**Thursday 3rd January 2019 – Course B Fartlek**

Attendance = 22. Dry and cold.

Course – Usual pre race fartlek loop. Some did a little bit more on the end.

Coaches – Mark Hookway, Richard Owen

|  |  |  |
| --- | --- | --- |
| **Group** | **Fartlek loop** | **Comment** |
| Bede Pitcairn-Knowles | Yes |  |
| Ben Murphy | Yes |  |
| Chloe Bird | Yes |  |
| Dan Bradley | Yes |  |
| Dane Poore | Yes | **Did 6x400 and 1x200 after, but needed loo. 67/68 off 200 jog. Not racing Sat** |
| Jacqui O’Reilly | Yes |  |
| James Puxty | Yes | **Did 6x400 and 4x200 after. About 67s off 200 jog Not racing Sat** |
| Jamie Bryant | Yes | **Feeling better after very tired at weekend** |
| Joe Watts | Yes |  |
| Jordan Saul | Yes | **Did 6x300 after and 1x200. Not racing Sat** |
| Mark Coates | Yes |  |
| Matt Dennis | Yes | **Did 6x400 after but could feel calf so stopped. Not racing Sat** |
| Michael Ellis | Yes |  |
| Nathan Chapman | Yes |  |
| Polly Pitcairn-Knowles | Yes |  |
| Sam Crick | Yes |  |
| Simon Fraser | Yes |  |
| Toby Ryan | Yes |  |
| **Other** |  | **Comment** |
| Jamie Goodge |  | **Went on fields as shin sore** |
| Kiri Marsh |  | **Own prep for Kent champs** |
| Nicole Taylor |  | **Own prep for Kent champs** |
| Tom Cox |  | **Arrived just after we set off so unsure what he did** |
| **Absent** |  | **Comment** |
| Alasdair Kinloch |  | **Kent Champs Sat** |
| Alex Crockford |  | **Kent Champs Sat** |
| Alex Howard |  | **Kent Champs Sat** |
| Alice Wood |  |  |
| Ben Brooks |  |  |
| Cameron Payas |  | **Kent Champs Sat** |
| Charlie Crick |  |  |
| Charlie Joslin-Allen |  |  |
| Chris Olley |  | **Back to USA Friday** |
| Corey De’Ath |  | **Kent Champs Sat** |
| Dan Madams |  |  |
| Dan Seagrove |  |  |
| Dominic Brown |  | **See separate Lee Valley session summary** |
| Elle Baker |  |  |
| Graeme Saker |  |  |
| Harry Lawson |  | **Been away. Surrey champs Sat** |
| Harry Paton |  |  |
| James Price |  |  |
| James West |  | **See separate Lee Valley session summary** |
| Jamie Bingham |  |  |
| Jamie Brown |  |  |
| Kieran Eland |  | **Racing 800 Sheffield Sun** |
| Kieran Reilly |  | **Canterbury 4 miles and 5x300m. Racing 1500 Sheffield Sun** |
| Lottie Richardson |  | **Surrey Champs Sat** |
| Luca Russo |  |  |
| Lucy Thompson |  | **Kent Champs Sat** |
| Luke Hooper |  |  |
| Miles Weatherseed |  | **Away** |
| Nathan Marsh |  |  |
| Peter Bannister |  |  |
| Phoebe Barker |  |  |
| Robbie Farnham-Rose |  | **Kent Champs Sat** |
| Ryan Driscoll |  | **London – Wed 8 miles progressive down to 5.00 mile. Thurs 10 miles** |
| Shauna Paice |  |  |
| Sian Robertson |  | **Been in Spain. Raced on New Years Eve. Calf still a bit tight. 3rd 22.42 6450m** |
| Simon Coppard |  | **See separate Lee Valley session summary** |
| Stuart Brown |  |  |
| Tom Holden |  |  |
| Tom Richards |  | **Still x training well. Physio again on Friday** |
| Will Beeston |  | **Kent Champs Sat** |