



Krystle Balogun

Name: Krystle Balogun

Born: 17 January 1987

Date Joined Late May 2013 after Coach Ian Gains persuaded me to join.

Personal Bests:

100m: 13.0 ,
200m: 26.22,
300m: 42.61,
400m: 59.25,
800m: 2.18,
1 Mile: 5.22,
5k: 19.40,
5Mile: 32.00,
10k: 40.17

First Club Race: 1st June 2013, Orion Harriers Forest 5 in Epping Forest. Came 3rd female.

Favourite Race: My favourite race was the 200m Essex and Eastern Indoors in 2018 at Lee Valley.

It was the first time I had chose to race this distance, i didn't know how to run it, and my coach Nat said there was no pressure, just doing it to get some more experience in this event.

Nobody including me expected to actually medal, and with how bad my stumble at the start was, but i managed to push hard on the last bend and came 2nd place and went on to win the 400m later on.

Notable Performances: Newham 10k 2013 1st Place, Essex & Eastern Championships, Essex Championships, Essex County Relays.



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Biggest Disappointment: I would probably say last year while representing Essex, I pulled up in the 400m with 120m to go due to my Achilles Tendon, hopping to the finish line in slow motion. Paid the price for not resting it before and prolonged my recovery.

Typical Weeks Training:

Sunday: Gym,

Monday Rest day,

Tuesday: Track,

Wednesday: Gym

Thursday: Track,

Friday: Light Stretches,

Saturday: Track

Favourite Sessions: 150, 200, 150, 100, 300m, 150, 100, 50

How would you improve the sport Invest more money into Athletic Clubs so they have the right equipment and better facilities to help Grass Root Talent.

Favourite Athlete or Sportsman: Our very own Legend Pam Jones is always top of my list, Kobe Bryant, Shelly- Ann Fraser Pryce





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What other sports do you follow: Football and some Boxing

Best Country Visited Tasmania had an amazing time, beautiful scenery, fresh food, great memories, fully recommend going.

Favourite Food & Drink : BBQ glazed Ribs, Enchiladas or Fajitas. Vodak +Cranberry, Oreo Milkshake,

Favourite TV Shows: killing Eve, The Simpsons, After Life,

Last Film Seen : Birds of Prey Harley Quin

Last Book Read : You are a Badass by Jen Sincero

Favourite Band Singer: Jill Scott, Nao, Childish Gambino, Nas

Last Concert Attended: Childish Gambino at the O2 last year.

Any Pets: No unfortunately, but love dogs

What are your aims for next season Improved reaction out of the blocks, shave some more of my times to compete in races, address injuries properly not to mask them.



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1) Now tracks are closed during lockdown What running training do you now do?

While the Tracks are closed, I've been taking run routes around parks, taking my cones and marking out a distances to still get Sprints in, finding hills and inclines to run up for strength and workouts at home or on an open field.

2) What exercise regime do you do in the gym and favourite and least favourite exercises? What gym are you a member of?

I'm a member of a Strength & Conditioning Gym called Edge. Favourite exercise is Cable twists or plyometric jumps over hurdles. Least favourite id Burpees. I do strength training, and polymeric work at my gym.

3) What is your normal day job? And does your employer realise you are a potential athletic superstar and allow time off for your training?

A job I had in the past wasn't supportive and made it very difficult. I wouldn't say "normal", but my main job is currently a Teaching Assistant in a primary school. Once a week I'm a Softball Girls Coach based at a secondary school. Rest of the time I fit in Fitness Instructing and some Sports Modelling so try to find the right balance around training.

Lol my school kids love the fact I do athletics and are always challenging me to a race on the playground lol. Luckily with school hours, I finish early enough to train with my coach and team in the evenings. Having weekends free, allows me to be able to have the freedom to compete in races or morning training sessions.

4) How many Essex County Medals have you won?

How many Essex County Medals do I have? I literally had to trace back and work this one out lol. I believe its 18 when including relays.

5) Before joining Ilford AC were you a member of another athletics club and how did you meet Iain Gains so he could persuade you to join Ilford AC ?

Before Ilford Ac I just trained myself and ran around the park and local area. I was a Run Club



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leader for Nike Stratford. I sometimes trained at Mile End Track, with Tower Hamlets Distance team "RunFast" and some Kenyan Athletes there, only if I finished a shift early enough or had the day off.

