



Malcolm Muir



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**Born:** 02.05.74

**Date Joined IAC :** July 1999

**Personal Bests:**

**Track**



Malcolm Muir

100m 13.5

200m 28.2

400m 58.1

800m 2.05.6

1500m 4.15.6

3000m 9.03.6

5000m 15.40.0

10000m 33.04.6

3000s/c 10.14.7

### **Road**

5km 15.40

5 Miles 26.06

10km 32.06

10 Miles 53.36

Half Marathon 71.31

20 Miles 1.53.53

Marathon 2.35.26

**Notable Performances:** 4th inter-counties half 2007 and Essex to win Essex team gold!

**Representative Honours:** Essex for the road 10km, half and 20m track for 5000m xc for inter-counties and the fell inter-counties!



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**My Biggest Disappointment:** Not breaking 2.30 for marathon (yet)

**My Most Embarrassing Moment:** Getting beaten by ladies!

**Typical Weeks Training:** Train every days no speed work but lots of tempo runs  
ave 50miles a week!

**Favourite Sessions:** 5xpints of cider 5xjds coke

**Who is your Greatest Rival:.** Bloomers

**How would you improve the sport of Athletics:** have more drinking races!

**What car do you Drive:** white van man!

**Favourite Athlete or Sportsperson:** Spencer Hempstead!

**What other sports do you follow:** Cricket and cycling

**Best Country Visited:** Canada

**Favourite Food and Drink:** Steak jd and coke

**Favourite TV Shows:** Only fools and horses

**Last Film Seen:** View to a kill

**Last Book Read:** British athletics 2013

**Favourite Singer/Band:** Travis

**Last Album Brought:**Queen best of

**Last Concert Attended:** Red hot chillies pepper

**Do you have any Pets:** Three cats

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



Malcolm Muir

Andy Catton, Carol Muir and Pete Whiting!

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