



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

Triple Jump 12.48m,

Notable Performance: Throwing my Hammer PB at a Southern League match in



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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)

Best Country Visited: USA



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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