



Neil Crisp

**Name:** Neil John Crisp

**Born:** 17/1/63

**Date Joined** A few years prior to 1983 when I was about 17 or 18. Had previously been a member of Victoria Park Harriers and Havering AC with my younger brother.

**Personal Bests:**

Track

400 67.5 V50

800 2.34.8 V50

1500 4.59.0 V40 / 5.21.7 V50

3000 10.31.29 V40 / 10.50.7 V50

5000 17.50.2 V40 / 18.10.47 V50

Road

5k 18.05 V40 / 18.19 V50

5m 29.27 V40 / 29.35 V50

10k 36.04 V40 / 37.07 V50

10m 61.2 V40 / 62.43 V50

**Half Marathon**

1 hour 22 mins 38 sec V40 / 1 hour 23 mins 22 secs V50

**20M**

2 hours 13 mins 35 secs V40 / 2 hours 11 mins 15 secs V50

**Marathon**



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2 hours 49 mins 41 secs SM / 3 hours 12 mins 12 secs V50

**Most notable event:** Meeting my Wife to be at the club!!

**First Club Race:** Possibly Ilford Town Centre 10k [A few years ago and the memory is not so good!]

**Favourite Race:** No particular race., though SEAA Cross Country at Parliament Hill Fields is fun!!. 9 miles of pure mud!!

**Notable Performances:**

Essex V50 Relay Gold at Harwich 2017.

Competing for London at a Schools Inter Counties Match for London. Got a tatty old London vest too boot!!

**Biggest Disappointment:** ,London Marathon and the elusive 3 hours in 2016. Had a very good build up and it just went wrong on the day

**Typical Weeks Training at your peak .**

In my younger days preparing for the marathon:

Sunday am 20 miles steady

Sunday pm 5 miles at pace

Monday Easy 5 miles

Tuesday am 12 miles run to work followed by a large breakfast

Tuesday pm 12 miles home [running with Dave Jones] or track session

Wednesday Rest

Thursday Steady 7-8 miles

Friday Rest

Saturday Race or 7-8 miles



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On occasions did hit 100 miles a week

In more recent times:

Sunday am 18 miles steady

Monday Circuits

Tuesday track session 10 x 400m 90sec Recovery

Wednesday 8 miles tempo

Thursday 4 x 1.2miles Tomswood Hill

Friday Rest

Saturday 8 miles tempo pace

**Favourite Sessions:** 400m reps with the group

**Favourite race distance :** Like most distances. Did enjoy the Essex 20m in recent years

**Favourite event -** Road

**What advice would you give our current crop of youngsters** Listen to your coach and body

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

Would be great to see Mo Farah at the track just to see someone of that class up close!

**How would you improve the sport** Ban cheats for life and encourage more coaches into the sport

**Favourite Athlete or Sportsman:** Geraint Thomas. An Olympic Gold medallist who was a long serving domestic before taking the yellow jersey!

**What other sports do you follow:** Cycling, rugby, cricket

**Best Country Visited** Malaysia because a “full packet of crisps” went and the visit to the Orang-utan centre was great



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**Favourite Food & Drink :** Chicken Jalfreizi and a pint of real beer

**Favourite TV Shows:** Just been watching Ozark on Netflix

**Last Film Seen :** More of a theatre goer. Recently seen The Play that Goes Wrong, Tina Turner, The Carole King Musical

**Last Book Read** Not a great reader. Supreme Courage by General Sir Peter de la Billier

**Favourite Band Singer:** Like ABBA and most middle of the road music

**Last Album Bought or Downloaded** Can't remember

**Last Concert Attended:** Will Young

**Any Pets:** Not any more. Had a Rottweiler and Welsh Springer Spaniel when the girls were small.

**What are your aims for next season** To stay uninjured and compete again

**Tell us a Joke:**

Why have elephants got big ears?  
Because Noddy didn't pay the ransom!!



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*Ilford Town centre 10k - Early 80's*



*Full packet of Crisps 2000*



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Dave, Neil, Ian and Ian at Freshwell Ave Early 80's



London Marathon 1983





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*London Marathon 2016*



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Neil and Dave 1983





Founded in 1923

Neil Crisp





Neil Crisp

Neil and Dianne June 1984

## **NEIL CRISP ANSWERS YOUR QUESTIONS**

**What year was that Ilford Town centre 10K race photo and who is the Woodford Green runner in the picture ?**

I'm sorry I was not very good at keeping records of races etc so assume it was the early 80's but have no idea who the other runner was!

**What's happened to all your Senior Men's PB's ? All those listed for Road are vets times ?**

Again as above I really didn't keep any records. I didn't race that much when I was a SM. Just did lots of training!

**Favourite Park Run and PB ?**

I have 2 Sandgate, Australia [whilst visiting our Daughter Nat] and Houston, USA [whilst attending my Nieces wedding].

Sandgate was an early 7.00 start and a lovely out and back flat course overlooking Moreton Bay. Weather was great, the people were very welcoming, they had oranges at the end and there were a few expats who said they came from London. Oh I also happened to win it!!

