**Tuesday 8th January 2019 – Course E**

Attendance = 21. Dry and cold.

Course – Shipbourne Rd, Cage Green, Higham Lane, Hadlow Road, Mini by pass, Woodgate Way, Pembury Rd, Police Station, Strawberry Vale, back of Waitrose, High St track.

Many ran together and picked up second half, with 200s after for many. Some totalled 10 or 11 miles.

Coaches – Mark Hookway, plus Richard Owen with track

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| **Group** | **Run** | **After** | **Comment** |
| Ben Murphy | 10.99km/42.49 | 8x200 | **Comeback run at Kent Champs. Doing well as been steady running and all ok tonight** |
| Chloe Bird | 12.21km/51.26  Includes 200s | ?x200 | **Did the run very well and getting fitter** |
| Dan Bradley | 11.27km/51.26 | 6x200 | **All ok after Kent Champs** |
| James Puxty | Yes | 8x200 | **Back To Leeds and has BUCS trial Sat** |
| Jamie Bingham | Yes | ?x200 | **Disappointed with Kent Champs but had 3 inoculation jabs day before. Away 2 weeks to China but training** |
| Jamie Bryant | 14.95km/58.55  Includes 200s | 8x200 | **3rd in Kent Champs and going well. Still a bit tired.** |
| Joe Watts | Yes | ? | **All ok and raced Kent Champs** |
| Jordan Saul | Yes | 6x200 | **All ok and progressing after unwell over Christmas** |
| Lucy Thompson | 10.10km/44.05 | ?x200 | **Foot no worse and did Kent Champs. Said will see physio when back at Cambridge** |
| Luke Hooper | 10.62km/44.23 | ?x200 | **All ok** |
| Mark Coates | Yes | ? | **All ok** |
| Michael Ellis | 11.28km/43.43 | 6x200 | **Best ever race at Kent Champs 8th and all ok** |
| Nathan Chapman | Yes | ?x200 | **Hadn’t had much sleep previous night so very tired** |
| Robbie Farnham-Rose | Yes | Nil | **Shattered after 4th at Kent Champs so recovering** |
| Sian Robertson | Yes | Nil | **Calf has improved a lot and all ok tonight** |
| Simon Fraser | Yes | ? | **All ok. Had run Kent Champs** |
| Toby Ryan | 10.12km/42.27 | ?x200 | **Very tired as also been on long bike rides etc for triathlon** |
| Tom Cox | Yes | ?x200 | **Trying to kick off training so can beat Jack Keywood at the National** |
| **Other** |  |  | **Comment** |
| Kiri Marsh |  |  | **Track 3x1200,3x800 rec 2mins and 75s**  **Average 4.01/2.38. 3rd Kent Champs Sat. League race at w/e** |
| Nicole Taylor |  |  | **Track 3x1200,3x800 rec 2mins and 75s**  **Average 43.54/2.32. Won Sussex Champs Sat** |
| Simon Coppard |  |  | **500s and 300s on track. Said didn’t feel very good** |
| **Absent** |  |  | **Comment** |
| Alasdair Kinloch |  |  | **Won Kent Champs u20s Sat** |
| Alex Crockford |  |  | **Cardiff – 10x300 . Still tired after good 25th at Kent Champs** |
| Alex Howard |  |  | **Battersea – 5min,2x4,3x3,4x1. 11th Kent Champs Sat and getting fitter again** |
| Alice Wood |  |  | **Will see at Wed circuits** |
| Bede Pitcairn-Knowles |  |  | **Away skiing** |
| Cameron Payas |  |  | **Good 12th at Kent Champs** |
| Charlie Crick |  |  | **X training** |
| Charlie Joslin-Allen |  |  | **USA** |
| Chris Olley |  |  | **USA – when got back did 4x(600,500,400) rec 90s,75s,2min on Sat. Bit tired but good. 96, 79, 63, 95, 80, 64, 96, 80, 63, 96, 80, 63** |
| Corey De’Ath |  |  | **St Marys - 7.5 ( off 90s), 2x3, 2x2, 5, 2x3, 2x2, 5x30 ( off 45)** |
| Dan Madams |  |  | **Busy with work but running from home** |
| Dan Seagrove |  |  | **Been away** |
| Dane Poore |  |  | **Away in Snowdonia training through January**  **5x 1mile, 2x800** |
| Dominic Brown |  |  | **Sheffield 1500 Sun dnf and said lost it mentally. Is fit - Mon 6+8 and 8x20s hills, Tues 20x400 of 60s, 69, 66, 65,** [**65 67 65 65 64 65 64**](tel:65%2067%2065%2065%2064%2065%2064)[**64 63 64 63 63 63 62**](tel:64%2063%2064%2063%2063%2063%2062) **63 62 59** |
| Elle Baker |  |  | **Awaiting update re last few days. Missed Kent as precaution.** |
| Graeme Saker |  |  | **Ran from home** |
| Harry Lawson |  |  | **Good 7th at Surrey u20 race, but then gone down with cold and sore throat** |
| Harry Paton |  |  | **Has had foot issue so didn’t do Kent Champs** |
| Jacqui O’Reilly |  |  |  |
| James West |  |  | **USA – still has congestion. 3k time trial this weekend** |
| Jamie Brown |  |  | **5x1k on own in 3.03 average, with 60s rec** |
| Jamie Goodge |  |  | **Kent Champs 5th u20 and back tightened. Has run since but seeing osteopath Wed pm at Loughborough** |
| Kieran Eland |  |  | **Cardiff – 1.58 on Sun indoors 800** |
| Kieran Reilly |  |  | **3.46.1 1500m Sun indoors and surprised. Now at Loughborough and did 5x850m hills** |
| Lottie Richardson |  |  | **20th at Sussex Champs on Sat. League race at w/e**  **Plan was some tempo and hill work** |
| Luca Russo |  |  |  |
| Matt Dennis |  |  |  |
| Miles Weatherseed |  |  | **Away** |
| Nathan Marsh |  |  | **Leeds – awaiting update** |
| Peter Bannister |  |  |  |
| Phoebe Barker |  |  |  |
| Polly Pitcairn-Knowles |  |  | **Away** |
| Ryan Driscoll |  |  | **Battersea – 5min,2x4,3x3,4x1. Going well at front.**  **Sat 12+ 5, Sun 3x10mins 1.96miles, 1.99miles, 2.02miles (in trainers first 2 and on track, spikes, last one), Mon 6+8. 80 last week** |
| Sam Crick |  |  | **At football. Not good at Kent Champs as not fully fit. Trained with group on Monday.** |
| Tom Holden |  |  | **A few days break after minor op last week** |
| Tom Richards |  |  | **Managed 20 mins slow jog and x training. Knee improving. Saw physio Friday** |
| Will Beeston |  |  | **Loughborough – run plus 10x180m hills** |