





Peter Clinch

**Name:** Peter Clinch

**Born:** December 1971

**Date Joined IAC:** September 1987

**Personal Bests:**

**Track :**

100m 12.2(1988)

200m 25.1 (1988)

400m 51.2 (relay)

600m 83.3(1999)

800m 1.55.5 (1999)



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1500m 4.03.3 (1997)

3000m 9.07

5000 15.56 (1997)

3000m steeplechase. 9.55.1 (2003),

**Road:**

5k 16.55 Barking Park 1990

10k 33.07 (Battersea Park London Colleges League, 1992. This was almost certainly a short course but I'm taking it.

Half Marathon 1 hour 54 mins Yellow Advertiser 1985

**Representative Honours:** None. Boo hoo.

**Most Satisfying Performances:** 800m. My PB beating Wayne Hick's by 0.1 seconds

**My Biggest Disappointment:** Not getting under 44 secs for 400m. Not running faster over 800 -and being serious for just a moment, probably should have done so (the latter).

**Typical Weeks Training:** Was is training?

**Favourite Sessions:** As a senior, something like 6 x 400 with 2 and a half mins recovery, as vet 6 x Stella Artois with V+R recoveries.

**Who is your Greatest Rival:** General apathy and numerous personal demons

**How would you improve the sport of Athletics:** Ban football

**Favourite Car:** Austin A30

**Favourite Athlete or Sportsperson:** John Platt

**What other sports do you follow:** Athletics and mud wrestling



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**Best Country Visited:** Cornwall.

**Favourite Food and Drink:** Chips with Gravy

**Favourite TV Shows:** Ben 10 is rather imaginative

**Last Film Seen:** Harry Potter and the Prisoner of Azkaban

**Last Book Read:** The Gruffalo

**Favourite Singer/Band:** Craig Burrow

**Last Album Bought:** Can't remember. Refer to favourite Vet training session above.

**Last Concert Attended:** The Stranglers; Shepherd's Bush

**Do you have any Pets:** Memories of a former cat.

**With you going on first leg, who else would be in your dream 4 x 400m team:**

Ooh now that's a toughie, something like: Me, handing on to Pierre Le Clinche, who in turn hands to Pedro Crunch with P Clinchmeister bringing the baton home. 2:58.9. Sorted