



Born: 02.05.74

Date Joined IAC: July 1999

Personal Bests:

Track





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

Malcolm Muir

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

My Most Embarassing 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

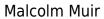
Favourite Singer/Band: Travis

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:





Andy Catton, Carol Muir and Pete Whiting!