**Tuesday 30th July – miles or 600s on grass**

Attendance = 35. Cool, dull and windy. Loop went around tree which meant a couple of tight bends, since field being worke don.

Coaches – Mark Hookway, Pete Brenchley, Richard Owen

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **200** | **200** | **600** | **600** | **600** | **600** | **600** | **600** |  |  |  |  |  |
| **Recovery** | **Jog** | **Jog** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |  |  |  |
| Michael Ellis | x | 34 | 1.44 | 1.44 | 1.44 | 1.45 | 1.49 | 1.49 |  |  | **1.46** | **3/8 BAL 3k sc** | **Says felt rubbish and struggling. Am 3 miles** |
| Simon Coppard | 33 | 34 | 1.46 | 1.48 | 1.46 | 1.48 | 1.46 | 1.47 |  |  | **1.47** |  | **Been away but did a bit of running** |
| Charlie Crick | 34 | 34 | 1.48 | 1.52 | 1.51 | 1.52 | 1.56 | 1.56 |  |  | **1.52** |  | **Had a week off. Ran Monday** |
| Dan Seagrove | 34 | 34 | 1.49 | 1.52 | 1.52 | 1.55 | 1.57 | 1.58 |  |  | **1.54** |  | **28/7 UKYDL 800 2.02**  **Needs some consistent training** |
| Ben Murphy | 30 | 33 | 98 | 99 | 99 | 98 | 97 | 26.6  200  2min | 24.4  200  2min | 24.1  200  2min | **98**  **25** | **3/8 BAL 400**  **14/8 Eltham 800**  **24/8 British Champs**  **30/8 Twilight meet mile ?** | **All good and 3x200 on track as planned** |
| Cameron Payas | 33 | 34 | 99 | 1.41 | 1.40 | 1.40 | 1.42 | 27  200  2min | 25  200  2min | 25  200  2min | **1.40**  **26** | **17/8 SAL**  **14/8 Eltham 800**  **21/8 Watford 1500** | **All good and 3x200 on track as planned. Knee ok which had bothered him at w/e. Away a week** |
| Dominic Brown | 30 | 33 | 98 | 1.40 | 99 | 1.43 |  |  |  |  | **1.40**  **x4** | **2/8 Soar mile**  **24/8 British Champs** | **27/7 MK 5000 14.06 pb**  **Plan was 4x600 and 2x200**  **Legs very tired now after 5k** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **200** | **200** | **600** | **600** | **600** | **600** | **600** | **600** |  |  |  |  |  |
| **Recovery** | **Jog** | **Jog** | **2min** | **2min** | **2min** | **2min** | **2min** |  |  |  |  |  |  |
| Michael Mason | 42 | 44 | 2.11 | 2.10 | 2.05 | 2.02 | 2.00 | 2.01 |  |  | **2.05** |  | **Got quicker as went on** |
| Mark Coates | 43 | 42 | 2.08 | 2.06 | 2.08 | 2.05 | 2.09 | 2.08 |  |  | **2.07** |  | **All ok** |
| Sam Crick | 43 | 44 | 2.15 | 2.13 | 2.10 | 2.06 | 2.02 | 1.59 |  |  | **2.07** |  | **First session back and hope heel ok. Eased into it** |
| Tom Holden | 40 | 42 | 2.09 | 2.09 | 2.09 | 2.09 | 2.11 | 2.04 |  |  | **2.09** | **Feb 2020 National XC** | **Much better tonight. Taking bends well. Mon gym, run, driving, tennis** |
| Alex Crockford | 43 | 43 | 2.12 | 2.14 | 2.13 | 2.12 | 2.12 | 2.11 |  |  | **2.12** | **17/8 SAL 3000** | **Good consistent session. Away a week** |
| Adam Durbaba | 40 | 39 | 2.03 | 2.07 | 2.17 | 2.18 | 2.14 | 2.18 |  |  | **2.12** |  | **Started a bit quick** |
| Abianne Coates | 43 | 43 | 2.13 | 2.17 | 2.18 | 2.17 | 2.15 | 2.15 |  |  | **2.16** |  | **All ok** |
| Clara Tyler | 43 | 44 | 2.15 | 2.17 | 2.19 | 2.18 | 2.16 | 2.12 |  |  | **2.16** |  | **All ok and said been running** |
| India James | 44 | 44 | 2.18 | 2.18 | 2.19 | 2.17 | 2.18 | 2.18 |  |  | **2.18** |  | **Good consistent session** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** |  |  |  |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **1600** | **1600** | **1600** | **1600** | **1600** |  |  |  |  |  |  |  |  |
| **Recovery** | **2min** | **2min** | **2min** | **2min** |  |  |  |  |  |  |  |  |  |
| Jamie Bryant | 4.58 | 4.56 | 5.00 | 5.02 | 4.56 |  |  |  |  |  | **4.59**  **X5** | **3/8 BAL 3k sc**  **Wants a 5k** | **Did 5 as planned and all ok** |
| Will Beeston | 5.24 | 5.13 | 5.19 | 5.09 |  |  |  |  |  |  | **5.16** |  | **28/7 UKYDL 800 1.59 pb**  **Away 2 weeks but will train** |
| James Puxty | 5.23 | 5.13 | 5.19 | 5.25 |  |  |  |  |  |  | **5.20** | **14/8 Eltham 5000** | **Said legs heavy from cycling holiday last week** |
| Bede Pitcairn-Knowles | 5.30 | 5.23 | 5.23 | 5.19 |  |  |  |  |  |  | **5.24** |  | **All ok** |
| Dan Bradley | 5.28 | 5.25 | 5.26 | 5.27 |  |  |  |  |  |  | **5.26** | **4/8 East Peckham 10k** | **All ok** |
| Tom Cox | 5.29 | 5.28 | 5.27 | 5.25 |  |  |  |  |  |  | **5.27** |  | **Moved into mid group so another promotion !** |
| Luke Reeves | 5.30 | 5.28 | 5.29 | 5.25 |  |  |  |  |  |  | **5.28** |  | **All ok** |
