**Tuesday 7th January 2020 – Run Course H and adjusted**

Attendance = 32. Cool and damp. The full Southborough run is about 9 miles/15k, whilst the shorter run via Deakin Leas, Pembury Rd, Deakin Leas etc varied between 11/13k

Coaches – Mark Hookway, Pete Brenchley, Richard Owen

|  |  |  |  |
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| **Name** | **Shorter** | **Longer** | **Comment** |
| Dan Bradley |  | **14.84k/58.29** | **28th at Kent Champs Sat** |
| Dominic Brown |  | **Yes** | **With Stuart at end and pushing along.10th in Kent Champs and disappointed but has missed fair bit of training with exams etc. Now picking up volume again. Races BUCS and National xc. Off back to Sheffield** |
| Jamie Goodge |  | **Yes** | **Very good race Sat 7th in Kent Champs. Will do 400s Thursday and Sat long session** |
| Luke Hooper |  | **14.74k/59.26** | **Been struggling with tight calves** |
| Michael Ellis |  | **16.1k/61.09** | **All ok. Really good run for 8th in Kent Champs Sat. Had chiropractor check up Monday to ensure alignment etc.** |
| Nathan Chapman |  | **Yes** | **35th at Kent Champs Sat and all ok** |
| Steve Strange |  | **Yes** | **Was 15th in Essex Champ on Sat** |
| Stuart Brown |  | **14.49k/53.19** | **19th at Kent Champs Sat and all ok. Going well tonight and ran 16.00 last 5k with Dom.** |
| Adam Van der Plas | **Yes** |  | **All ok and good race Sat 5th in Kent Champs u20** |
| Alex Sandberg | **Yes** |  | **All ok and has Knole Run Saturday** |
| Alex Thompson | **Yes** |  | **All ok and has Knole Run Saturday. 17th in Kent u20 on Sat** |
| Alice Wood | **Yes** |  | **13th in Kent Champs Sat. Said felt tired tonight so too easy** |
| Charlie Crick | **Yes** |  | **All ok and 14th in Kent u20 on Saturday. Did 6x100m after. Will do faster session Thursday as racing 800 on 19th January** |
| Dan Schofield | **Yes** |  | **Good race Sat for 4th in Kent u20s. Not doing Knole Run as too old.** |
| Dan Seagrove | **Yes** |  | **Went extra short as hamstring tight. 16th in Kent u20s on Sat** |
| Ellen Pitcairn-Knowles | **11.00k/51.42** |  | **All ok. Ran with Alice and Katie** |
| George Marshall | **Yes** |  | **All ok I think and went short** |
| Harriet Woolley | **Yes** |  | **Good race Sat 12th in Kent Champs** |
| James Kingston | **Yes** |  | **Ran easy. Had done Penshurst 5 day after Kent Champs when tired and has Knole Run Sat.** |
| James Stoney | **Yes** |  | **Very good race on Sat for 9th in Kent u20s and all ok. Hope can continue progress** |
| Kathleen Faes | **Yes** |  | **Got a bit lost in St Marys/Deakin Leas area but then went via Kings Rd. Out for 55 mins and all ok. Getting fitter and positive.** |
| Katie Goodge | **Yes** |  | **Won Kent u17 Champs. Did track session Monday 7x800 off 45/50s/100 jog av 2.51. Has Knole Run Sat.** |
| Lucy Thompson | **13.08k/58.29** |  | **All ok** |
| Luke Reeves | **Yes** |  | **Good race for 13th t Kent Champs u20s. All ok**  **Think went short rather than long tonight** |
| Mark Coates | **Yes** |  | **All ok as was unwell over Christmas.73rd at Kent Champs** |
| Maria Heslop | **Yes** |  | **All ok and would like to be in our group now. Ran with Harriet. Getting fitter after injury and 14th at Kent Champs** |
| Nicole Taylor | **Yes** |  | **Running strongly. Was with Phoebe going towards Vauxhall roundabout. Won Sussex Champs Sat by big margin** |
