



Kim Baxter

Name: Kim Baxter

Born: 1950s

Date Joined : a long time ago

Personal Bests:

parkrun -	28.19 - Victoria Dock
5k	29.35 - Barking Elvis
5m	51.21 - Southend Rudolph Run
10k	65.0 - Essex Remembrance (COVID wave start)
HM	2:21 - West Mersea 1989

I've only done 2 HMs. The first in 1989 the second was 25 years later and 25 mins slower.

First Club Race: Not sure about 1st Club race but 1st ever race was Brentwood 3 mile Fun Run in 1989.

Favourite Races: Parkrun

Rudolph 5k - Love the costumes, the Christmas puds, the colourful finishers medals (which I use as Xmas decorations) and having breakfast with Carol Muir and Julie Gillender after.

Ernest Hemingway 5k in Key West - torturous humidity but amazing after race party with free drinks and pizza.

L'Oreal Twosome in Central Park New York.

I started right on the start line of an absolutely massive field alongside Terry (his idea as they were adding our finishing times/positions together to get our overall finish times/ position) However so many runners gushed past me I genuinely thought I was running backwards.

Notable Performances:

Well here's the vaguely notable ones

Clacton 11 mile

I won the Women's race, but more notable than the win was that I missed my moment of glory at the trophy presentation as I was in the toilet.



Kim Baxter

Club 5k Handicap Barking Park 2020

I'd been plodding round Belfairs Woods at 35 mins pace since January but when Gary set me off first and alone with only a vague idea of where to go and absolutely no idea how to pace adrenaline and fear kicked. Being in front was a whole new experience, one not to be repeated as I went from hero to zero (last) in the next Handicap.

Silver British Masters v55 age category in Wissey Half Marathon 2015

Gold Team British Masters 10k v55 2016 at Olympic Park

Going sub 30 at Southend parkrun, took me 137 parkruns but hey I got there.

Participating in a Triathlon, as I never really believed it was possible, but I did two the Chelmsford Sprint and the Blackwater Sprint , cheered on and marshalled by Martin Clark and Sally. Also did an Aquathon in Havering.

The Albany School Fun Run 1st V 35, a long time ago.

Biggest Disappointment: not getting in London Marathon

Typical Weeks Training at your peak .

I don't have a typical weeks training or a peak. I've only ever done one track session in my life. However I did run everyday in January (RED) 2020 and have successfully followed a Couch to 5k schedule. The one constant in my training, which has kept me running consistently over the past three years is the 9am Saturday parkrun

Favourite Sessions:

Through Belfairs Wood when the sun is shining.

Thursday 9.30 Social with Southend Flyers

Favourite race distance - 5k

Favourite event - Road, but I did enjoy the British Master XC in Bath where I had the pleasure of running alongside, well I should say behind Andy Catton



Kim Baxter

What advice would you give our current crop of youngsters Enjoy it

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

Terry Knightley and Pam Jones

How would you improve the sport

Life ban for druggies

Use a parkrun type barcode system for races.

Favourite Athlete or Sportsman: Well naturally Terry Knightley followed by Mo Farah, Linford Christie , Roger Black , Usain Bolt , Ronnie O’Sullivan

What other sports do you follow: The Olympics, Yoga

Best Country Visited

Australia I just love to cuddle a Koala, walk through the bush alongside Kangaroos and row down a river trying to spot a duck billed Platypus.

Favourite Food & Drink :

I love food but if pushed Pad Thai Chicken and Ben & Jerry’s Netflix and Chill ice cream would be up there along with cheesy chips and chocolate.

I’m partial to a G&T with ice & a slice on a summers day. Adnam Ghostship when in Southwold and a Pina Colada from Legends Bar in Feurterventura.

Favourite TV Shows: Gavin & Stacy, The Detectorists, Downton Abbey , Lead Ballon and from way back The Avengers with Diana Rigg, who I wanted to be when I grew up.

Last Film On Netflix Miracle on 34th Street. At the cinema Bill and Ted but that’s mainly because of COVID-19. I love turning my mobile off and shutting out the world at the cinema.

Last Book Read: Elton John’s Me



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Favourite Band Singer: Lionel Richie

Last Album Bought or Downloaded

Dolly Parton Christmas Album, but that was a present for my sister. Can't remember the last album I brought, but possibly either James Blunt or Amy Winehouse.

Last Concert Attended:

All 2020 concerts have been cancelled so last one would have been Rod Stewart at the O2 in December 2019. However I have got Sparks , Toyah Wilcox, The Who and Simple Red yet to be cancelled in 2021, also School of Rock and The Osmonds the musical.

Any Pets: My gorgeous furbaby Kitty JoJo. She's a cat

Your aims for next season Keep on running, Grow more lettuces and fewer tomatoes

Tell us a Joke:OMG I can never jokes so here's a naff Christmas Cracker joke

Why does Santa have three allotments?

