**Tuesday 6th August 2019 – 800s or on grass or a run.**

Attendance = 32. Cool, sunny, dry and very windy. Coaches – Mark Hookway, Pete Brenchley.

Nobody did 300s as will do fast session Saturday instead.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Other** | **Av.** | **Races** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Ryan Driscoll | 2.22 | 2.19 | 2.18 | 2.17 | 2.16 | 2.17 | 2.17 | 2.17 |  | **2.18** | **25/8 British Champs** | **2/8 Birmingham 3k sc – 3rd club record 8.40.11. All ok and going well. Will do Sat TAC session** |
| Jamie Bryant | 2.24 | 2.20 | 2.19 | 2.21 | 2.22 | 2.23 | 2.24 | 2.25 |  | **2.22** | **Maybe road race** | **3/8 BAL 3k sc – 2nd 9.33 pb**  **All ok** |
| James Puxty | 2.30 | 2.28 | 2.25 | 2.23 | 2.25 | 2.25 | 2.24 | 2.23 |  | **2.25** | **14/8 Eltham 5000** | **Asked to do 6 but with 5k coming pushed for 8 and good session. Will do Sat TAC session** |
| Luke Fisher | 2.29 | 2.30 | 2.32 | 2.33 | 2.31\* | 2.34 | 2.32 | 2.34 |  | **2.32** | **14/8 Eltham 5000**  **21/8 Watford 3000** | **Wanted to go in group 1 but too hard and moved to group 2 last 2 reps. Good session though. Will do Sat TAC session** |
| Ben Murphy | 2.22 | 2.19 | 2.19 | 2.17 | 2.19 | 2.18 |  |  | 3x200  25,26,26 | **2.19**  **26** | **14/8 Eltham 800**  **24/8 British Champs**  **30/8 Twilight meet mile ?** | **3/8 BAL 400 – 2nd B 50.08, 48.8 relay**  **Felt ankle on bends on grass but all ok. 200s on track. Will do Sat TAC session** |
| Sean Molloy | 2.22 | 2.19 | 2.18 | 2.17 | 2.16 | 2.16 |  |  | 3x200  23.8,24/,  24/5 | **2.18**  **24** | **10/8 Trafford 800**  **24/8 British Champs**  **30/8 Twilight meet mile ?** | **3/8 BAL 800 – 1st 1.51.6, 48.5 relay**  **Going well and looked strong tonight** |
| Michael Ellis | 2.30 | 2.26 | 2.23 | 2.22 | 2.22 | 2.26 |  |  | 3x200  28.3,  27.1,27.1 | **2.25** | **14/8 Eltham 800** | **3/8 BAL 3k sc – 1st B 9.44**  **Felt back a bit on bends but much better tonight** |
| Jamie Goodge | 2.30 | 2.28 | 2.26 | 2.25 | 2.25 | 2.30 |  |  | 3x200  28,27,27 | **2.27** | **Unsure** | **All ok. Started work Monday in Sevenoaks** |
| Simon Coppard | 2.25 | 2.23 | 2.30 | 2.32 | 2.31\* | 2.29 |  |  | 3x200  27,28,27 | **2.28** | **Maybe 17/8 SAL** | **Wanted to go in group 1 but too hard and moved to group 2 last 2 reps. Will do Sat TAC session** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Other** | **Total** | **Races** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** | **800** | **800** |  |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** | **90s** |  |  |  |  |  |
| Luke Hooper | 2.45 | 2.43 | 2.40 | 2.36 | 2.35 | 2.34 | 2.32 | 2.34 |  | **2.37** |  | **4/8 East Peckham 10k pb 35.50 6th**  **Good session tonight and got quicker** |
| James Taylor | 2.46 | 2.44 | 2.42 | 2.38 | 2.38 | 2.35 | 2.32 | 2.27 |  | **2.38** |  | **School holidays so joined session and going well.** |
| Ashley Gibson | 2.45 | 2.43 | 2.41 | 2.38 | 2.40 | 2.40 | 2.41 | 2.44 |  | **2.43** | **8/9 Great North Run** | **All ok** |
| Mark Coates | 2.46\* | 2.44 | 2.47 | 2.47 | 2.50 | 2.52 | 2.54 | 2.59 |  | **2.50** |  | **Started group 3 and swapped on 2nd rep to group 2 in error.** |
