**Tuesday 2nd July – Barden Lake reps**

Attendance = 28. Warm, dry and sunny. Coaches – Mark Hookway, Richard Owen, Pete Brenchley

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **Av** | **Races** | **Comment** |
| **Distance** | **1330m** | **1330m** | **1330m** | **1330m** |  |  |  |
| **Recovery** | **2.5min** | **2.5min** | **2.5min** | **2.5min** |  |  |  |
| Ryan Driscoll | 4.00 | 3.52 | 3.48 | 3.45 | **3.51** | **6/7 BAL 800/5k****2/8 Birmingham 3k sc****25/8 British Champs** | **29/6 Watford GP 3k sc 5th 8.49 and relief on track.** |
| Michael Ellis | 4.02 | 3.57 | 3.56 | 4.00 | **3.58** | **6/7 BAL 3k s/c** | **Feeling a lot better after a few easier days etc** |
| Jamie Goodge | 4.01 | 4.02 | 4.03 | 3.58 | **4.01** | **6/7 BAL 5k** | **All ok** |
| Jamie Bryant | 4.00 | 3.52 | 3.52 | 3.57\* | **3.55** | **6/7 BAL 3k sc** | **Needed toilet so 4.5min recovery after 3rd rep and did last on own** |
| **Group 2** | **1** | **2** | **3** | **4** | **Av** | **Races** | **Comment** |
| **Distance** | **1330m** | **1330m** | **1330m** | **1330m** |  |  |  |
| **Recovery** | **2.5min** | **2.5min** | **2.5min** | **2.5min** |  |  |  |
| Luke Fisher | 4.00 | 3.59 | 4.00 | 3.57 | **3.59** | **24/7 Watford 3000****26/7 Serpentine 5k** | **Back home from uni and going really well. Can’t work out why track races not quicker.** |
| Dan Schofield | 4.05 | 4.10 | 4.08 | 3.56 | **4.05** |  | **Ran 15.50 parkrun at Victoria Dock Saturday and getting stronger each week** |
| James Puxty | 4.04 | 4.13 | 4.09 | 4.00 | **4.07** | **3/8 Wimbledon 5000** | **Good finish and getting back after holiday** |
| James Price | 4.04 | 4.06 | 4.08 | 4.09 | **4.07** |  | **Going well and believe has a parkrun pb in him** |
| Will Beeston | 4.13 | 4.12 | 4.09 | 4.00 | **4.08** |  | **Very quick last one and ok after holiday etc** |
| Dan Madams | 4.12 | 4.17 | 4.16 | 4.15 | **4.15** |  | **All ok and first session for a while** |
| Dan Bradley | 4.17 | 4.18 | 4.18 | 4.16 | **4.17** | **14/7 Staplehurst 5 miles** | **All ok and very consistent** |
| Olly Kingston | 4.16 | 4.19 | 4.18 | 4.20 | **4.18** |  | **All ok and very consistent** |
| **Group 3** | **1** | **2** | **3** | **4** | **Av** | **Races** | **Comment** |
| **Distance** | **1330m** | **1330m** | **1330m** | **1330m** |  |  |  |
| **Recovery** | **2.5min** | **2.5min** | **2.5min** | **2.5min** |  |  |  |
| Fintan Kavanagh | 4.18 | 4.14 | 4.16 | 4.19 | **4.17** |  | **Came with our group as Development meeting on. All ok** |
| Phoebe Barker | 4.38 | 4.39 | 4.42 | 4.41 | **4.40** |  | **All ok and recovering from illness, exams etc** |
| Charlie Crick | 4.28 | 4.18 | 4.19 | 4.21 | **4.21** | **6/7 School sports****13/7 SAL 800****Away 17th to 14th July** | **30/6 UKYDL 400 & 800 – 1st in both 51.10 and 2.01.9****All ok** |
| Sian Robertson | 4.34 | 4.30 | 4.28 | 4.37 | **4.32** |  | **Found it tough but times really good** |
| Liz Weeks | 4.44 | 4.44 | 4.40 | 4.40 | **4.42** |  | **Going very well** |
| Nicole Taylor | 4.27 | 4.18 | 4.17 |  | **4.21x3** | **6/7 Highgate 10,000** | **29/6 Watford 3000 4th in 9.23****Did 3 as planned re Highgate at w/e** |
| Harriet Woolley | 4.46 | 4.53 | 4.59 | x | **4.53x3** | **27/10 Frankfurt Marathon** | **30/6 North Downs 30k – 3rd in 2.31.20****Recovering from Sunday** |
| Toby Ryan | 4.38 | n.a. | 4.15 | n.a. | **4.26x2** | **7/7 Ironman triathlon in Germany** | **Did numbers 1 and 3 as tapering for Iron Man at weekend** |
| **Group 4** | **1** | **2** | **3** | **4** | **Av** | **Races** | **Comment** |
| **Distance** | **1330m** | **1330m** | **1330m** | **1330m** |  |  |  |
| **Recovery** | **3min** | **3min** | **3min** | **3min** |  |  |  |
| Lucy Thompson | 5.00 | 4.59 | 5.03 | 5.02 | **5.01** |  | **Very good session and consistent. Could just feel IT/knee after so really has to be careful** |
| James Stoney | 5.07 | 5.01 | 4.59 | 5.01 | **5.02** |  | **Completed and paced well** |
| Alex Crockford | 5.06 | 5.06 | 5.07 | 5.04 | **5.06** | **17/7 Blackheath 1500****19/7 Medway Road Mile****17/8 SAL 3000** | **Very good and consistent. Away at Island Games week or so now (supporting !)** |
| Tom Holden | 5.00 | 4.59 | 4.58 |  | **4.59x3** |  | **Quads were sore before from gym. Had run Monday but nothing previous week re holiday and knee was still sore. This went better than expected.** |
| India James | 5.17 | 5.09 | 5.11 |  | **5.12x3** |  | **Completed 3 as planned** |
