**Tuesday 9th July – 200s or mile reps on the track**

Attendance = 28. Warm, dry and sunny. Coaches – Mark Hookway, Pete Brenchley, Bill Mutler

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group 1** | **Pre** | **1** | **2** | **3** | **4** | **5** | **6** |  | **Av** | **Races** | **Comment** |
| **Distance** | **Session** | **1600** | **1600** | **1600** | **200** | **200** | **200** |  |  |  |  |
| **Recovery** |  | **5min** | **5min** | **3min** | **Walk/****jog** | **Walk/****jog** |  |  |  |  |  |
| Ryan Driscoll | 2x20029,? | 4.30 | 4.29 | 4.24 | 29 | 28/9 | 28 |  | **4.28****28/9** | **20/7 Eltham 1500****2/8 Birmingham 3k sc****25/8 British Champs** | **6/7 BAL 800/5k – won both 2.00 and 15.01****Moving well and now in a good state with work, life and location etc. Target was 67/8s** |
| Dominic Brown | 2x20029,? | 4.31 | 4.34 | 4.32 | 26/7 | 27 | 27 |  | **4.32****27** | **13/7 Belgium 1500****20/7 BMC Eltham 5000****27/7 English Champs mile****24/8 British Champs** | **6/7 BAL 800/1500 – won both 1.56 and 3.55 plus relay leg****All ok and trying to hold him back a bit with weekend race in mind****Target was 70s** |
| Jamie Bryant | 2x20030,? | 4.38 | 4.40 | 4.37 | 30 | 29 | 29 |  | **4.38****29** | **20/7 Eltham 5000** | **6/7 BAL 3k sc – won in 9.44****Very good session****Target was 70s** |
| Michael Ellis | 2x20032,? | 4.48 | 4.47 | 4.40 | 32 | 31/2 | 29 |  | **4.45****31** |  | **6/7 BAL 3k s/c – won B string in 9.50. Target was 72s** |
| **Group 2** |  | **1** | **2** | **3** | **4** | **5** | **6** |  | **Av** | **Races** | **Comment** |
| **Distance** |  | **1600** | **1600** | **1600** | **200** | **200** | **200** |  |  |  |  |
| **Recovery** |  | **5min** | **5min** | **3min** | **Walk/****jog** | **Walk/****jog** |  |  |  |  |  |
| James Puxty | 2x20031,? | 5.01 | 4.51 | 4.39 | 30 | 30 | 29 |  | **4.50****30** | **20/7 Eltham 5000** | **Opted for group 2 and good session** |
| Jamie Goodge | 2x20035,28 | 5.01 | 4.51 | 4.40 | 29 | 28/9 | 28 |  | **4.50****29** |  | **6/7 BAL 5k – won B string in 15.53 pb. Calves had been a bit tight, but said got going after first mile. Target 74/5s** |
| Will Beeston | 2x20035,28 | 5.02 | 4.51 | 4.41 | 29 | 28 | 27 |  | **4.51****28** | **13/7 SAL 800/1500** | **Very good session and over niggles etc. Racing Sat** |
| James Price | 2x20035,28 | 5.01 | 4.51 | 4.56 | 29 | 28/9 | 27 |  | **4.56****28** | **13/7 SAL 3000** | **Very good. Talked about target 78s at start and well inside** |
| Dan Bradley | 2x200 | 5.10 | 5.11 | 5.06 | 32/33 | 32 | 31 |  | **5.09****32** | **14/7 Staplehurst 5 miles** | **All ok and picked up as went along** |
| Matt Dennis | 2x20035,29 | 5.12 | 5.15 | 5.10 | 32/33 | 32 | 30 |  | **5.12****32** |  | **Found it very hard** |
| Olly Kingston | 2x200 | 5.13 | 5.15 | 5.12 | 32/33 | 31 | 30 |  | **5.13****31** |  | **Coping really well in this group** |
| **Group 3** |  | **1** | **2** | **3** | **4** | **5** | **6** |  | **Av** | **Races** | **Comment** |
| **Distance** |  | **1600** | **1600** | **1600** | **200** | **200** | **200** |  |  |  |  |
| **Recovery** |  | **5min** | **5min** | **5min** | **Walk/****jog** | **Walk/****jog** |  |  |  |  |  |
| Tom Cox | 2x20044,? | 5.11 | 5.11 | 5.07 | 29 | 28 | 26 |  | **5.10****28** |  | **Good session and fast last rep** |
| George Marshall | 2x20043,? | 5.22 | 5.22 | 5.32 | 32 | 30 | 31 |  | **5.35****31** |  | **All ok** |
