



Gary and Kim Webb

Name: Gary Webb

Born: 28th May 1958

Date Joined 1971

Personal Bests:

400 54.5

800 1.59.4

1500 3.59.4

3000 8.33

5000 14.44

10,000 30:02

10 mile 50.02

H.Marathon 66.37

Marathon 2.22.21

20mile 1.46

First Club Race: Club colts x-country

Favourite Race: Cambridge 10

Notable Performances:

63rd in National x-country Newark 198?

London Marathon 1985 2.22.21

Essex 10,000 Champion Harlow 198?

Biggest Disappointment:

Training for the Harlow Marathon for 6 months only to get a chest infection a few days before and couldn't run



Gary and Kim Webb

Typical Weeks Training at your peak .

Mon 8 mile easy AM 6 mile easy PM

Tues Track 24*400 metres with 200 jog recovery ave 67.

Weds 8 mile easy am 5 mile easy PM

Thurs Tomswood 10 with group normally ended up with a burn up

Fri 4/5 miles easy or fast if no race.

Sat Race or hill session or x-country run

Sun 15/20 mile cross country or road

Favourite Sessions:

Group Paulauf 20 x 200 jog across recovery

Favourite race distance 10 mile

Favourite event - Track, Road or Cross Country road and country (when drier conditions)

What advice would you give our current crop of youngsters? Make sure you are always having fun and enjoying what you do. Always have aspirations, some people will have better natural abilities but if you train hard you will succeed

Who is the most Famous Athlete you Trained with or would like to train with:

Andy Catton but would have loved to train with Brendan Foster

How would you improve the sport?

Provide better training facilities outside of the track & field environment. Cross country facilities in nice locations

Favourite Athlete or Sportsman: Steve Ovett - He raced in style

What other sports do you follow: Golf, Football & Rugby



Gary and Kim Webb

Best Country Visited Thailand

Favourite Food & Drink : Chicken Dansak and Landlord Beer

Favourite TV Shows: Only Fools and Horses

Last Film Seen : Once upon a time in Hollywood

Last Book Read John Grisham – The Reckoning

Favourite Band Singer: Freddie Mercury

Last Album Bought or Downloaded Gigaton, Pearl Jam

Last Concert Attended: Ghost, Wembley 2019

Any Pets: None apart from Kim ?

What are your aims for next season Get my golf handicap down and stay healthy

Tell us a Joke: My wife asked if she could have a little peace and quiet while cooking dinner.....So I took the battery out of the smoke alarm ?

.....
.....

Name: Kim Webb

Born: 1 Sept 1959

Date Joined 1971

Personal Bests:



Gary and Kim Webb

400	59.3	01/06/1976	Ilford Club Champs	
800	2.11.3	19/05/1985	Harlow Essex Champs	
1500m	4.26.2	06/07/1985	Crystal Palace Southern Inter Counties	CR
(Club Record)				
Mile	4.53.2	18/07/1984	Parliament Hill Open Meeting	CR
3000m	9.20.5	02/07/1983	Hendon Southern Counties	CR
5000m	17.15.6	29/07/1983	Crystal Palace WAAA	CR
10,000m	36.36.3	14/07/1984	Hendon Evian WAAA Track Series	CR

Road

5k	17.10	22/09/1985	Finsbury Park, Finsbury Park 5k	CR
5m	26.39	07/04/1984	Hackney Victoria Park 5	CR
10k	35.13	16/06/1985	Dublin 10k	
10m	55.47	06/04/1986	Cambridge Cambridge 10	CR
HM	75.11	01/04/1984	Woodford, Roding Valley HM	CR
20M	1 hour 59m 59s	29/03/1986	Chelmsford Essex Champs	CR
M	2hours 39 mins 52 scs	21/04/1985	London Marathon	CR

First Club Race: club track champs

Favourite Race: Essex X-Country



Gary and Kim Webb

Notable Performances:

English Schools 1500 and x-Country.

Essex county champion at 1500, 3000, x-country and road.

Various international vests for England and GB

Biggest Disappointment:

Fell in National x-country and failed to finish

Typical Weeks Training at your peak .

3 track 4 road sessions. Trained twice a day 3 days a week.

Favourite Sessions: cross country hill runs.

Favourite race distance Cross country. 1500m track.

Favourite event – Track, Road or Cross Country.

What advice would you give our current crop of youngsters Enjoy your running.

Who is the most Famous Athlete you Trained with or would like to train with:

Trained squad Steve cram.

How would you improve the sport

More athletics in schools.

Favourite Athlete or Sportsman: Ingrid Christiansen.

What other sports do you follow: Football.

Best Country Visited Thailand.



Gary and Kim Webb

Favourite Food & Drink : White wine, Beer.

Favourite TV Shows: Match of the day. Made in Chelsea.

Last Film Seen : Grease.

Last Book Read About a boy.

Favourite Band Singer: Gary Barlow

Last Album Bought or Downloaded Take That

Last Concert Attended: Gypsy Kings

Any Pets: none

What are your aims for next season run every day injury free

Tell us a Joke: How do you make a snooker table laugh? Tickle it's balls



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Gary and Kim Webb





Gary and Kim Webb





Gary and Kim Webb





Gary and Kim Webb





Marathon couple set new record

TOGETHERNESS has brought husband and wife team Kim and Gary Webb a new running record.

