



Ian Gains

**Name** Ian Gains

**Born** 1946 Scotland

**Clubs** Eton Manor / Ilford A.C.

**Club President 2003**

**BIO:-**

Joined Eton Manor as an 8 year old in the swimming club.

At 12 joined the Athletic club, this club was set up by the old Etonian's and financial help from the City.

We had excellent facilities for that period, a 34 acre walled sports facility with a 6 lane 440 yard track with flood lights, my coach was Les Golding.

My events were 880 yards and 1 mile. A bit vague on my times as it was over 50 years ago!

**Ilford A.C.**

I'd been away from Athletics for a good few years, but my daughter wanted to take up athletics at Ilford, this is where I met Fred Plum and John Filmer who encouraged me to get involved and have been a great help with all the support, that was some 30 odd years ago

**Coaching**

Went through the Coaching Pathway and am currently a level 3 coach.

Started coaching Juniors. At that time it was a struggle to get youngsters, and without them you do not have any foundation.

As things progressed we entered a team in the Young Athletics League, over the years I have coached all the age groups both male and female.

Have been fairly successful with results - World Junior Ladies triathlon I coached the running section who were Essex and South of England champions, but it would be nice to have had a National winner

**Team Manager**

Like most coaches we double up to help manage the team. Ilford although we are a small club, team spirit has always been high. At one meeting we had two ladies covering the 3000m - Pam and Sharon with a combined age of over 100.. that's team spirit



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## **How to improve the sport**

Life ban on drug offenders means life,so athletes can compete on a level playing field

Over the years i have seen a slump in the leagues,the reason being lack of officials ,clubs can help through their members,and U.K.athletics needs to address this instead of super stars,

## **Favourite Athletes**

Overseas Hicham El Guerrouj 1500m

UK Steve Ovett ,Kelly Holmes





## **QUESTIONS AND ANSWERS**

**When and where was that running photo of you taken and how old were you then ?**

The race was the CWS open road race. It started in the CWS sports ground, up Pudding Lane down Gravel Lane onto Chigwell Rd, finishing the sports ground.

I was about 16 to 17 years old.

**What was your favourite running distance ? And can you describe some of the training sessions you did ?**



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880 yards and one mile.

The training was very similar to now 200, 300 and 400 reps, pyramids 400, 500, 600, 500 and 400.

### **Why did you initially leave the sport ?**

I moved to West London. With travelling and college I did not have much time so took up football and squash as it fitted into my timetable.

Looking back I should have joined a local athletics club.

### **Does your daughter still compete ?**

My daughter Clare competed for the club for many years but now her son James is training in Wayne's squad and enjoys it.

### **Who is your favourite current athlete male and female ?**

Female Laura Muir stands out and she is Scottish, to be able to study at a veterinary college and also to become a world class athlete takes some doing.

Male Kenenisa Bekele olympic champion at 5000m and 10000m and holds the world record for both events and still going strong

### **What are your Greatest ILFORD AC memories ?**

Being made President of Ilford AC. Junior and senior ladies south of England divisional league champions, but there are so many, nearly every week.

Most recently the Men's Essex Road relay.



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**Why did you switch initially from swimming to running ?**

I joined Eton Manor at swimming at the age of 8 because you could not join the athletics till you were 11

**If you were lucky enough to represent your country in athletics would it be Scotland or England ?**

Could not get in Scottish team at the moment because they have some good middle distance runners so it would have to be England.

**Who is your current favourite athletics coach ?**

All of them for giving up their time and enthusiasm

**Who were the most talented athletes you have ever coached and who had the most potential (wasted) talent?**

Difficult question I have coached many talented athletes over the years and find it very difficult to choose.

I feel that Usamah Patel never reached his full potential due to many reasons.

**Do you follow any other sports? If so favourite teams or players?**

Football - QPR. I had the privilege to watch Rodney Marsh, Stanley Bowles and Gerry Francis.  
Boxing, ,golf and horse racing

**What music do you like to listen to?**



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ELO, Queen and Dire Straights

**You used to do the Press reports. How hard was it back in the day pre-internet and instant results?**

We quite often had races on Saturdays and Sundays.

On Sunday Evening I would write the race reports then take it down to the Recorder Office so the sports editor had it Monday morning.

**What brought you from Scotland to London?**

My parents were both serving in the RAF in Scotland, after the war they had to come to England for employment when I was little.

**What was your day job?**

Tooling engineer at Ford Motor co.