



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