



Jenni Sheehan



**Name:** Jenni Sheehan

**Born:** 01.04.1989

**Date Joined IAC:** Feb 2006

**Personal Bests:**

5k 22.20 Valentines Park 5k 2012



Jenni Sheehan

5 Mile 36.09 Ilford AC 5Mile championship 2011

10k 45.54 Brighton 10k 2010

**Notable Performances:** Winning a bronze Essex medal for the third ladies team at Braintree 5mile  
2010 with Nicola and my mum

**Representative Honours:** Representing Ilford AC

**Most Satisfying Performance:** Essex League season 2013 where I had pretty good runs, especially at the Orion meet

**My Biggest Disappointment:** Thinking I ran really well at the Essex Road Relays in 2013 only to get home and check my time was faster 2 years ago!

**My Most Embarrassing Moment:** Turning up to a Vets cross country race being the only senior there. And they all beat me!

**Typical Weeks Training:** Monday: Circuits, Tuesday: track, Wednesday: short recovery run, Thursday: Hills/Speed session, Friday: Rest, Saturday: Short recovery run, Sunday: Long, slow run

**Favourite Sessions:** Hill work over Hainault/ Anything off road

**Who is your Greatest Rival:** My mum and my sister who also run for Ilford AC. We have good family rivalry!

**How would you improve the sport of Athletics:** More money given to grass roots development through volunteers and coaches

**What car do you Drive:** Purple KA



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**Favourite Athlete or Sportsperson:** Jessica Ennis and David Weir

**What other sports do you follow:** Badminton

**Best Country Visited:** Australia- Loved how everyone was always outdoors and the weather is much better than the UK!

**Favourite Food and Drink:** My nan's roast dinner, I like a cheeky Malibu and Lemonade occasionally

**Favourite TV Shows:** Strictly Come Dancing, The Great British Bake Off, Masterchef

**Last Film Seen:** Iron Man 3

**Last Book Read:** Harry Potter (the 4th one)

**Favourite Singer/Band:** Michael Buble

**Last Album Brought:** Michael Buble

**Last Concert Attended:** The Big Reunion

**Do you have any Pets:** 3 Goldfish called Dean, Jonny and Nemo

**With you going on first leg, who else would be in your dream 4 x 400m team:** My Mum, My Dad and my Sister (a full packet of Crisps)