| Claire Day | 2x20043,? | 5.29 | 5.43 | 5.43 | 34 | 33 | 34 |  | **5.38****34** |  | **7/7 Herne Bay 10k – 1st pb 39.22****Ran 1st mile very hard – pb 1500 is 5.13 and this was 5.08 pace !!****Target mentioned 86s** |
| Liz Weeks | 2x20044 | 5.42 | 5.48 | 5.44 | 36 | 35 | 36 |  | **5.45****36** |  | **Good and well paced****Target mentioned 86s** |
| Jacqui O’Reilly | 2x20044,? | 5.44 | 6.27\* | x | x | x | x |  | **n.a.** | **13/7 SAL 1500** | **7/7 Herne Bay 10k – 2nd 41.45 and battled as forgot inhaler for race.****Tonight had issue with breathing and stopped on 2nd mile rep. Talked re inhaler use and technique and Dom demonstrated.** |
| Alice Ralph | 2x20044,? | 2.48800 | 2.50800 | 2.56800 | 34 | 33/4 | 34 |  | **2.51****34** |  | **Away now for a couple of weeks. Has been ticking over and just getting used to running again. Adapted session to suit.** |
| **Group 4** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |  |  | **Races** | **Comment** |
| **Distance** | **200** | **200** | **200** | **200** | **200** | **200** | **500** |  |  |  |  |
| **Recovery** | **2min** | **2min** | **2min** | **2min** | **2min** | **5min** | **2min** |  |  |  |  |
| Simon Coppard | 27 | 26 | 26 | 27 | 26 | 26 | 76 |  | **26/7****76** |  | **Achilles good and now in spikes** |
| Charlie Crick | 27 | 26 | 26 | 26/7 | 26 | 26 | 77 |  | **26/7****77** | **13/7 SAL 800****Away 17th to 14th July** | **6/7 School sports – 1st 400 50.0****Needs help for quick time on Saturday as then away** |
| Jamie Brown | 27 | 27 | 27 | 27/8 | 28 | 28 | 80 |  | **27/8****80** |  | **All ok** |
| Ben Brooks | 27 | 26/7 | 27 | 29 | 29/30 | 29 | 89 |  | **28****89** |  | **Found it really hard as went along** |
| Dan Seagrove | 27 | 26/7 | 27 | 28/9 | 31 | 30 | 92 |  | **28/9****92** |  | **Found it really hard as went along** |
| Tom Holden | 36 | 34 | 33 | 33 | 33 | 33 | 93 |  | **33/4****93** |  | **Losing a few metres at start. Nathan captured on film and now going to work on this area.****Good progress** |
| **Group 2** | **1** | **2** | **3** | **4** | **5** | **6** |  |  |  | **Races** | **Comment** |
| **Distance** | **1200** | **800** | **800** | **1200** | **800** | **800** |  |  |  |  | **Think have session noted****correctly** |
| **Recovery** | **2min** | **75s** | **3min** | **2min** | **75s** |  |  |  |  |  |  |
| Nicole Taylor | 3.49 | 2.30 | 2.31 | 3.43 | 2.27 | 2.26 |  |  |  |  | **6/7 Highgate 10,000 – 33.57****All ok** |
| Phoebe Barker | 4.00 | 2.43 | 2.43 | 2.44800 | 74400 | 72400 |  |  |  |  | **Session adjusted. Making progress. Very ow iron/ferritin level identified so now sorting.** |
| **Other** |  |  |  |  |  |  |  |  |  | **Races** |  |
| Ben Murphy |  |  |  |  |  |  |  |  |  | **10/7 Watford 1500m****24/8 British Champs** | **6/7 BAL 400 and 4x400 2nd B pb 50.4 and split 49.2****Jog and strides** |
| Sean Molloy |  |  |  |  |  |  |  |  |  | **10/7 Watford BMC 800****13/7 Belgium 800****17/7 Blackheath 800 ?** | **6/7 BAL 400 4th 50.2 and split 49.4****Jog and strides** |
| Nathan Marsh |  |  |  |  |  |  |  |  |  |  | **Did 20 mins easy and then helped****Away for 7 weeks work/hols but aims to get fit. Achilles tweaked recently but getting better** |
| **Absent** |  |  |  |  |  |  |  |  |  | **Races** |  |
| Abianne Coates |  |  |  |  |  |  |  |  |  |  |  |
| Adam Durbaba |  |  |  |  |  |  |  |  |  |  |  |
| Alex Crockford |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 1500****19/7 Medway Road Mile****17/8 SAL 3000** | **In Gibraltar and running** |