| Alice Ralph | 5.17 | 5.12 | 5.09 |  | **5.13x3** |  | **Making progress and each rep quicker. Completed 3 as planned.** |
| **Other** |  |  |  |  |  | **Races** | **Comment** |
| Ben Murphy |  |  |  |  |  | **6/7 BAL 400 and 4x400****10/7 Watford 1500m****24/8 British Champs** | **Did 55 miles last week as consolidation. Sat 3x(400,200,200)****Off 2min/5min, 54.8, 26.6, 26.2****54.0, 26.9, 26.9 , 54.7, 27.8, 27.3****Had turned ankle over so did 5x4mins off 2min on fields** |
| Jacqui O’Reilly |  |  |  |  |  | **7/7 Herne Bay 10k (as low key)****13/7 SAL** | **Missed session so did 1 mile at Development meet in about 5.40** |
| **Absent** |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |
| Adam Durbaba |  |  |  |  |  |  |  |
| Alex Howard |  |  |  |  |  |  | **29/6 Oxford vs Harvard/Yale match steeplechase – was 3rd but don’t know time.** |
| Alice Wood |  |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |  | **Work** |
| Ashley Gibson |  |  |  |  |  | **7/7 Great North 10k** |  |
| Becky Morrish |  |  |  |  |  |  |  |
| Bede Pitcairn-Knowles |  |  |  |  |  |  | **29/6 Parkrun in Cornwall – 1st at Penrose in 16.17** |
| Ben Brooks |  |  |  |  |  |  |  |
| Cameron Payas |  |  |  |  |  | **6-13/7 Island Games** | **29/6 800 Watford – ran 1.57****Monday 3x500m at 1500m pace with 700 jog recovery plus some fast 70m, some with change of pace.****500s 76.0,76.5,75.6. Session of 300s/200s Wednesday and travel Friday, race Sunday** |
| Chloe Bird |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  | **9/7 Asuza 5000** | **USA – change of plans following jog offer there.****Looking at 5000 race.****Sat – 4x1200 with 200 jog/90s rec + 1200 of fast straights/jog bends – 3.19/20/20/19 on own** |
| Claire Day |  |  |  |  |  | **7/7 Herne Bay 10k** | **Morning at home – 10k with varied pace 1ks. Quick ones were 3.52/55/50/56/49** |
| Clara Tyler |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  | **6/7 Highgate 10,000 – C race** | **29/6 Watford BMC 3000 – 8.23****Tues on grass - 6 ( off 90), 2x3, 4, 2x2, 4, 4x90s ( off 75) , 4.40 (6)** |
| Dan Seagrove |  |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  |  | **29/6 Lee Valley 1/2M – dnf (went off too hard plus very hot)** |
| Dominic Brown |  |  |  |  |  | **6/7 BAL 800/1500****13/7 Belgium 1500****20/7 BMC Eltham 5000****27/7 English Champs mile****24/8 British Champs** | **Paced an 800m and 1500m (1.56) Saturday****Sun long run, Mon TAC run then back to Sheffield** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  | **Away** |
| George Marshall |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |
| Harry Lawson |  |  |  |  |  |  |  |
| James West |  |  |  |  |  | **9/7 Asuza 1500****21/7 Anniversary Games 1 mile****24/8 British Champs** | **29/6 Eugene 800** |
| Jamie Brown |  |  |  |  |  |  |  |
| Joe Watts |  |  |  |  |  | **14/7 Mid Kent 5****20/7 Hastings parkrun** | **2/7 TAC mile** |
| Jordan Saul |  |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  | **6/7 BAL 400** | **29/6 Watford 800 – was really tired and ran 2.00** |
| Kieran Reilly |  |  |  |  |  | **13/7 SAL 800****14/7 Inter Counties Ashford****27/7 English Champs mile** | **29/6 Watford 1500 – 3.46.2. Working long hours this week** |
| Kiri Marsh |  |  |  |  |  | **7/7 Highgate 10,000m C race** |  |
| Lottie Richardson |  |  |  |  |  |  | **Got going again last week as knee/IT was sore. Also now in midst of getting a job** |
| Luke Hooper |  |  |  |  |  |  | **Ran at home and feeling has more energy and over illness** |
| Mark Coates |  |  |  |  |  |  |  |
| Matt Dennis |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  | **17/7 Blackheath 800** | **29/6 Oxford vs Harvard/Yale match – was 5th in mile but don’t know time** |
| Nathan Chapman |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |
| Nichola Evans |  |  |  |  |  | **14/7 Sevenoaks 7** | **Did a morning session at 6.30am** |
| Nick James |  |  |  |  |  |  |  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  | **Cornwall** |
| Sam Crick |  |  |  |  |  |  |  |
| Sean Molloy |  |  |  |  |  | **6/7 BAL 400****10/7 Watford BMC 800****14/7 Belgium****17/7 Blackheath 800** | **29/6 800 Watford – ran 1.50. Ok after. Sunday 12 miles with Ryan and Monday plan was 4x4mins off 2 min** |
| Simon Coppard |  |  |  |  |  |  | **Away** |
| Simon Fraser |  |  |  |  |  |  | **Think back issue** |
| Steve Fennell |  |  |  |  |  |  |  |
| Tom Cox |  |  |  |  |  |  |  |
| Tom Richards |  |  |  |  |  |  |  |