**Thursday 5th September 2019 Run – Leigh or short Penshurst**

Attendance = 19. Warm, clear, dry. Coaches – Mark Hookway, Pete Brenchley, Bill Mutler (with younger group).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Run | **1** | **2** | **3** | **Comment** |
| **Description** | **Leigh**  **Via cricket pavilion**  **6+ miles** | **Leigh & road Ensfield Bridge**  **8 miles** | **Short Penhurst**  **10 miles** |  |
| Jamie Bryant |  |  | 16.00k  58.13 | **Looks like pushed on well** |
| Jamie Goodge |  |  | Yes | **Fraction behind Jamie B** |
| Michael Ellis |  |  | 16.09k  60.35 | **Said ankle/achilles a bit stiff on Friday** |
| Will Beeston |  |  | 15.98k  59.54 | **All ok** |
| Steve Strange |  |  | Yes |  |
| Dan Bradley |  |  | 16.28k  62.40 |  |
| Luke Hooper |  |  | 16.48k  64.56 |  |
| Luke Reeves |  |  | 16.31k  64.24 |  |
| Nicole Taylor |  |  | Yes |  |
| Mark Coates |  |  | Yes | **Did full run** |
| Tom Holden |  | 8 + miles  Sub 55 |  | **Best run yet as picked up and started at 7.10 and down to 6.23** |
| Dan Schofield |  | Yes |  | **Ran steadily with Dan Schofield** |
| Charlie Crick |  | Yes |  | **Ran steadily with Charlie Crick** |
| Nichola Evans |  | 13.07k  56.09 |  |  |
| Alice Wood |  | Yes |  | **A bit worried re calf but ok a end** |
| Adam Durbaba |  | Yes |  | **Did the 8 miles and stuck to it well** |
| Ben Murphy | Yes |  |  | **Had a few days off and starting back** |
| Tom Cox | Yes |  |  |  |
| Ellen Pitcairn-Knowles | Own  run |  |  |  |
| **Absent** |  |  |  | **Comment** |
| Abianne Coates |  |  |  |  |
| Alex Crockford |  |  |  | **Away** |
| Alice Ralph |  |  |  |  |
| Angel López-Cáceres |  |  |  | **Was away** |
| Ashley Gibson |  |  |  | **8/9 Great North Run** |
| Becky Morrish |  |  |  |  |
| Bede Pitcairn-Knowles |  |  |  |  |
| Ben Brooks |  |  |  |  |
| Cameron Payas |  |  |  | **Away** |
| Chloe Bird |  |  |  |  |
| Chris Olley |  |  |  | **USA** |
| Claire Day |  |  |  |  |
| Clara Tyler |  |  |  |  |
| Corey De’Ath |  |  |  | **USA** |
| Dan Madams |  |  |  |  |
| Dan Seagrove |  |  |  |  |
| Dane Poore |  |  |  |  |
| Dominic Brown |  |  |  | **Had 2nd scan on foot and no fracture. Could be a stress point so just gentle x training now** |
| George Marshall |  |  |  |  |
| Graeme Saker |  |  |  |  |
| Harriet Woolley |  |  |  | **Aiming at 27/10 Frankfurt Marathon** |
| Harry Lawson |  |  |  | **Arrived late and did own run 19.17k/87 mins** |
| Holly Gordon |  |  |  |  |
| India James |  |  |  |  |
| Jacqui O’Reilly |  |  |  | **8/9 Great North Run** |
| James Price |  |  |  |  |
| James Puxty |  |  |  | **Away** |
| James Stoney |  |  |  |  |
| James West |  |  |  |  |
| Jamie Brown |  |  |  |  |
| Joe Watts |  |  |  | **14/9 Blackheath relays,20/9 5k Paris, 21/9 10k Paris,22/9 Paris ½ marathon, 29/9 Hever 1/2m** |
| Jordan Saul |  |  |  |  |
| Kieran Eland |  |  |  |  |
| Kieran Reilly |  |  |  | **Having easier week** |
| Kiri Marsh |  |  |  |  |
| Liz Weeks |  |  |  |  |
| Lucy Thompson |  |  |  |  |
| Luke Fisher |  |  |  |  |
| Matt Dennis |  |  |  | **8/9 Hellingly 10k** |
| Miles Weatherseed |  |  |  |  |
| Nathan Chapman |  |  |  |  |
| Nathan Marsh |  |  |  |  |
| Nick James |  |  |  |  |
| Olivia Lucas |  |  |  |  |
| Olly Kingston |  |  |  |  |
| Phoebe Barker |  |  |  |  |
| Ryan Driscoll |  |  |  | **Away** |
| Sam Crick |  |  |  | **Working away** |
| Sean Molloy |  |  |  | **Resting** |
| Sian Robertson |  |  |  | **Was away** |
| Simon Coppard |  |  |  | **Loughborough** |
| Steve Fennell |  |  |  |  |
| Tom Richards |  |  |  |  |