| Dan Madams | 2.44 | 2.42 | 2.39 | 2.38 | 2.39 | 2.39 | 2.41 | x |  | **2.40**  **x7** | **1/9 Vets League final** | **Feeling it towards the end and stopped after 7** |
| Charlie Crick | 2.42 | 2.38 | 2.36 | 2.33 | 2.33 | 2.29 |  |  | 3x200  26.1,24.8,26.4 | **2.35**  **25.8** |  | **All ok and got quicker. Away at w/e** |
| Olly Kingston | 2.40 | 2.38 | 2.36 | 2.33 | 2.34 | 2.35 |  |  |  | **2.36** |  | **Said feeling more energy this week** |
| Dan Seagrove | 2.41 | 2.37 | 2.35 | 2.33 | 2.32 | 2.40 |  |  |  | **2.36** |  | **Felt it towards the end** |
| **Group 3** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **Total** | **Races** | **Comment** |
| **Distance** | **800** | **800** | **800** | **800** | **800** | **800** | **200** | **200** | **200** |  |  |  |
| **Recovery** | **90s** | **90s** | **90s** | **90s** | **90s** |  | **Walk/**  **jog** | **Walk/**  **jog** | **Walk/**  **jog** |  |  |  |
| George Marshall | 2.47 | 2.43 | 2.42 | 2.42 | 2.46 | 2.42 | 32 | 31 | 30 | **2.44**  **31** |  | **Paced session well tonight** |
| Toby Ryan | 2.48 | 2.45 | 2.43 | 2.40 | 2.44 | 2.42 | 34 | 33 | 31 | **2.44**  **33** | **No races** | **Said felt good** |
| Jordan Saul | 2.50 | 2.49 | 2.49 | 2.50 | 2.52 | 2.50 | 35 | 34 | 31 | **2.50**  **33** |  | **All ok and hope knee/achilles all ok** |
| Graeme Saker | 2.53 | 2.52 | 2.50 | 2.49 | 2.49 | 2.45 | 34 | 35 | 32 | **2.50**  **34** |  | **All ok** |
| Tom Holden | 2.57 | 2.59 | 2.55 | 2.53 | 2.57 | 2.50 | 36 | 34 | 32 | **2.55**  **34** | **Feb 2020 National XC** | **Said tired from last few days. Managed 40 miles last week with 10 Sunday. Got quicker through session. Will do tempo and upslopes Thursday then Sat TAC session** |
| Liz Weeks | 2.56 | 2.57 | 2.57 | 2.56 | 2.58 | 3.00 |  |  |  | **2.57** |  | **3/8 Aquathon – thinks 8th and found it tough. All ok tonight** |
| Adam Durbaba | 2.53 | 2.56 | 2.58 | 3.04 | 3.09 | 3.13 |  |  |  | **3.02** |  | **Maybe started a bit quick** |
| Olivia Lucas | 2.57 | 3.01 | 3.03 | 3.04 | 2.29  600 | 2.19  600 |  |  |  | **3.01x4**  **2.24x2** |  | **Was going to do the run, but would have been on own. All ok although legs feeling a bit heavy.** |
| Alice Ralph | 2.14  600 approx88 split | 2.15  600 | 2.12  600 | 2.20  600 | 2.27  600 | 2.27  600 |  |  |  | **2.24** |  | **Completed all ok** |
| Holly Gordon | 2.16  600 approx90 split | 97  400 | x | 2.29  600 | 2.33  600 | 2.34  600 | 42 | 42 |  | **n.a.** |  | **East Peckham 10k on Sunday 47.22 pb** |
| **Other - run** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Dan Bradley |  |  |  |  |  |  |  |  |  |  |  | **4/8 East Peckham 10k 2nd 34.56** |
| Nicole Taylor |  |  |  |  |  |  |  |  |  |  | **Has finished season (wedding on British Champs day)** |  |
| Sam Crick |  |  |  |  |  |  |  |  |  |  |  | **Decided a run would be better as builds up steady endurance again** |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Cox |  |  |  |  |  |  |  |  |  |  |  | **Said had finished track season !!** |
| **Absent** |  |  |  |  |  |  |  |  |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  | **Away but been running** |
