**Thursday 4th July – 300s on grass**

Attendance = 24. Warm, dry and sunny. Coaches – Mark Hookway, Pete Brenchley, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1/2** | **3/4** | **5/6** | **7/8** | **9/10** | **11/12** | **13/14** | **15/16** | **Av** | **Races** | **Comment** |
| **Distance** | **300** | **300** | **300** | **300** | **300** | **300** | **300** | **300** |  |  |  |
| **Recovery** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| Phoebe Barker | 54  55 | 56  56 | 56  56 | 57  55 | 56  56 | 57  57 | 56  56 | 55  54 | **55/6** |  | **All ok and feeling better** |
| Jamie Goodge | 51  51 | 53  53 | 53  51 | 51  52 | 52  49 |  |  |  | **51/2** | **6/7 BAL 5k** | **Steady as racing 5000 Sat** |
| **Group 2** | **Run** | **1/2** | **3/4** | **5/6** | **7/8** | **9/10** | **11/12** | **13/14** | **Av** | **Races** | **Comment** |
| **Distance** | **10mins** | **300** | **300** | **300** | **300** | **300** | **300** | **300** |  |  |  |
| **Recovery** | **5 min** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |
| James Puxty | 10min | 50  51 | 51  51 | 51  53 | 52  51 | 52  53 | 51  51 | 51  45 | **51** | **20/7 Eltham 5000** | **Needed toilet but hung on. Not sure if taking supplement** |
| Jamie Bryant | 2.03  miles | 50  49 | 50  49 | 49  49 | 50  48 | 48  49 | 47  47 |  | **49** | **6/7 BAL 3k sc**  **20/7 Eltham 5000** | **All ok** |
| Jamie Brown | 10min | 50  51 | 51  52 | 51  51 | 51  50 | 51  52 | 50  44 |  | **50** |  | **Finished quickly** |
| Dan Madams | 1.83  miles | 53  53 | 53  53 | 53  54 | 53  52 | 52  52 | 51  51 |  | **52/3** |  | **All ok and now away** |
| Dan Bradley | 10min | 55  55 | 55  54 | 53  56 | 54  53 | 52  51 | 49  49 |  | **53** | **14/7 Staplehurst 5 miles** | **Picking up as went along** |
| Dan Seagrove | 10min | 53  54 | 54  55 | 53  56 | 55  55 | 53  53 | 53  54 |  | **54** |  | **All ok** |
| Luke Hooper | 1.82  miles | 58  57 | 56  56 | 54  56 | 56  55 | 54  54 | 50  50 |  | **55** |  | **Started steady as first session** |
| James Price | 10min | 55  56 | 55  56 | 54  55 | 56  56 | x | x |  | **55x8** |  | **Tight quad** |
| **Group 3** | **Run** | **1/2** | **3/4** | **5/6** | **7/8** | **9/10** | **11/12** |  | **Av** | **Races** | **Comment** |
| **Distance** | **10mins** | **300** | **300** | **300** | **300** | **300** | **300** |  |  |  |  |
| **Recovery** | **5 min** | **60s** | **60s** | **60s** | **60s** | **60s** | **60s** |  |  |  |  |
| Mark Coates | 10min | 61  56 | 58  57 | 58  59 | 59  59 | 56  59 | 58  62 |  | **58/9** |  | **All ok. Did 1st rep in group 1** |
| Tom Cox | 10min | 57  57 | 59  54 | 53  55 | 55  53 | 51  54 | 53  43 |  | **53/4** |  | **All ok** |
| Olly Kingston | 10min | 58  55 | 57  56 | 56  56 | 55  55 | 54  56 | 55  55 |  | **55/6** |  | **Tight spot in calf so went in group 2. Used cricket ball to release before which helped** |
| Jacqui O’Reilly | 1.65  miles | 63  62 | 62  63 | 61  61 | 62  61 | 60  61 | 62  58 |  | **61/2** | **7/7 Herne Bay 10k**  **(as low key)**  **13/7 SAL** | **Said legs tired but completed well** |
| Nichola Evans | 1.64  miles | 64  63 | 63  64 | 64  63 | 63  63 | 62  63 | 63  61 |  | **63** | **14/7 Sevenoaks 7** | **All ok** |
| Adam Durbaba | 10min | 63  63 | 62  64 | 64  64 | 65  64 | 65  66 | 63  64 |  | **64** |  | **Ground it out well to complete** |
| Ben Brooks | 10min | 56  56 | 58  58 | 60  61 | 62  62 | 61  63 | X  X |  | **59/60**  **x10** |  | **Started a bit quick and found tough** |
| James Stoney | 10min | 62  60 | 60  61 | 61  62 | 64  64 | x | x |  | **61/2**  **X8** |  | **Hip tight as been to running school and trying to run differently** |
| Lucy Thompson | 10min | 62  62 | 62  63 | 63  64 | X  X | X  X | X  X |  | **62/3**  **x6** |  | **Could feel knee/IT. Think needs proper assessment** |
| Abianne Coates | 10min | 63  62 | 62  63 | 63  63 | X  66 | 65  x | X  x |  | **n.a.** |  | **Just struggling as not fit as was** |
| Clara Tyler | 10min | 63  63 | 64  65 | 68  x | 66  67 | 66  68 | 65  x |  | **n.a.** |  | **Has been unwell and away** |
| **Other** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Ben Murphy |  |  |  |  |  |  |  |  |  | **6/7 BAL 400 and 4x400**  **10/7 Watford 1500m**  **24/8 British Champs** | **Did 4 mile ruun and 4x200 in 24/5** |
