



Pam Jones

## **Name**

Pam Jones

## **DOB**

7/7/1936

## **Date joined**

July 1950

## **Personal bests**

### **Track**

400m 59.7

800m 2.17

1500m 4.49.7

3,000m 10.49.2

5,000m 20.05 W45

I did run a few 10,000m on the track but since my move results have gone missing.

### **Road**

All road times are as a vet.

There were no road races for ladies until I was 40, so I have put age at the time of the race

5k	19.17 W53	Barking park
5 miles	32.17	Victoria park short course
5 miles	32.52 W59	Pitsea
10k	39.49 W49	Hyde park
HM	86.14 W47	Bath (Flat)
HM	86.53 W48	Roding (Hilly)



Pam Jones

25k	1.44.35 W45 Mitchum
20 miles	2. 24.31 W47
Marathon	3.16.56 W48
	3.28.46 W57
	3.35.27 W60 1st in age group

### **First club race**

Was probably a hurdle race on the track.

### **Favourite race**

As a junior hurdles and relay

As a senior The Cabbage patch 10 miles

### **Notable performances.**

Winning the English schools hurdles title I was unbeaten in 1952 winning the Essex Southern National and the English schools hurdles.

Winning the Southern and National junior cross country titles.

Representing Essex on the track and cross country I was the oldest lady ever to be selected one year for the inter counties I was 47. I also ran for Essex in the inter counties 20 mile champs.

Being selected for England in the cross country International and winning my age group several times.

Competing for GB in the European and World championships where over the years I had many successes. It was at one of these championships I met Rob who became my coach after my husband Dave was unable to continue due to ill health.

### **Biggest disappointment**

Not being able to run road races until I was in my 40's



Pam Jones

## Typical weeks training

Varies so much as each decade has been different.

When I started running under 15's we're not allowed to run further than 150 yards. We were all sprinters in my group.

We trained Tues Thurs and Sunday on the track.

I did Wednesdays with Fred Plumm on hurdling technique. Fred was to be my coach for the next 50 years.

As I didn't grow to a great height 5ft 2ins my hurdling career ended when the hurdles became too high for me.

I then moved to middle distance, running 400 and 800 in our league races and Essex and Southern champs. I had more success at 800 winning the Essex title  
Training for these distances was speed/endurance

I was introduced to cross country when the cross-country girls were short of a B team member Phyllis Perkins spotted me and I was roped in to cross country which I immediately fell in love with. I moved from Cross country to road running and combined the two.

A typical week training in the 80's and 90's would be

**Sunday** 10 miles at Hainault with the group

**Monday** am before work 5 miles with Harvey our border collie

**Tuesday** am 5 miles with Harvey

Pm track session which covered at least 5 miles 4 laps warm up 4x100 strides then 4x200 then whatever Fred had planned for the evening.

It could be anything from 12x400 6x800 a pyramid we always jogged between reps

We did a lot of criss crosses after our session anything from 10 to 20 then 4 laps cool down.

**Wednesday** 10 miles on the road before work

**Thursday** am 5 miles with Harvey before work

PM track session as per Tuesday

**Friday** am 5 miles with Harvey.

**Saturday** Race or 10 miles at Hainault with the group.



Pam Jones

### **Favourite session**

12x400 track. Road mile reps with Dave round the PLA ground off the drive in Ilford. We did 6x1 mile one evening all practically flat out !!

### **How would you like to improve the sport**

I would like to see a life time ban for drug cheats. Grass roots athletics should receive more funding to nurture our young athletes.

### **Favourite athlete**

Emil Zatopek

### **What other sports do you follow**

West Ham football

The Raiders ice hockey team

### **Best country visited**

Finland

### **Favourite food**

Sunday roast

### **Drink**

Used to be wine now it's Tea?

### **Favourite TV**

Any crime drama The Yorkshire Vet. SAS who dares wins and Bake off

### **Last book read**

I've read 26 books in lockdown. The Salt Path. When breath becomes air were memorable ones.

### **Favourite singer**

Drake Freddie Mercury. Frankie Boe,



Pam Jones

### **Favourite groups.**

Elbow. Queen, Keane

### **Last concert**

Last year at Langtons with the club

### **Any pets**

Unfortunately no pets

I would love to have another dog

### **Joke**

Why was 6 afraid of 7

Because 7 8 9



Founded in 1923

Pam Jones





Pam Jones





Pam Jones







Pam Jones





Pam Jones





Pam Jones





Pam Jones





Pam Jones





Pam Jones





Pam Jones

**Can I ask Pam how she got into athletics in the first place please and what made her choose Ilford.**

Between the age of 12/13 I suffered from aching legs. As a teenager my Dad had Rheumatic fever twice. He was bedridden for a year. Mum was worried I had inherited this. A visit to the doctor confirmed all was well, the doctor suggested I take up a sport.

