**Thursday 8th August 2019 – Run**

Attendance = 23. Warm, sunny, dry. Coaches – Mark Hookway, Pete Brenchley.

Course was Slade, Brightfriars, Barden Lake, Road, Cycle Track, Straight mile and then a) Ensfield Bridge, Short Penshurst and back or b) Leigh Cricket Club and back ie 15/16km or 10/11km

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| **Group 1** | **Run****Short** | **Run****Long** | **Races** | **Comment** |
| **Distance** | **10k+** | **15k+** |  |  |
| Cameron Payas |  | Yes | **14/8 Eltham 800****17/8 SAL 5000****21/8 Watford 1500** | **All ok. Straight from Gatwick after weeks holiday. Will do Saturday session** |
| Dan Bradley |  | Yes | **Wants a race. SAL ?** | **All ok** |
| Dan Seagrove |  | Yes |  | **All ok. Wants a race but away a fair bit** |
| Dane Poore |  | Yes |  | **Took steady as building up** |
| George Marshall |  | Yes |  | **All ok** |
| James Puxty |  | Yes | **14/8 Eltham 5000** | **Said was tired. Will do steady Saturday session** |
| Jamie Bryant |  | Yes | **26/8 Dartford 10k ?** | **All ok and picked up well** |
| Jamie Goodge |  | Yes | **Unsure** | **All ok and will do Saturday session** |
| Luke Reeves |  | Yes |  | **All ok** |
| Michael Ellis |  | Yes | **14/8 Eltham 800** | **All ok and will do Saturday session** |
| Nicole Taylor |  | Yes | **Has finished season (wedding on British Champs day)** | **Stopped a mile from end to stretch as toe bothering her. Has been before recently** |
| Olly Kingston |  | Yes |  | **Said felt ok** |
| Ryan Driscoll |  | Yes | **25/8 British Champs****30/8 Twilight 3k** | **Going well out in front** |
| Steve Keywood |  | Yes |  | **Hamstring tightened** |
| Toby Ryan |  | Yes | **No races** | **Been training hard last few days** |
| Tom Cox |  | Yes |  | **All ok** |
| Adam Durbaba | Yes |  |  | **Quite tired so did shorter run** |
| Alex Crockford | Yes |  | **17/8 SAL 1500/3k** | **Just back from week holiday where trained well** |
| Mark Coates | Yes |  |  | **Quite tired so did shorter run** |
| Michael Mason | Yes |  |  | **All ok** |
| Olivia Lucas | Yes |  |  | **All ok just legs a bit tired. Did circuits Wed aswell** |
| Simon Coppard | Yes |  | **Maybe 17/8 SAL** | **Ok and did 6x300 beforehand** |
| **Other** |  |  | **Races** | **Comment** |
| Sean Molloy |  |  | **11/8 Newham****14/8 Eltham 800****24/8 British Champs****30/8 Twilight meet mile ?** | **Did easy run plus 2x200,3x150 as thought was doing BMC Trafford. Now swapped to Wednesday** |
| **Absent** |  |  | **Races** | **Comment** |
| Abianne Coates |  |  |  | **Away but been training hard.** Saturday - long run. Monday - circuit training. Tuesday - long run, Thurs fartlek 8km |
| Alice Ralph |  |  |  |  |
| Alice Wood |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |
| Ashley Gibson |  |  | **8/9 Great North Run** |  |
| Becky Morrish |  |  | **10/8 Thames ½ marathon** |  |
| Bede Pitcairn-Knowles |  |  |  |  |
| Ben Brooks |  |  |  | **Away** |
| Ben Murphy |  |  | **14/8 Eltham 800****24/8 British Champs****30/8 Twilight meet mile ?** | **Ran from home** |
| Charlie Crick |  |  |  |  |
| Chris Olley |  |  |  | **8/8 West Chester mile – 4th in 4.02.48. splits were 61.65,61.34,61.69 and 57.81** |
| Claire Day |  |  |  | **Fractured elbow** |
| Clara Tyler |  |  |  |  |
| Corey De’Ath |  |  | **No more in UK this season** |  |
| Dan Madams |  |  | **1/9 Vets League final** |  |
| Dan Schofield |  |  |  |  |
| Dominic Brown |  |  | **24/8 British Champs** |  |
| Graeme Saker |  |  |  | **Ran from home** |
| Harriet Woolley |  |  | **27/10 Frankfurt Marathon** |  |
| Harry Lawson |  |  | **17/8 SAL** | **At home 5x1200 with 400 jog rec 3.52,54,54,54,48 av 3.52 ie 5k pace** |
| Holly Gordon |  |  |  |  |
| India James |  |  |  |  |
| Jacqui O’Reilly |  |  | **1/9 Vets League final****8/9 Great North Run** | **Away** |
| James Price |  |  |  |  |
| James Stoney |  |  |  |  |
| James Taylor |  |  |  |  |
| James West |  |  | **11/8 European Cup 3k****24/8 British Champs** | **Poland for European Cup** |
| Jamie Brown |  |  |  |  |
| Joe Watts |  |  |  |  |
| Jordan Saul |  |  |  | **Ran from home** |
| Kieran Eland |  |  | **11/8 400m at Newham****14/8 Eltham 800m** |  |
| Kieran Reilly |  |  |  |  |
| Kiri Marsh |  |  |  |  |
| Liz Weeks |  |  |  |  |
| Lottie Richardson |  |  |  |  |
| Lucy Thompson |  |  |  |  |
| Luke Fisher |  |  | **14/8 Eltham 5000****21/8 Watford 3000** |  |
| Luke Hooper |  |  |  |  |
| Matt Dennis |  |  | **8/9 Hellingly 10k** |  |
| Miles Weatherseed |  |  | **10/8 Trafford 1500****24/8 British Champs****30/8 Twilight Meet ?** |  |
| Nathan Chapman |  |  |  |  |
| Nathan Marsh |  |  |  | **Away** |
| Nichola Evans |  |  |  |  |
| Nick James |  |  |  |  |
| Phoebe Barker |  |  |  | **Away** |
| Sam Crick |  |  |  |  |
| Sian Robertson |  |  |  |  |
| Steve Fennell |  |  |  |  |
| Tom Holden |  |  | **Feb 2020 National XC** | **Short tempo and upslopes at home – quite tired** |
| Tom Richards |  |  | **Next physio 12/8** |  |
| Will Beeston |  |  |  |  |