They became the fastest couple to cross the finishing line at the London Marathon notching up a combined time of 5 hrs 2 mins for the course.

Their individual times of 2 hrs 22 mins for Gary (26) and 2 hours 39 mins for Kim (25) were also personal bests for the couple of Amberley Way, Romford.

The couple, who both run with Ilford Athletic Club, have been married for four years and first met on the athletics field. Both are Essex champions and Kim has also represented Britain in other marathons in Miami where she was placed third and Milan where she came in eighth.

She also finished fourteenth overall in the London Marathon which saw only 16 women in the first 1000 finishers.

To mark their achievement the couple were presented with a special award by bed company Sleepzee.

After picking up the awards, a luxury bed, Kim said: "Training as a team requires even more intensive dedication as it becomes a question of personal and joint motivation, day after day, mile after mile."

"This award recognises the sheer perseverance of an increasing number of married running couples and this is welcomed not just by ourselves but by athletic clubs throughout the country."





GARY AND KIM ANSWER YOUR QUESTIONS -

You have both been very modest about your race achievements, can you provide some more of your favourite race results and what were your best ever victories.

Gary – enjoyed the Cambridge 10. Vicky Park 5 and Great North Run. Best wins were the Essex 10,000 track, Club 10 Cross Country (my breakthrough into the seniors) , 67th in National X-Country in 1987 at Newark and the Roding Valley 1/2 Marathon.

Kim – London Marathon and English Schools 1,500 win in Durham.



Gary and Kim Webb

What made you both join Ilford AC initially ?

Local club, nice people

When did you last run a competitive race as nothing on Power of Ten on you guys for years ? Are you going to make a competitive comeback in the veteran ranks ?

Gary is fully retired. Last race was probably a Met league about 20 years ago. Kim, London marathon in 2008

Have you still got the London Marathon Bed ?

We eventually gave it to one of our children

Greatest Memories from Running ?

Gary - Club runs on Thursday evenings, followed by beer in the Joker.

Kim - trips to the Philippines, Rome, Florida, Milan and New Zealand

Worst Injuries ?

Gary - Upper right thigh and hernia caused during the 1986 London Marathon.

Kim - Continual throat infections that delayed her progress, but no serious running injuries.

How did that advert for the T-Shirts come about ?

Andy Etchells , another club member, was the CEO for the magazine and asked us to have the pictures done. Payment was that we kept the tee shirts :o)

Do you both still run and train ?



Gary and Kim Webb

Kim still runs but Gary now plays golf. During lockdown we have averaged 45/50 miles per week walking though

Greatest Rivals at the club ?

Gary - Andy Catton, Derek Coates, Brian Meadows, Andy Nichol, John Mackenzie, Karl Hick, Adrian Gilham, Bill Fothergill, John Batchelor

Kim- Mainly Essex rivals

Hardest race you have ever run ?

Gary - Intercounties 20 in Doncaster - 90 degree heat in unsheltered countryside, just about broke 2 hours!

Kim - Philippines marathon that started at 5:00am and the heat went up to 100 degrees

This question for Kim : I think I vaguely remember you from Warren Comprehensive School in Chadwell Heath and the infamous Ilford AC discos and you being good friends with Geoff Stentiford and Grant Haywood whom we used to get the tickets off via you ?

Do you remember these guys and those days and your recollection ?

Kim vaguely remembers them

Did you both meet at the club?

Yes, we knew each other from track nights at the club and met romantically at a club disco at Ilford Rugby Club.

Did you train together?



Gary and Kim Webb

Not on the track but often did road runs together as a part of the group.

Considering the size of your wonderful family, how difficult have you all found the lockdown period and how do you rate your beloved Hammers chances of staying up. Gary – working from home has been difficult but lockdown hasn't been too bad as we have got quite fit. Massively missed our children and grandchildren in the early stages.

Looking through some old photos recently I realised what a fantastic group of runners the Club had at mens and womens, who were your greatest rivals, what was Gary's time representing England in the Aberdeen marathon. Congratulations to you both on glittering careers but mostly for your greatest achievement, YOUR FAMILY (from Ernie)

2 Hours 30 mins in the Aberdeen marathon, it was won in 2.27, with the elite runners all running at least 10 mins slower due to gale force winds.

Do you have a Trophy room at home?

No longer, the cups and medals are probably in the loft

Any idea of the combined medals and Trophies you have both won?

250-500?

Do either of you get involved in parkruns, and what is your opinion of them?

No our children do but Kim says she is going to sign up after Covid-19

Today's runners have so much 'technology' to assist them but don't seem to be anywhere near as good as your generation. Why do you think this is?



Gary and Kim Webb

Desire to compete against the best. We were lucky that our careers occurred in a golden period in the UK (Foster, Moorcroft, Cram, Ovet, Coe etc.) but both Essex county and the club just had a fantastic range of runners. We trained hard but enjoyed every minute of it due to the great teams we had in Ilford AC

Without GPS watches would it be true to say that most of your off road training would be 'timed runs' rather than going out and running a certain distance?

We knew the distances by the pace we were running. Hainault Forest had a 5 mile perimeter that we ran time and time again.

Name your top 5 all time favourite West Ham players.

Gary - I'll leave that to Kim as I'm a Spurs fan. (Editors note - "Boooo")

Kim - Di Canio, Ferdinand, Day, Noble and Antonio

Cheers Kim & Gary