| Alex Crockford |  |  |  |  |  |  |  |  |  |  | **17/8 SAL 1500/3k** | **Away but did 8x300 off 3 mins in 58 and been running** |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  | **Work** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  | **10/8 Thames ½ marathon** | **Away** |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  |  |  |
| Ben Brooks |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Cameron Payas |  |  |  |  |  |  |  |  |  |  | **14/8 Eltham 800**  **17/8 SAL 5000**  **21/8 Watford 1500** | **Away but did 8x300 off 3 mins in 43 and been running** |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **8/8 West Chester mile** | **USA – easing down for Thursday race** |
| Claire Day |  |  |  |  |  |  |  |  |  |  |  | **4/8 East Peckham 10k – 1st in 39.04 pb but has now fallen in gym and fractured elbow.** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **No more in UK this season** | **6x70 (off 2mins) (3mins) 8mile tempo Splits 4.30-4.40 (400s) 5.13,5.12,5.07,5.09,5.07,5.09, 5.12,5.16 5.10avg** |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  |  |  |
| Dane Poore |  |  |  |  |  |  |  |  |  |  |  | **Ran from home as working late** |
| Dominic Brown |  |  |  |  |  |  |  |  |  |  | **24/8 British Champs** | **2/8 Soar mile – 1st 4.01.97** |
| Harriet Woolley |  |  |  |  |  |  |  |  |  |  | **27/10 Frankfurt Marathon** | **2/8 Rye 10k – 2nd 39.00** |
| Harry Lawson |  |  |  |  |  |  |  |  |  |  | **17/8 SAL** | **Away** |
| India James |  |  |  |  |  |  |  |  |  |  |  |  |
| Jacqui O’Reilly |  |  |  |  |  |  |  |  |  |  | **1/9 Vets League final**  **8/9 Great North Run** | **Away** |
| James Price |  |  |  |  |  |  |  |  |  |  |  |  |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  |  | **11/8 European Cup 3k**  **24/8 British Champs** | **Big session Monday 1000, 600, 800, 1000 with pace changes off 6min plus 1800m varied paced 200s, plus 3x80m hills**  **Travels to Poland Wed** |
| Jamie Brown |  |  |  |  |  |  |  |  |  |  |  | **Injured and rehab** |
| Joe Watts |  |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  | **11/8 400m at Newham**  **14/8 Eltham 800m** |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  |  |  | **3/8 BAL 5k – 1st 14.53. Working lates so fitting in what can this week** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  |  |  |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  | **Just working any running around starting work etc** |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |  |
| Luke Reeves |  |  |  |  |  |  |  |  |  |  |  | **Apparently watching Maidstone Utd rather than doing TAC training !** |
| Matt Dennis |  |  |  |  |  |  |  |  |  |  | **8/9 Hellingly 10k** |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  |  | **10/8 Trafford 1500**  **24/8 British Champs**  **30/8 Twilight Meet ?** | **3/8 BAL 800 & 1500 – 1st B 1.55, 2nd 3.59** |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |  |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Nichola Evans |  |  |  |  |  |  |  |  |  |  |  | **4/8 East Peckham 10k – 1st in 42.11 pb** |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |  |
| Phoebe Barker |  |  |  |  |  |  |  |  |  |  |  | **Away** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  |  |  |
| Tom Richards |  |  |  |  |  |  |  |  |  |  | **Next physio 12/8** |  |
| Will Beeston |  |  |  |  |  |  |  |  |  |  |  | **Away** |