He likes to Hoe, Hoe, Hoe



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BLACKWATER SPRINT TRIATHLON



British Masters age category Silver Wizzy Half Marathon



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British Masters Cross Country Bath 2016



Kim Baxter



First Race Brentwood 3mile Fun Run 1989



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Ilford AC 2020 5k Club Handicap



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Ilford AC Team Gold v55 2016 Olympic Park



Kim Baxter



Rudolph Run 2019 with Carol, Julie and Terry



Founded in 1923

Kim Baxter



Rudolph Run Christmas Decorations



Victoria Dock Parkrun 2019 - 28:19 PB

KIM BAXTER FOLLOW UP

Why did you start running and did you do any other sports ?

The big kick start to doing something healthy was when Terry and I each had a BOGO free Big Mac meal voucher and we both ate two Big Macs Meals each.

The next day we ran / walked from my house in Brentwood to the end of the road, lamppost to lamppost then sat on the door stop exhausted but feeling good.

Pre lockdown I did classes and swimming at David Lloyd, now try and do yoga and a few weights at home. I do like table tennis as it's the one thing I can occasionally thrash Terry at.



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Do you still want to run The London Marathon and why ?

No, it's too far

Worst Injury ?

I haven't really had any major injuries, just the odd sprained ankle one of which I'm slowly getting over now following a tumble on wet leaves in the local woods.

Favourite Park Run and why? And what is the first one you want to do when they return?

Bushey Park, the atmosphere and the experience of running where it all started was euphoric.

Victoria Park is also right up there as I got my PB 28.19 there.

I'm most proud of conquering the mega hills at Hadleigh Parkrun.

When parkruns open I guess it will be my home parkrun in Southend , although I'd love it to be Crissy Fields in Sans Francisco

What happened to your Winners Trophy from The Clacton Carnival Association 11 Miles Road Race from 30th July 1989 ?

Mmmm not too sure, the runner snapped off when moving, now it's packed away somewhere safe waiting to be superglued.



Kim Baxter

Did you meet Terry Knightley through running, and what kind of Influence is he on your running?

No we met at Work. We never train together, but enjoy doing parkruns and touring together. He advises on shoes, tells me I can do better and finds races for me, then constantly reminds me to enter them.

Favourite Olympic memory?

The magic of walking into the Olympic Park then seeing Mo and Hussain Bolt run in the Stadium.

Name 6 people, alive or dead, at your fantasy Dinner party and who would cook - You or Terry?

Cooking, me definitely unless they wanted micro waved, peas, rice and tuna, Terrys speciality.

Guests, my Dad, Lionel Richie, Princess Diana, Jack Dee , Boris, Diana Ross

In all your years at the club have you ever at any stage thought that as a woman you were treated unfairly or unequally?

No

If you could go on holiday to somewhere you have never been before, where would it be?

When we can go on holiday again it would be Australia and Southwold, but if somewhere I've never been I could go on Safari to someone like Kenya or Namibia



Kim Baxter

Can you remember the first single and LP you bought?

Mmm not really , but possibly the album was Fresh Cream and single Scott McKenzie's If you are going to San Francisco

Do you think the Tokyo Olympics will happen this year?

No

Has your running routine been affected at all through Lockdown

I've never really had a running routine, it's all a bit random and intermittent. During the first lockdown I ran a DIY 5k parkrun from Home at 9 am every Saturday , wearing my wristband barcode and parkrun tee shirt. I did commit to running at least a mile everyday in January but on the 4th slipped and sprained my ankle , so that was that.

Has Terry asked you at any stage during Lockdown to give him a haircut?

No way, he's much too proud of his golden locks

You say parkrun has been your one constant (obviously pre lockdown). Have you continued to get up and run 5k on a Saturday, and if so do you use a parkrun course?

No haven't run a parkrun course since lockdown, but can't wait to do one post lockdown.

Do you find it hard to get out and run in the cold of winter?



Kim Baxter

This question made me laugh as I find it hard to get out and run at anytime, especially if racing, but I love the post run feel good feeling and sense of pride that I've done it. I quite surprise myself at times

Do you work, and if so how do you fit your running around this?

No did that for 38 years, and in fact was a bit of a workaholic. At 55 felt I decided there was more to life than work and I was right. I completed a photographic course, ran several PBs, spent quality time with my Dad, volunteered at two Country Parks, learned to crochet, work on a community allotment and get to look after my adorable great niece 2 days a week.....

Have you ever raced abroad?

Yes,

New York (L'Oreal Twosome) Falmouth Main Street Mile Cape Cod,

Hemingway 5k Key West,

Brugge vet Grand Prix

Denver Stampede 5

Hague 10 in Holland,

Magor Marsh British Masters 10k Champs in Wales,

Club La Santa in Lanzarote.

I had planned to run a half marathon in Iceland but as I hadn't really trained for it I collected the tee shirt and enjoyed the sight seeing instead.