



Founded in 1923

Meredith Floate





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**Name:** Meredith Floate

**Born:** In the 1970's

**Date Joined IAC:** 2009

**Personal Bests:**

5K 28:46 Valentines Park 26/09/2010

5 Miles 45:00 Valentines Park 10/04/2011

10k 58:33 Hastingwood 03/04/2011

**Notable Performances:** Southern Cross Country Championships 58:29 Jan 2011,  
Brooks Serpentine Last Friday 5K 32:23 March 2013

**Representative Honours:** None but I'm still trying.

**Most Satisfying Performances:** Wix 5 47:27 Oct 2010 felt like I won the  
Olympics/nearly won a prize!

**My Biggest Disappointment:** Not completing a 5 mile race at Rafael Park in  
Havering but I wasn't prepared.

**My Most Embarrassing Moment:** Anytime I'm sick at the finish line, it's not a  
pretty sight...



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**Typical Weeks Training:** A circuit training session, a Warrior track Session, an Ilford Harriers road session, and maybe a cross country forrest session (stop laughing, club membership secretary, I know where you live!!!)

**Favourite Sessions:** Any session which includes Pam Jones and/or Robin Davis

**Who is your Greatest Rival :** The person directly in front of me in any race

**How would you improve the sport of Athletics:** More free events with top Athletes and activities to encourage people to get involved.

**What car do you Drive:** Its Blue but I ride shotgun

**Favourite Athlete or Sportsperson:** Ronnie O'Sullivan and Dominic Denucci (both Italian)

**What other sports do you follow:** Snooker, Football, Baseball, NHL, Figure Skating and Gymnastics

**Best Country Visited:** Italy

**Favourite Food and Drink:** Baked Ziti, Cheese Chips and Vanilla ice cream float with A&W cream soda

**Favourite TV Shows:** Game Shows and anything with David Tennant

**Last Film Seen:** Terminator 2 on Blu Ray

**Last Book Read:** "To Reach The Clouds" by Philippe Petit

**Favourite Singer/Band:** The Beatles, Duran Duran, Genesis, Talking Heads, Blondie, and The Police.

**Last Album Brought:** I collect Vinyl so I just got the 7" Spanish issued copy of "Ebony and Ivory"

**Last Concert Attended:** Duran Duran at Hyde Park last summer



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**Do you have any Pets:** Tropical fish, and they are eating me out of house and home but I love 'em

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

Mo Farrah, The Late Flo Jo, and Frank Lampard. I think we would all, in theory, get along well.