I enjoyed school sports days particularly the running, so athletics was decided on.

I lived in Collier Row at the time, Dad took me along to Essex ladies one of the nearest Clubs. I jogged round feeling really self-conscious, but nobody spoke to me.

I was too shy to initiate a conversation I came home a bit disillusioned. The next nearest club was Ilford so the next week we arrived at Cricklefields. No sooner had I arrived, when a lovely lady called Madge Merry put me with a group of girls the same age as me. The club were so welcoming and the friends I made then are still dear friends today.

**Could you ask in which race she represented Essex when she was 47**

I represented Essex in the Inter counties cross country aged 47

**I understand that you were club president at one time Tell us a little bit about your Speech. I believe it was a club record.**

A record I'm not particularly proud of.

I was very nervous at the thought of standing up to speak to a large group of people. To settle my nerves, I consumed a bottle of wine, which was fine. I stood up, thanked everyone for coming and that was it - 45 secs a club record !!

**The photos are great but can you give us the approximate dates and locations of each photo in order plus name of the others in them. We obviously recognise Robbo**

1. Hurdle training at Cricklefields with my coach Fred Plumm 1952
- 2 With Robbo in Alicante 2018
- 3 Crossing the finish line with Richard Pitcairn Knowles in the European cross-country Champs. Toruń Poland 2019



Pam Jones

4 Winning England W60 team 2002 ( I always had to run in an age group 5 years younger as the W60 age group wasn't introduced until I was 65.

5 Competing in the Home countries International in the W65's age 71

6 European Track 5,000m presentation 2008 Ljubljana

7 An Essex league cross country. L to R Kay Franklin, Flo Conneally, Me, Cheryl Macdonald, and Sharon, in the front Robin.

8 The National cross-country trophy 1960's. Phyllis Perkins Muriel Critchley Me Joan Dryden.

9 Training at Cricklefields 1960,'s with My husband Dave.

It was unusual for me to be running with Dave on the track as we trained in different groups.

### **Happiest moment in my running career.**

This is a tough one as I have so many great memories over the years.

The English schools was a big thrill for me as it felt like a mini Olympics.

I had to win the race twice as one runner didn't start the first time. We didn't hear a recall gun so all but one finished the race. We walked straight back and ran again.

Being selected for England the first time was exciting. I didn't know there was a Home countries international so getting a letter through the post with the Invitation was a real surprise. I was so nervous I barely slept the night before but all went well and I scored in the winning team.

I have lots of very happy memories travelling with Dave to the European and World Champs.

### **Worst injury**

I haven't had any significant running injuries that stopped me running.

All my injuries were self-inflicted. One particularly bad one where I fell out of the loft and crushed my sciatic nerve. The pain was so Intense I couldn't sit or stand I could only lay flat on my back. After a couple of weeks with no improvement we made an appointment with Sharon. My sister drove us there as she had a front seat that went flat as I couldn't sit up. I arrived at Sharon's on a Zimmer frame. Sharon worked wonders on my injury we went 3 times a week, I can't remember how many weeks but thanks to Sharon I got back on my feet





Pam Jones

again. This did leave me with back problems. I had a MOT with Sharon every 2 weeks thereafter.

**Have you always been good at making bread pudding and please share with the readers your recipe.**

The bread pudding recipe was handed down to me by my Dad. Not sure why Mum didn't make it but it was Dad's speciality. Unfortunately like the Coca Cola Ingredients it's "top secret" and can only be passed down to the next generation.

**Of all the medals you have won which are you most proud off**

I am most proud of the medals I fought hard for. The English schools, my first London marathon age group win, especially as I never trained for marathons. My marathons were run on my normal training regime I fitted them in to my normal racing programme. I had to race a BMAF 5k champ the weekend after London one year.

**Have you met or trained with any sporting legends**

I met the USA Olympic team when they came to White City for a meeting on their way back to the States. I still have all their Autographs. I trained in the same group as Kim Webb who competed for GB in the marathon.