It's funny because I met Mr Ian Gains (Gainsy) at Victoria Park in early April 2013. I had entered the Annual Victoria Park 5mile Open on the day, last minute, so I was panicking lol. I was with my brother Aaron who had trained and ran for Ilford Ac in the past, and Ian spotted him and was having a conversation about athletics. He didn't really pay too much attention to me lol, it was only when he asked Aaron why he was here, that Aaron told him he was here to watch me run. I remember asking him what advice he had for running this route, and he said, "it's a relatively flat course, and to run with your head, not your heart, as that's what gets you into trouble" lol. Then my brother wadded in and said but run with everything, when you start to see that finish line lol. A few days later Aaron was training at Ilford, and Ian saw him and said he'd seen my times and I should join the team. I kept ignoring it, because I just ran for fun, but after a month of Ian hounding Aaron about me, I thought I'd give it ago and see if I'd like it. And the rest is history lol.

So, I'm very thankful to him and my brother for pushing and seeing that potential in me. I've been given a lot of opportunities and met some amazing people through doing so. Apologies for the essay but you asked lol.

6) Why no Hill sessions in your training programme ?

I would do hills, but my team and coach struggle to get down to Hainault Forest. I do strength training in the gym and like to have a 3rd day of track training in the week, as there isn't a lot of opportunity to access the track. Since Lock down I have discovered hills and inclines closer for me to venture to so will implement them more and discuss with my coach a plan of action that works.

7) what was your last race before lockdown and how did you get on ?

My last competition was Essex & Eastern Indoor Champs in February. I won the 200m which I was happy about, as I wasn't sure how my Achilles Tendon would react on the bends at Lee Valley. I died in the 400m as my legs just felt fatigued lol. I did a 60m Open on 1st March to just see reaction. Before the lock down I was supposed to be opening my outdoor season with Woodford Open.



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8) In a couple of years' time you will be a Female Veteran Over 35 so any long term plans for that ?

Long Term plans for Vets? If this lockdown has taught me anything, it is I shouldn't plan that far ahead lol. Would I love to represent and get some international medals? definitely.

Depending on my circumstances and if no major injuries in 2years, I will. For now, my focuses are on the races just in sight.

9) Have you met or trained with any athletic/running Legends ?

Mo Farah, Laura weightman, Steve Cram, Lynsey Sharp, Perri Shakes Drayton, Tessa Sanderson, Cameron Vandenburg, Rio Ferdinand, Ian Wright, Dwaine Chambers, Jo Pavey, David Weir, Montell Douglas, Anyika Onuora. Jo Mersh, Paula Radcliffe, Asha Philips.

10) Do you subscribe to Athletics Weekly ? Or Runners World?

Nope. I don't subscribe to Athletics Weekly, I've advertised in it lol, but it's so thin now and I find it quite pricey for what's in it lol. Runners World I'd buy if I needed something to read on a plane journey, but not on a regular lol. More information online now.

11) What's your opinion of Park Runs and have you done many?

I think Park Runs are great, I don't have anything against them. When I started off running it was around parks. Anything that encourages all ages to give it ago, enjoy as a family and helps with their health physically, mentally, as well as socially, is a plus. I'm all for supporting physical activities, I've only ever done one I believe run by Park Runs, but I focus on shorter distances and track now.

12) What is the First running related thing you want to do when the Athletics Lockdown is over?

First thing I'll do once the track is open is run on it, see my team, get a solid session in, set the hurdles out, spend a few hours at my second home, never taking it for granted again, as I've missed it and the atmosphere lol.

13) Did you love running at school, and at what stage did you realise you were



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actually very good at it?

I did run at school and was the fastest in my year, but it wasn't really seen as much of a big deal, and none of the girls in my year were fussed about sport so wasn't really a competition lol, unless it was sports day lol. When I was in secondary school, I mainly played football outside of school. My year was the first to be able to choose PE as a GCSE, and I regretted choosing it over History, as the teacher was a wannabe popular kid, bit of a bully, who was never supportive or encouraging. I dreaded going into his lessons and didn't bother with it again until a couple of years after finishing University. I was 26 when I ran my first Cross Country lol. It's so important to have coaches or teachers who are passionate about what their teaching, as it can leave a lasting impression.

14) Are you keeping in touch with your fellow athletes at Ilford during Lockdown?

Yes a few of them, mainly through Instagram, WhatsApp.

15) Who is your favourite Boxer / Football team?

Muhammed Ali aka: "The greatest". Football teams, I mainly just like watching the Euros and World Cups. Barcelona, Portugal, Brazil. My family are Tottenham Supporters

16) Which 3 famous people would you invite to a dinner party?

Only 3? Well if I'm allowed celebrities who have died too, it would be 1: Prince or Janet Jackson, 2: Will Smith, 3: Kobe Bryant