**Thursday 29th August 2019 Run – Double Pump House**

Attendance = 29. Warm, sunny, dry. Coaches – Mark Hookway, Pete Brenchley, Richard Owen.

Loops were either 504m x 2 = 1008m or 616m x 2 = 1232m

No comments today as lacking time re Tilight meet

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **Av** | **Races** | **Comment** |
| **Laps** | **2** | **2** | **2** | **2** | **2** | **2** |  |  |  |
| **Distance metres** | **1232** | **1232** | **1232** | **1232** | **1232** | **1232** |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Steve Strange | 4.01 | 3.49 | 3.46 | 3.44 | 3.45 | 3.33 | **3.46** |  |  |
| Cameron Payas | 4.02 | 3.51 | 3.46 | 3.44 | 3.45 | 3.33 | **3.47** |  |  |
| Simon Coppard | 4.13 | 3.58 | 3.55 | 3.58 | 4.08 | 3.47 | **4.00** |  |  |
| Dan Bradley | 4.04 | 3.58 | 3.58 | 3.59 | 4.01 | 3.58 | **4.00** |  |  |
| Luke Hooper | 4.16 | 4.06 | 4.07 | 4.08 | 4.07 | 4.02 | **4.08** |  |  |
| Michael Ellis | 4.14 | 4.02 | 3.54 | 3.50 | 3.51 |  | **3.58** |  |  |
| Olly Kingston | 4.15 | 4.04 | 4.04 | 4.06 | 4.00 |  | **4.00** |  |  |
| Nicole Taylor | 4.07 | 4.00 | 4.00 | 3.59 | 4.00 |  | **4.01** |  |  |
| Tom Cox | 4.13 | 4.00 | 4.00 | 4.07 | 3.56 |  | **4.03** |  |  |
| Matt Dennis | 4.15 | 4.07 | 4.08 | 4.10 | 4.09 |  | **4.10** | **8/9 Hellingly 10k** |  |
| Ashley Gibson | 4.17 | 4.06 | 4.08 | 4.10 | 4.11 |  | **4.10** | **8/9 Great North Run** |  |
| Bede Pitcairn-Knowles | 4.13 | 4.07 | 4.04 | 4.13 | 4.16 |  | **4.11** |  |  |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **Av** | **Races** | **Comment** |
| **Laps** | **2** | **2** | **2** | **2** | **2** | **2** |  |  |  |
| **Distance metres** | **1232** | **1232** | **1232** | **1232** | **1232** | **1232** |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Dan Schofield | 4.12 | 4.05 | 4.05 | 4.03 | 4.03 | 3.56 | **4.04** |  |  |
| Luke Reeves | 4.13 | 4.06 | 4.06 | 4.04 | 4.05 | 4.04 | **4.06** |  |  |
| George Marshall | 4.13 | 4.07 | 4.10 | 4.13 | 4.10 | 4.04 | **4.09** |  |  |
| Charlie Crick | 4.19 | 4.21 | 4.22 | 4.20 | 4.17 | 4.13 | **4.19** |  |  |
| Dan Seagrove | 4.19 | 4.21 | 4.22 | 4.21 | 4.17 | 4.15 | **4.19** |  |  |
| **Group 3** | **1** | **2** | **3** | **4** | **5** |  | **Av** | **Races** |  |
| **Laps** | **2** | **2** | **2** | **2** | **2** |  |  |  |  |
| **Distance** | **1008** | **1008** | **1008** | **1008** | **504** |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |
| Sam Crick | 3.35 | 3.29 | 3.29 | 3.21 | 1.33 |  | **3.28** |  |  |
| Jordan Saul | 3.37 | 3.29 | 3.24 | 3.23 | 1.31 |  | **3.29** |  |  |
| Graeme Saker | 3.36 | 3.33 | 3.32 | 3.24 | 1.32 |  | **3.31** |  |  |
| James Stoney | 3.39 | 3.34 | 3.29 | 3.24 | 1.35 |  | **3.31** |  |  |
| Alice Wood | 3.37 | 3.36 | 3.34 | 3.32 | 1.40 |  | **3.35** |  |  |
| Mark Coates | 3.33 | 3.35 | 3.37 | 3.37 | 1.47 |  | **3.35** |  |  |
| Tom Holden | 3.38 | 3.38 | 3.40 | 3.33 | 1.38 |  | **3.37** | **Feb 2020 National XC** |  |
| Olivia Lucas | 3.42 | 3.43 | 3.44 | 3.44 | n.a. |  | **3.43** |  |  |
| Jacqui O’Reilly | 3.44 | 3.50 | 4.04\* | 4.03 |  |  | **3.55** | **1/9 Vets League final****8/9 Great North Run** | **Moved group after 2** |
| Alex Crockford | 3.59 | 4.01\* | 4.04 | 4.03 |  |  | **4.02** |  | **Moved group after 1st rep** |
| **Other** |  |  |  |  |  |  |  | **Races** |  |
| Ben Murphy |  |  |  |  |  |  |  | **30/8 Twilight meet mile** |  |
| Sean Molloy |  |  |  |  |  |  |  | **30/8 Twilight meet mile** |  |
| **Absent** |  |  |  |  |  |  |  | **Races** |  |
| Abianne Coates |  |  |  |  |  |  |  |  |  |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |
| Alice Ralph |  |  |  |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |
| Becky Morrish |  |  |  |  |  |  |  |  |  |
| Ben Brooks |  |  |  |  |  |  |  |  |  |
| Chloe Bird |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |
| Claire Day |  |  |  |  |  |  |  |  |  |
| Clara Tyler |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  | **No more in UK this season** |  |
| Dan Madams |  |  |  |  |  |  |  | **1/9 Vets League final** |  |
| Dane Poore |  |  |  |  |  |  |  |  |  |
| Dominic Brown |  |  |  |  |  |  |  |  |  |
| Harriet Woolley |  |  |  |  |  |  |  | **27/10 Frankfurt Marathon** |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |
| Holly Gordon |  |  |  |  |  |  |  |  |  |
| India James |  |  |  |  |  |  |  |  |  |
| James Price |  |  |  |  |  |  |  |  |  |
| James Puxty |  |  |  |  |  |  |  | **Pacing at Twilight meet** |  |
| James West |  |  |  |  |  |  |  | **30/8 Twilight Meet mile** |  |
| Jamie Brown |  |  |  |  |  |  |  |  |  |
| Jamie Bryant |  |  |  |  |  |  |  |  |  |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |
| Joe Watts |  |  |  |  |  |  |  | **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** |  |
| Kieran Eland |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  | **30/8 Twilight Meet mile** |  |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |
| Liz Weeks |  |  |  |  |  |  |  |  |  |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  | **30/8 Twilight Meet mile** |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |
| Nichola Evans |  |  |  |  |  |  |  |  |  |
| Nick James |  |  |  |  |  |  |  |  |  |
| 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** |
| Sian Robertson |  |  |  |  |  |  |  |  | **Away** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |
| Toby Ryan |  |  |  |  |  |  |  | **No races** |  |
| Tom Richards |  |  |  |  |  |  |  |  |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |