercises** |
| Simon Coppard |  |  |  |  |  | **Away** |
| Simon Fraser |  |  |  |  |  |  |
| Steve Fennell |  |  |  |  |  |  |
| Tom Holden |  |  |  |  |  | **Away** |
| Tom Richards |  |  |  |  |  | **Seen physio and can start doing faster stride running rather than slower work. Been x training** |
| Will Beeston |  |  |  |  |  | **Been away** |