



Meredith Floate





Meredith Floate

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...



Meredith Floate

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



Meredith Floate

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.