| Phoebe Barker | **Yes** |  | **Good race for 3rd at Kent Champs Sat and running strongly. Think 13k.** |
| Sam Crick | **Yes** |  | **All ok and just trying to get fit.** |
| Toby Emm | **Yes** |  | **Had run 4 miles Sunday and calf/soleous improving. Say it feels quite good** |
| Tom Holden | **Yes** |  | **Has been unwell over Christmas and only got going again at weekend** |
| Will Kingswood | **Yes** |  | **Was eldest in Pete/Any Group and now joining ours. At Judd and has Knole Run Sat.** |
| **Other** |  |  | **Comment** |
| Ben Murphy |  |  | **Did earlier session of good paced run 30min at 5.46 p/m plus 6x100m fast**  **Sun session 10 mins good at 4.54p/m plus 2x4x300 off 2/5 mins in 42/3 and then 41/2. Racing 800m on 19th Jan. 58 miles last week** |
| **Absent** |  |  | **Comment** |
| Ryan Driscoll |  |  | **Got home too late to get to club but did run soon after and some good fast miles included. Hip has been good.**  **Sat 10 inc 8 at 5.25p/m, Sun 13 with Charlie Grice. Tues 30min am and then good evening run.** |
| Polly Pitcairn-Knowles |  |  |  |
| Matt Dennis |  |  |  |
| Abianne Coates |  |  | **Back at Bath uni. Sun 5 miles, Mon 4x30s hills,8x2min, 20 min easy. Tues am 4 miles but foot sore.** |
| Adam Durbaba |  |  | **Back at Exeter uni** |
| Alex Crockford |  |  | **Went home from work as temperature etc** |
| Jacqui O’Reilly |  |  | **Ran from home** |
| James Puxty |  |  | **Ran Monday with group. Back at Leeds for uni for a week then back at Tonbridge for 2 weeks. Dropped out Kent Champs on Sat** |
| Alice Ralph |  |  |  |
| Becky Morrish |  |  | **Ran from home** |
| Simon Coppard |  |  | **At Loughborough. Ran 1.53.26 Sun, first track race for 18 months** |
| Cameron Payas |  |  | **Ran easy as has a cold. Had terrific race Sat 4th in Kent Champs** |
| Charlie Lindsay |  |  |  |
| Chris Olley |  |  | **Back in USA but did session 8x800 off about 2mins rest going 1.40/1and pick up 30/2** |
| Corey De’Ath |  |  | **2x90 ( off 75) , 6 ( off 90s), 4x3, 3x2 ( off 75), 2x90, 6. 3rd in Kent Champs Sat** |
| Dan Madams |  |  | **Saw from strava working late and ran from home, but hopes to make Thursday** |
| Dane Poore |  |  |  |
| Edo Leone |  |  |  |
| Graeme Saker |  |  | **Has managed a couple of shorter easy runs but injury not yet resolved** |
| Greg Cole |  |  |  |
| Helen Gaunt |  |  | **Won Olympic park 10k in 37.50 on Sat getting close to pb. Been training well past 2 weeks at 70 and 60. Can’t make Sat so may do long reps on track Thursday.** |
| Ingmar Gunn |  |  |  |
| James West |  |  | **Back in USA** |
| Jamie Bryant |  |  | **Foot still not great and probably needs a scan** |
| Jordan Saul |  |  | **Couldn’t make TAC but been running at home a fair bit** |
| Kieran Reilly |  |  | **Guildford – 1600m tempo plus 4x(600,400,200 off 90s,60s,3min. Splits: 1:45, 66, 30.8, 1:44, 66, 31.7, 1:41, 66, 31.1, 1:40, 63, 28.9. Had run 3.47 1500m Sunday. Said felt good.** |
| Kiri Marsh |  |  |  |
| Liz Weeks |  |  |  |
| Miles Weatherseed |  |  | **Missed Kent Champs as went down unwell** |
| Nathan Marsh |  |  |  |
| Nichola Evans |  |  | **Ran from home and says Tuesday will struggle due to family commitments** |
| Olly Kingston |  |  | **Back at uni** |
| Tom Richards |  |  |  |
| Will Beeston |  |  | **Loughborough – quad a lot better but physio Wed** |