



Steve Parker



**Name:** Steve Parker

**Born:** 25/05/56

**Date Joined IAC:** 5/06/07

**Personal Bests:**

**Track :**

5000m 20.25.4 Ilford 28/06/2011

**Road:**

5k 20.20 BarkingPark 25/08/2008

5 Mile 33.29 Ingatestone 28/09/2008

10k 41.32 Southend 04/10/2009

10 Miles 70.10 Great Baddow 17/05/2009

Half Marathon 91.27 Southend 08/06/2008

20 Miles 2 hours 29mins 29 secs Great Bromley 06/03/2011



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Marathon 3 hours 10mins 49 secs London 13/04/08

**Notable Performances:** Winning a Gold at the Vets Champs Battersea Park. A silver & bronze in the Kent Coastal Half Marathon, 2nd in age group in Steelman Triathlon 2012

**Representative Honours:** G.B. Masters in Germany, Denmark & Finland. Had a Team Bronze for ten minutes, a long story.

**Most Satisfying Performances:** Getting through The Tough Guy Challenge in one piece, The Thanet 20M 01/03/09 in 2.29.22 A very hilly tough coarse

**My Biggest Disappointment:** Not taking up running earlier in life

**My Most Embarrassing Moment:** Starting to trip while running. Finding a nice soft piece of muddy grass to fall on next to a bus at a bus stop. The whole bus was wobbling with laughter.

**Typical Weeks Training:** Mon. Pool swim for an hour, Tues. Track, Wed. Long bike ride, Thurs. Long run. Fri. 10 mile Hilly Fartlek, Sat. Open water swim. Sun Bikeride.

**Favourite Sessions:** Hilly Fartlek & Open water swim

**Who is your Greatest Rival:** Any guy with a 55 pinned to his back

**How would you improve the sport of Athletics:** Make Athletics a more important part of school life so people grow up with it as part of their lives.

**What car do you Drive:** Fiesta

**Favourite Athlete or Sports person:** Chrissie Wellington

**What other sports do you follow:** Moto G.P. Speedway, Triathlon

**Best Country Visited:** New Zealand

**Favourite Food and Drink:** Skate & Mash, Rhubarb Crumble & a glass of Sauvignon Blanc

**Favourite TV Shows:** C.S.I, sport programs, a good documentary

**Last Film Seen:** I Bought a Vampire Motorcycle

**Last Book Read:** Running Until you're 100 By Jeff Galloway

**Favourite Singer/Band:** Queen

**Last Album Brought:** Slow Burn By Reverend Raven & The chain Smokin Altar Boys

**Last Concert Attended:** Thin Lizzy January 2013

**Do you have any Pets:** A gold fish Called Rover

**With you going on the first leg, who else would be in your dream 4 x 400m team:**  
Haile Gebrselasse, Paula Radcliffe & Ray Rawlinson