| Alex Howard |  |  |  |  |  |  |  |  |  |  |  |
| Alice Wood |  |  |  |  |  |  |  |  |  |  |  |
| Angel López-Cáceres |  |  |  |  |  |  |  |  |  |  |  |
| Ashley Gibson |  |  |  |  |  |  |  |  |  |  | **7/7 Great North 10k – 1st 35.40** |
| Becky Morrish |  |  |  |  |  |  |  |  |  |  |  |
| Bede Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Think away** |
| Cameron Payas |  |  |  |  |  |  |  |  |  | **6-13/7 Island Games** | **Made 800m final and finished 8th in 1.59.20. Said couldn’t go with pace.** |
| Chloe Bird |  |  |  |  |  |  |  |  |  |  |  |
| Chris Olley |  |  |  |  |  |  |  |  |  |  | **9/7 Asuza 5000 – 13.40 pb and terrific run** |
| Clara Tyler |  |  |  |  |  |  |  |  |  |  |  |
| Corey De’Ath |  |  |  |  |  |  |  |  |  |  | **6/7 Highgate 10,000 – C race 31.10** |
| Dan Madams |  |  |  |  |  |  |  |  |  |  |  |
| Dan Schofield |  |  |  |  |  |  |  |  |  |  | **Away** |
| Dane Poore |  |  |  |  |  |  |  |  |  |  | **Think maybe away** |
| Ellen Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Had food poisoning so couldn’t come to TAC** |
| Graeme Saker |  |  |  |  |  |  |  |  |  |  | **Away** |
| Harriet Woolley |  |  |  |  |  |  |  |  |  | **27/10 Frankfurt Marathon** |  |
| Harry Lawson |  |  |  |  |  |  |  |  |  | **13/7 SAL 800/3000** | **Away** |
| India James |  |  |  |  |  |  |  |  |  |  |  |
| James Stoney |  |  |  |  |  |  |  |  |  |  |  |
| James West |  |  |  |  |  |  |  |  |  | **21/7 Anniversary Games 1 mile****24/8 British Champs** | **9/7 Asuza 1500 – 3rd in 3.37. Another good race.** |
| Joe Watts |  |  |  |  |  |  |  |  |  | **14/7 Mid Kent 5****20/7 Hastings parkrun** | **Work etc has been busy so couldn’t get to TAC. Training been less consistent** |
| Jordan Saul |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Eland |  |  |  |  |  |  |  |  |  |  |  |
| Kieran Reilly |  |  |  |  |  |  |  |  |  | **13/7 SAL 800****14/7 Inter Counties Ashford****27/7 English Champs mile** | **Had trained well last few days****Sat 2x200, 600,4x200,600,4x200,600 rec 90s/2mins****90,28/9s,87,29/30s, 88****Sunday 13 miles. Now gone down with cold and temperature. Says feeking far better Wed morning** |
| Kiri Marsh |  |  |  |  |  |  |  |  |  |  | **7/7 Highgate 10,000m C race 35.51** |
| Lottie Richardson |  |  |  |  |  |  |  |  |  |  |  |
| Lucy Thompson |  |  |  |  |  |  |  |  |  |  |  |
| Luke Fisher |  |  |  |  |  |  |  |  |  | **24/7 Watford 3000****26/7 Serpentine 5k** | **Was hoping would be at TAC as good session for 3k coming up** |
| Luke Hooper |  |  |  |  |  |  |  |  |  |  | **Family commitment so ran from home** |
| Mark Coates |  |  |  |  |  |  |  |  |  |  |  |
| Miles Weatherseed |  |  |  |  |  |  |  |  |  | **17/7 Blackheath 800** |  |
| Nathan Chapman |  |  |  |  |  |  |  |  |  |  |  |
| Nichola Evans |  |  |  |  |  |  |  |  |  | **14/7 Sevenoaks 7** |  |
| Nick James |  |  |  |  |  |  |  |  |  |  |  |
| Polly Pitcairn-Knowles |  |  |  |  |  |  |  |  |  |  | **Away** |
| Sam Crick |  |  |  |  |  |  |  |  |  |  | **Been unwell** |
| Sian Robertson |  |  |  |  |  |  |  |  |  |  | **Away** |
| Simon Fraser |  |  |  |  |  |  |  |  |  |  |  |
| Steve Fennell |  |  |  |  |  |  |  |  |  |  |  |
| Toby Ryan |  |  |  |  |  |  |  |  |  |  | **7/7 Ironman triathlon in Germany Recovering from Ironman where did 10.54 and 50mins inside pb** |
| Tom Richards |  |  |  |  |  |  |  |  |  |  | **X training and every few days doing 60s reps. Feeling better but still some discomfort.** |