Terry Hershey, Houston was also an early start at 7.00 with an out and back course. It was in the late 20's / early 30's centigrade and humidity was very high. Took it easy to begin with and just hung on!!

PB is 18:21 at Harwich in 2016





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**Worst Injury ?** Stress fracture in my early 20's. Walked into the doctors, had a scan and came out with my lower leg in plaster!

**Favourite Flavour of a packet of real Crisps ?** Cheese and Onion

**Where did you go to school and any athletic successes there ?** Went to Parmiters School in Bethnal Green. Represented my "House" at sports day and cross country. Ran for London once in an Inter Counties Cross County fixture

**What is your normal Day Job and how do you fit training around that ?** My normal day job now [after some 36 odd years in Banking] is at a local Primary School as a Bursar. Easy to fit training around that though I do miss my Wednesday morning runs along the Thames from St Pauls to Westminster, Hyde Park etc

**Why did you leave Victoria Park Harriers and Havering AC to join Ilford AC ?** My parents moved from Stoke Newington to Chadwell Heath when I was 15. My Brother and I joined Havering as we knew the Barrett Family from there. I joined Ilford AC when I got to know my neighbours.....Pam and Dave Jones lived almost opposite us!

**You say you met Di at Ilford AC. Can you tell us more about how you got together?**  
**Who did all the early 'running' ?** When I joined Ilford I used to run in Fred's groups up on the top track, now part of the Isaac Newton Academy. There was a good mixture of men and the top Ladies at that time. I just used to turn up and do the sessions there and at Hainault with them. I knew of Dianne but nothing more than that at the time. It wasn't until I went to Alison Hayes wedding in early 1984 that I actually asked Dianne out. It was a works do in the City so must have impressed her!! We were engaged that September and married in January



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1985. Been running together for the last 35 odd years!!

**Did you encourage your 2 daughters to get in to the sport or was this something they got into naturally?**

Not really. Just wanted them to be active in any sport. They participated in trampolining, football, gymnastics, swimming and badminton [both won Gold at the London Youth Games]. It wasn't until they were late teenagers that they moved into running. It was great when the "full packet of crisps" represented Ilford at the Essex Road Relays as a complete family team!!

**You have done a great job as a club vest / kit man for a long time. Any reason why you were not wearing club colours in the 1983 London Marathon and Town Centre 10k ?**

Thank you. I can't think why I didn't apart from the fact I used to subscribe to Runners World and had bought some kit from them and wanted to wear it.....

**Some of your shorts seem very 'short', Did you hand any of these down to Billy? Were these the norm back then or did you seek them out?**

Short shorts were the order of the day then. No I didn't hand any to Billy and still purchase them nowadays much to the dismay of my kids!!

**Your Sunday sessions in your younger days seem pretty intense - What kind of break did you have between the 20 mile session and the 5 miles at pace?**

The 20 mile session was at 9:00am with another 5m around 5:00pm. This would sometimes be with Peter Cheatle and John Fickin? From Essex beagles. On occasions I would take a days holiday on a Tuesday and go for a run with Dave Jones and Peter Cheatle to Toot Hill and



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beyond!!

**You mentioned running home on Tuesdays with Dave Jones? Did you work with Dave and what do you remember about Dave?**

I didn't work with Dave but would run from Cheapside to City Road, to meet him, and then run home with him along Regents Canal via Hackney Marshes. Sometime I would be late and end up chasing him for a few miles!! Dave was a great man with a wicked sense of humour. All of my family were very lucky to have known Dave. He was like a surrogate Father and Grandfather

**The picture of you and Dave together. I hope Jenni doesn't mind me saying (or you) but you look so similar in terms of look and running style. Would you agree?**

That's very kind. I still retain a slight grimace even now when running!

**A question I always ask - Your fantasy Dinner party. 12 guests alive or dead (obviously alive for the party). You can choose 4 sportsmen, 4 music artistes and 4 others. Who are you inviting.**

Mo Farah, Brendan Foster, Geraint Thomas, Daly Thompson, ABBA, Sean Connery, Jacinda Ardern, Barack Obama, Michael Caine

**Do you think we will ever see 3 generations of Crisp line up together for a race? It would be nice. Orla my Granddaughter shows great potential so cross fingers J**

**What has been your training regime since March?** Running was going well until Summer holidays [5 sessions a week] when I pulled my calf muscle. Back to running Sunday [6-7], Tuesday [session], Thursday [5-6] and Saturday [5-6]. Also cycling to and from work 3 days a week. Just trying to keep fit and looking forward to meeting everyone again and racing. Staying away from group sessions at the moment as limiting contact with too many



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people as Jenni expecting again in January

**Do you have a trophy room at home, or somewhere where your medals are displayed? What medal / vest are you most proud of?**

No.

Winning the Essex V50 Relay with Steve and Tony Hyde. Other than that any Essex medal...