| Luke Hooper | 5.30 | 5.30 | 5.28 | 5.28 |  |  |  |  |  |  | **5.29** | **4/8 East Peckham 10k** | **All ok and racing at w/e** |
| Matt Dennis | 5.37 | 5.32 | 5.32 | 5.33 |  |  |  |  |  |  | **5.33** |  | **All ok** |
| Ashley Gibson | 5.37 | 5.33 | 5.35 | 5.33 |  |  |  |  |  |  | **5.34** |  | **All ok** |
| Dan Madams | 5.30 | 5.29 | 5.34 | X |  |  |  |  |  |  | **5.29**  **X3** | **1/9 Vets League final** | **Felt drained and stopped on last rep. Said pushed too hard Sunday** |
| George Marshall | 5.36 | 5.31 | 5.42 | 5.44\* |  |  |  |  |  |  | **5.38** |  | **Needed toilet after rep 3 so longer recovery and into group 4** |
| Olly Kingston | 5.30 | 5.36 | 6.09\* | 6.12 |  |  |  |  |  |  | **5.52** |  | **Said felt drained and moved into group 4 and completed** |
| **Group 4** | **1** | **2** | **3** | **4** |  |  |  |  |  |  | **Av** | **Races** | **Comment** |
| **Distance** | **1600** | **1600** | **1600** | **1600** |  |  |  |  |  |  |  |  |  |
| **Recovery** | **2/3min** | **2/3min** | **2/3min** |  |  |  |  |  |  |  |  |  |  |
| Sian Robertson | 5.52 | 5.47 | 5.48 | 5.45 |  |  |  |  |  |  | **5.48** |  | **Good session and all ok** |
| James Stoney | 5.54 | 5.57 | 6.09\* | 6.12 |  |  |  |  |  |  | **6.03** |  | **Took it steady** |
| Becky Morrish | 6.11 | 6.12 | 6.08 | 6.00 | 6x200 |  |  |  |  |  | **6.08** |  | **Looked and felt much better with no niggles** |
| Nichola Evans | 6.15 | 6.27 | 6.33 | 6.33 |  |  |  |  |  |  | **6.27** |  | **Said felt drained and struggling tonight** |
| **Other** |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  |  |  | **2/8 Birmingham 3k sc**  **25/8 British Champs** | **Racing Friday so did session Monday – 4x500 with 3 hurdles**  **85.5,84.8,83.6,82.0**  **All ok** |
| Sean Molloy |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 400** | **Did own session earlier on the track** |
| **Absent** |  |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  |  | **Work** |
| Ben Brooks |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  |  | **Research & enquiries to see if possible** | **USA – 2x8x200m off 60s/lap jog**  **(31.6, 29.0, 30.0, 29.7, 30.1, 29.6, 30.0, 29.7)**  **(28.7, 28.2, 28.4, 27.8, 28.4, 27.5, 28.5, 26.4)** |
| Claire Day |  |  |  |  |  |  |  |  |  |  |  | **4/8 East Peckham 10k possibly** |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  |  | **No more in UK this season** | **4x short hills ( around 25s)**  **2, 4, 6, 8, 10 ( off 3mins)**  **4.50(2), 4.55(4), 5.00(6), 5.00(8)**  **5.02/5.00(10)** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |  | **Late work** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  |  |  | **Ran from home and down on Thursday** |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  |  | **27/10 Frankfurt Marathon** | **Ran from home** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  | **17/8 SAL** | **Away** |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  |  | **2/8 Rye 10k**  **1/9 Vets League final**  **8/9 Great North Run** | **Late work. Racing Friday** |
| James Price |  |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  |  | **11/8 European Cup 3k**  **24/8 British Champs** | **On Oregon training**  **Paced MK 5k to 3k in 8.12 after 12 mile run Sat** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  |  | **Seen physio – released stiff ankle etc. Can run in a wee** |
| Jamie Goodge |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |  | **Been running and knee improving.** |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 5k** |  |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  | **27/7 Nottingham 5000 pb 16.54** |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  |  | **3/8 Aquathon** | **Said might not get to TAC re road works etc** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  | **17/8 SAL ?** |  |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  | **Did Sunday long run all ok** |
| Luke Fisher |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 800 & 1500** |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  | **Cycling still and taking Angel advice over achilles** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |  |  | **Has finished season (wedding on British Champs day)** | **27/7 MK 5000 pb 15.49 and 3rd English Champs** |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  |  | **No races** |  |
| Tom Richards |  |  |  |  |  |  |  |  |  |  |  | **Next physio 12/8** |  |