| Michael Ellis |  |  |  |  |  |  |  |  |  | **6/7 BAL 3k s/c** | **Did 4 mile run and hurdles** |
| Sean Molloy |  |  |  |  |  |  |  |  |  | **6/7 BAL 400**  **10/7 Watford BMC 800**  **14/7 Belgium ?**  **17/7 Blackheath 800 ?** | **Did own session** |
| **Absent** |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Alex Crockford |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 1500**  **19/7 Medway Road Mile**  **17/8 SAL 3000** | **Going away but did a run at home** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |
| Alice Ralph |  |  |  |  |  |  |  |  |  |  |  |
| Alice Wood |  |  |  |  |  |  |  |  |  |  | **Knot in calf still an issue** |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  |
| Ashley Gibson |  |  |  |  |  |  |  |  |  | **7/7 Great North 10k** | **Wed 8x90s off a float** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Away** |
| Cameron Payas |  |  |  |  |  |  |  |  |  | **6-13/7 Island Games** | **Wed – did 4x300/200 off 200/300 jog on grass** |
| Charlie Crick |  |  |  |  |  |  |  |  |  | **6/7 School sports**  **13/7 SAL 800**  **Away 17th to 14th July** | **Has school functions and sports day** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  | **Achilles has been sore** |
| Chris Olley |  |  |  |  |  |  |  |  |  | **9/7 Asuza 5000** | **Racing Tuesday. Wed 8 miles at 5.21 p/m, Planned Fri/Sat 4x600 with 600 jog at race pace** |
| Claire Day |  |  |  |  |  |  |  |  |  | **7/7 Herne Bay 10k** | **Family commitment so did 10min and 12x300 at home** |
| Corey De’Ath |  |  |  |  |  |  |  |  |  | **6/7 Highgate 10,000 – C race** | **St Mary’s racing Sat** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  |
| 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** | **Sheffield** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Away** |
| George Marshall |  |  |  |  |  |  |  |  |  |  |  |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  | **Away but running** |
| Harriet Woolley |  |  |  |  |  |  |  |  |  | **27/10 Frankfurt Marathon** |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  |  |
| India James |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  | **9/7 Asuza 1500**  **21/7 Anniversary Games 1 mile**  **24/8 British Champs** | **USA – racing 1500 Tuesday** |
| Joe Watts |  |  |  |  |  |  |  |  |  | **14/7 Mid Kent 5**  **20/7 Hastings parkrun** |  |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  | **IT/Knee improving but only short run plus x training** |
| Kieran Eland |  |  |  |  |  |  |  |  |  | **6/7 BAL 400** |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  | **13/7 SAL 800**  **14/7 Inter Counties Ashford**  **27/7 English Champs mile** | **Tough week of work but fitting in runs plus did 10mins tempo and fast strides Wed** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  | **7/7 Highgate 10,000m C race** |  |
| Liz Weeks |  |  |  |  |  |  |  |  |  |  |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  | **24/7 Watford 3000**  **26/7 Serpentine 5k** |  |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 800** |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  | **Leeds – just started training again after heavy work period** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |
| Nicole Taylor |  |  |  |  |  |  |  |  |  | **6/7 Highgate 10,000** | **Racing Saturday** |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Away** |
| Ryan Driscoll |  |  |  |  |  |  |  |  |  | **6/7 BAL 800/5k**  **2/8 Birmingham 3k sc**  **25/8 British Champs** | **Late work so did session on own**  **10mins at 5.02 pace plus 10x300 in 46 av.** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  | **Away** |
| Simon Coppard |  |  |  |  |  |  |  |  |  |  | **Away – was going on track at Swansea. Did get but no reply** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  | **Back issue and needs scan** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |
| Toby Ryan |  |  |  |  |  |  |  |  |  | **7/7 Ironman triathlon in Germany** | **Iron Man in Germany at w/e** |
| Tom Holden |  |  |  |  |  |  |  |  |  |  | **Had old school commitment. Did 6 mile run and will do 300s Sat** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  | **Did some 60s reps in Knole Park** |
| Will Beeston |  |  |  |  |  |  |  |  |  |  | **Family commitment and late. Did 16x300 off 60s at home** |