**As you have said you are only 5ft 2ins tall. What size running shoes do you wear?**

Surprisingly large compared to my height 6.5

**Please describe how you think Ilford has changed over the years.**

The basic formula is very similar now to how it was in the 50's and 60's We concentrated on the track entering Essex Southern and National events. We travelled far and wide to compete in these events.

When road running became more popular and road races were more prolific the club combined the two doing well in both.

We had a very good social scene during these years. However, we did have some lean years where we didn't have any teams on the track or cross country. I think the tide turned when



Pam Jones

Ian started scouting in local schools we gradually had some youngsters to work with and between Ian Tom Gary and Wayne we have a budding track and cross country and road team.

Park runs and the Harriers Wednesday group changed the numbers of runners we had joining and Rob's group has grown considerably.

Billy and Robin have made sure the harriers are thriving, and Sharon is doing a great job on the social side.

We have come full circle into 2020 with much the same format as when I joined the club.

### **Favourite park run and why**

I have only done a few park runs I would say Barking parkrun is the fastest but I like Valentines for the social meet up in the cafe afterwards

### **Do you still have any running ambitions? And will you still compete at the European and World masters championships in future.**

I don't have any ambitions at the present time. Not sure about competing in Euros and World champs it depends where they are and if I could be competitive enough.

### **I see you support the Hammers so who is your favourite West Ham player of all time and why**

Favourite player of all time Bobby Moore as he was a member of the World Cup winning team in 1966. Special mention to Trevor Brooking for being a real gentleman.

### **What has your training been in the current lockdown.**

My exercise has been mostly walking as originally, we could only go outside to exercise once. I was walking because I could stay out longer. I didn't observe the 1hour limit as I was only seeing a few people out and about. My 5-mile walks became an exploration of all the footpaths and fields around Frinton.

### **If you could run a relay with Ilford ladies all at their prime what would be the distance what three ladies would join you and which former president would hand over the gold medal. Or would you feel sorry for our current president who hasn't had any opportunity to hand out prizes.**



Pam Jones

The distance for my all-time ladies team would be 4×400  
I would definitely be the slowest in this team but I loved 400 relays

1st leg Pat Nixon nee Bailey a great 400/800 runner  
2nd leg me so the other two can make up the deficit  
3rd leg Brenda Ford another fab 400 lady  
Last leg Phyllis, who was one of the gutsiest runners I have known. Really Wendy Cearns should run my leg as she would be 3 secs faster.

Dave would be the ex-President handing out the medals.

**We know you as a nice lady. I'm sure you told me a story once about getting in to trouble in training as a youngster at the club care to elaborate.**

It wasn't trouble as such, but Fred told me when I was an adult how he always knew that if anyone was going to pipe up when we were in our junior group it would be me to put him on the spot about whatever he had said or given us to do !!

I would question why !!

**Who do you think would win an arm wrestling competition between Wes and Ernie?**

It would totally depend on which arm Ernie decided to use as currently one arm is out of action therefore I think Wes would have a slight advantage at the moment.

**Many of us fondly remember your husband Dave. Did you meet Dave at the club, and can you tell us about his achievements please.**

I met Dave at the club in 1958 I was seeing someone else at the time, he wasn't interested in athletics, so we went our separate ways.

Dave asked Fred if I was free and that was the start of our relationship. We married in December 1958

Dave trained extremely hard he wasn't a natural athlete so had to work hard for his goals. He had a marathon best of 2hrs 48. Dave was Welsh and competed regularly in the Welsh track champs where he finished third one year in a very competitive 6-mile championship. He ran for the club in the London to Brighton relay where places were coveted, and a trial was held to determine the team. He was Club secretary for a number of years and cross-country captain for a decade.



Pam Jones

Dave was fanatic about not missing a days training and got up out of his sick bed once ( he had the flu) to put on a hoodie and run round the block!, He was very supportive with all my exploits and always gave me very sound advice. Dave coached our group for a number of years before Rob took over.

**Wales v England in the World Cup final on TV.**

**Me (Billy) on one sofa with the flag of St George and a nice big pot of English tea and Satha on the other sofa with the Welsh flag and cakes.**

**You had to sit with one of us and cheer on England or Wales who would it be.**

Well that's easy. If it's the football World Cup I would be sitting with you Billy, as I always support the England football team.

If it is the Rugby World Cup I would definitely be on Satha's sofa as Dave wasn't as Interested in football but was an avid follower of the Welsh rugby team as am I.