**Thursday 7th February 2019 – Run and strides for some**

Attendance = 16. Cold and damp. Coaches – Mark Hookway

|  |  |  |  |  |
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| **Group** | **Run** | **Other** | **Racing**  **Weekend** | **Comment** |
| Bede Pitcairn-Knowles | 35/40mins | A few 200s with Jamie Bingham | Kent League | **All ok and racing Saturday** |
| Cameron Payas | 9.42k/  39.52 | 6x200  With Luca 30s | Ashford 10k | **All ok and racing Sunday as can’t make Saturday** |
| Dan Bradley | 12.88km/  53.22 |  | Kent League | **All ok and racing Saturday** |
| Jamie Bingham | 35/40mins | A few 200s with Bede | Kent League | **All ok and racing Saturday** |
| Luca Russo | 9.42k/  39.52 | 6x200  With Cameron 30s | Kent League | **All ok and racing Saturday** |
| Mark Coates | 50mins |  |  | **Not racing and all ok** |
| Michael Ellis | 11.28km/  50.40 |  |  | **Not racing as recovering from achilles/calf issue at Southern, but all good** |
| Robbie Farnham-Rose | 35/40mins |  |  | **Getting some runs in this week. However back still very tight and trying to diagnose issue.** |
| Sam Crick | 35/40mins |  |  | **Heel was a bit sore again** |
| Sian Robertson | 37mins |  |  | **Can feel calves a little but with Angel help trying to resolve** |
| Simon Fraser | 37mins |  |  | **Has felt chesty after cold all week** |
| Steve Fennell |  |  |  | **Not sure how far he ran** |
| **Other** |  |  |  | **Comment** |
| Ellen Pitcairn-Knowles |  |  | Kent League | **Went with Vets group** |
| Sean Molloy |  |  | 800m | **Racing Sat British Champs 800m and on track strides etc** |
| Ben Murphy |  |  | Kent League | **Ran earlier** |
| Nicole Taylor |  |  | Belgium XC | **Went on track with Richard. Racing Sunday for England in Belgium** |
| **Absent** |  |  |  | **Comment** |
| Alasdair Kinloch |  |  |  |  |
| Alex Crockford |  |  | Possible  Ashford 10k | **Coming home this weekend and so may well race Sunday** |
| Alex Howard |  |  |  |  |
| Alice Wood |  |  |  | **Upto 15 mins run and foot ok** |
| Charlie Crick |  |  |  |  |
| Charlie Joslin-Allen |  |  |  |  |
| Chloe Bird |  |  |  | **Nottingham** |
| Chris Olley |  |  | 3000m | **Racing Seattle Friday** |
| Corey De’Ath |  |  | Belgium XC | **St Marys – 10,7.5,7.5 mins. Racing Sunday for England in Belgium** |
| Dan Madams |  |  | Kent League | **Racing Saturday** |
| Dan Seagrove |  |  |  | **Norwich** |
| Dane Poore |  |  | Kent League | **Due to race although has had a cold** |
| Dominic Brown |  |  | 1500m | **Racing British Champs Sat. Tuesday 800m was 1.53.47 an indoor pb** |
| Elle Baker |  |  |  |  |
| Graeme Saker |  |  |  |  |
| Harry Lawson |  |  |  | **Ran from home 15k and all ok** |
| Harry Paton |  |  |  |  |
| James Puxty |  |  |  | **Leeds** |
| James West |  |  | 3000m | **Racing Seattle Friday** |
| Jamie Brown |  |  |  |  |
| Jamie Bryant |  |  | Kent League | **Ran earlier after college** |
| Jamie Goodge |  |  |  | **Loughborough – awaiting update and tried phoning** |
| Joe Watts |  |  | Kent League | **Racing Saturday** |
| Jordan Saul |  |  | Kent League | **Ran from home but feeling under par Friday morning** |
| Kieran Eland |  |  |  | **Cardiff** |
| Kieran Reilly |  |  |  | **Loughborough – has run last 2 days and foot has felt a bit better. Awaiting scan to determine issue.** |
| Kiri Marsh |  |  |  | **Nottingham** |
| Lottie Richardson |  |  |  | **Nottingham – 2x6x300 with second set in spikes as prep for next weekend BUCS indoors. 100 jog/60s** |
| Lucy Thompson |  |  |  | **Cambridge** |
| Luke Hooper |  |  | Kent League | **Ran from home and racing Saturday** |
| Matt Dennis |  |  |  |  |
| Nathan Chapman |  |  |  |  |
| Nathan Marsh |  |  |  | **Leeds – back running and did hills Thursday** |
| Peter Bannister |  |  | Kent League | **Down for KL but haven’t had an update** |
| Phoebe Barker |  |  |  | **Cambridge** |
| Polly Pitcairn-Knowles |  |  |  | **Cornwall** |
| Ryan Driscoll |  |  |  | **Double day with 9 miles in 48.50** |
| Simon Coppard |  |  |  | **Achilles still grumbling** |
| Toby Ryan |  |  | Kent League | **Racing Saturday** |
| Tom Cox |  |  | Kent League | **Racing Saturday** |
| Tom Holden |  |  |  | **Loughborough – feeling unwell last few days** |
| Tom Richards |  |  |  | **X trainer 5x4mins off 60s** |
| Will Beeston |  |  |  |  |