



Sam Malekout

Name: Sam Malekout

Born: 1982

Date Joined: April 2004. I just moved to London from the Midlands at the end of 2003 and in the Easter break I was looking for some kind of sports activity.

Luckily I live in Newbury Park and from Google I found Cricklefields Sports Stadium to be just a 15 minute walk away.

I came along one evening and asked at reception when people train, started doing sprints and along Jump.

Later on I took an interest in throwing events and that same Summer wood see me compete for a Ilford in the SML (now competing in the SAL)

PERSONAL BESTS:

200m: 22.92

400m: 50.50

800m: 2:04.10

Long Jump: 6.29m

High Jump: 1.75m

Triple Jump 12.40m

Pole Vault: 3.00m

Javelin: 45.22m

Discus: 31.65m

Shot Putt: 10.06m

400mH: 58.40



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First Club Competition:

I think in June 2004 I did the triple jump for Ilford in a SML match. I got injured after the event but did get a PB of 11.95m.

Favourite Race:

Strangely it was an a SML match in 2007 and an 800m race in which I was a last minute reserve.

Not really knowing how to run the event, I managed to win in the home straight in a time of 2:09.20 and I thought I was going to come last.

A few people from track side congratulated me, it was a great feeling.

Notable Performance.

In 2008 I ran a 400m PB Of 50.50 and in the same year had relay splits of 49.6 and 49.9 seconds.

My javelin PB still goes back to 2007 and I have been trying to break it but still haven't quite managed it.

I have competed in the Southern England Championships in 2008 and in the Essex Indoors in 2009 in 400m in which I won a Silver Medal.

WINTER TRAINING

Typically, my coach Nathaniel would prepare and schedule the session depending on the year, event I am training for and also taking any injuries into consideration. Winter usually means circuit training, conditioning and some longer endurance runs/sprints in preparing for 400m in the Summer.

SUMMER TRAINING

Usually this would be shorter, more explosive training with drills and the occasional time trial in preparation for competition.

MOST FAVOURITE ATHLETE/I'VE MET

Without question it's Dame Kelly Holmes. A real achiever and pioneer of Self-belief and determination. As humble today in 2020 as she was in 1996 when I met her at the AAA Olympic Trails in Birmingham.

Christine Ohourghu would come in 2nd. I actually have a picture of when I met her from 2009.



HOW WOULD YOU IMPROVE THE SPORT

It's a difficult one to answer but finance would play a part in it. The London 2012 legacy did generate, motivate and increase British interest in a being active but it wasn't a total success. It starts at a young age by keeping young athletes interested. Historically, athletes who have been successful trained to be the best and other distractions like money, fame, social media presence would at best be secondary.

Coaching is incredible important. Generally speaking the UK has been pretty strong at the



Sam Malekout

sprints, a good history in jumps but a very patchy record when it comes to the throwing events mainly because the best coaching is available abroad. Once or twice in a generation we would produce gems like Steve Backley, Geoff Capes, Fatima Whitbread or Goldie Sayers but in order to produce more athletes who can be competitive we need better coaching made available.

OTHER SPORTS I DO

I played Volleyball when I was young and did swimming to county level.
I also like watching Artistic Gymnastics and Speed Climbing

BEST COUNTRY VISITED

Iceland was beautiful. I went there for work in 2012, people were friendly and so chilled.

FAVOURITE FOOD: Tandoori Chicken, Fish

FAVOURITE TV SHOW: Frasier, Friends, Ninja Warrior, and of all time, GLADIATORS!

FAVOURITE BAND: A-HA, Chvrches

AIMS FOR NEXT SEASON: To stay injury free, to improve as many of my PBs as possible.



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Have you ever done a decathlon and what for you is the hardest event?

I have never officially completed a decathlon mainly due to lack of training in the sprint hurdles. The last event the 1,500m would be the scariest though!

What ambitions do you have for the future and what event do you enjoy the most?

I have always liked Long Jump and Javelin. The throws in general. Actually, it's very calming to go training and practice throwing the javelin or discus. I haven't really mastered the technique required for Hammer throwing yet though!

How did you get into 'Pole Vaulting' training? In fact what was your first ever attempts at it like?

Well Pete Whiting helped to get my started. We used one of the blue training poles and initially I aimed to get over 2 metres. I was scared to put my weight onto the pole at first and it did take several attempts to make the mat! My first competition was in 2004 and I managed to clear 2.60m. I haven't really improved much since, mainly down the lack of training and focusing on my best events.

What's your worst injury?

I landed awkwardly when doing the triple jump, it took me out of action for a couple of weeks and I wasn't able to jump for a few months. It was back in 2004 so I don't remember to much about it but I came down awkwardly in my left foot (transition from step to jump phase).

Do you do any Strength/Power or Core or Yoga/Pilates training to compliment your Athletics?

I attend the gym 5 times a week and work on strength and core. I've tried Yoga once and



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found it difficult. I thought I was more flexible!

Have you ever competitively raced a 5K or 10K on the roads? If not have you ever fancied it?

I ran a 10k round London last Autumn with a friend and it came as quite a shock! I didn't have a clue how to pace it. For now I'll stick to 400m, maybe try a few 800m racers in the future.

What are you doing to stay fit in This current lockdown?

Luckily, I have a treadmill at home so do some power walking and lights runs outside in the park. I've also been doing some core exercise and stretches at home.

Do you follow any specific diet/Nutrition?

My diet is fairly balanced. I enjoy a bit of everything so plenty of fruit and veg. I do like fast food as well, have to enjoy life! I pretty much drink no alcohol though.

Have you ever trained for sprinting with a sled? Or Parachute? Weighted vest ?

We have done training with sleds and weights in my sprints group. This works on explosive starts and power.

Who is your favourite current British sprinter? Male and Female?

Dina Asher-Smith, British record holder in 100m and 200m. For men's I'll say Reece Prescod.



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