



Wes Clarke



**Name:** Wes Clarke

**Born:** December 1963 (oh what a night)

**Date Joined IAC:** October 1987

**Personal Bests:**

Hammer Throw 48.88m

Javelin 43.06m

110mHurdles 17.2s

100m 11.5s

200m 24.0



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Triple Jump 12.48m,

**Notable Performance:** Throwing my Hammer PB at a Southern League match in Brighton in 1994 beating the Highgate thrower by 30cm.

**Representative Honours:** I have competed for Essex on a few occasions as a B Hammer Thrower. I have also represented Great Britain in Natural Bodybuilding

**Most Satisfying Performances:** Winning a Southern Men's League B 110m Hurdles race at Tooting Bec shortly after Roger Honey had won the A race back in the early 90s

**My Biggest Disappointment:** Rupturing my right patella tendon in a B 110m Hurdles race at Mile End stadium in 2008

**My Most Embarrassing Moment:** See above

#### **Typical Weeks Training:**

Tuesdays: Circuit Training, Hammer Throwing and Weight Training

Thursdays: Hurdle Drills, Hammer Throwing and Weight Training

Sundays: Circuit Training and Weight Training

**Favourite Sessions:** Circuit Training

**Who is your Greatest Rival:** David Burrell (TVH) - same age and throwing similar distances

**How would you improve the sport of Athletics:** More money at grassroots level and improved media coverage

**What car do you Drive:** 1993 Toyota Corolla

**Favourite Athlete or Sportsperson:** Andy Catton (Ilford AC Legend and still doing loads for the club)

**What other sports do you follow:** Natural Bodybuilding and Football (West Ham Utd supporter)



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**Best Country Visited:** USA

**Favourite Food and Drink:** Fillet Steak and Sweet Sherry

**Favourite TV Shows:** Coronation St, Curb Your Enthusiasm, Top of the Pops  
1978

**Last Film Seen:** Tom Shkolnik's 'The Comedian'

**Last Book Read:** 'Bedsit Disco Queen' by Tracey Thorn

**Favourite Singer/Band:** Singer: Corinne Bailey Rae Band: The Cure

**Last Album Bought:** 'London with the Lights On' by Stooshe

**Last Concert Attended:** Siouxsie at the Royal Festival Hall, June 2013

**Do you have any Pets:** No

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

On the basis that they'll make me look good, the following hammer throwers  
would complete my squad: Paul Head, Paul Dickenson and Mick Jones.

Anticipated time, 6:56.32