



Alison Sale

Name: Alison Sale

Born: 15th July 1965

Date Joined: May 2018

Personal Bests:

5K - 23:44 (at Hog Hill of all places!)

5M - 42.46

10K - 54:43

10M - 92:00

Half Marathon - 2:06:55

First Club Race: Witham MayDay 10 Mile in May 2018 - I`d just joined but hadn`t got my club vest yet, so am the odd one out in the photo.

Favourite Race: I love all the elvis races, but Tiptree is another favourite & I really enjoyed the Stebbing 10

Notable Performances: Not sure I`ve had any, but I was very pleased to complete the Essex Champs 20 Mile last March as it was the furthest I`d ever run.

Biggest Disappointment: As with most people, my biggest disappointment was most of 2020 & all the cancelled races & get togethers! although on the plus side WFH has given me the opportunity to run more regularly & find some interesting local routes, so my running &



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times have actually improved through lockdown (every cloud...)

Typical Weeks Training: I don't really have a training plan, but I run 5 days a week & try to include 1 longish run & a couple of muddy trails or hills, I also do a regular yoga class.

Favourite Sessions: Harriers (my first introduction to IAC)

Favourite race distance: 5K or 5 mile or 10K

Favourite event - I love Cross Country, really enjoyed the mudfest at Parliament Hill last year.

Who is the most Famous Athlete you Trained with or would like to train with: Is Frieda famous yet?

How would you improve the sport: include athletics in the school curriculum, it's such an accessible, low cost sport, everyone should have the opportunity to give it a go

Favourite Athlete or Sportsman: having met him at the St.Francis charity run in 2019 I have to say Trevo Brooking - what a gent!

Best Country Visited: We've had some lovely holidays in Greece - the tiny islands are just gorgeous & you can't beat a bit of snorkelling followed by a cold beer



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Favourite Food & Drink : Anything Italian & a nice drop of red wine

Favourite TV Shows: I like nature programmes, but also like Gavin & Stacey, Ghosts & sewing bee & Dr Who will always be a favourite

Last Film Seen : At the cinema it was probably Little women, but that seems ages ago, most recent on TV was The Blue Lamp an old 1949 film starring Jack Warner & Dirk Bogarde - I love the old British films especially the Ealing studios films

Last Book Read: Clock without hands by Carson McCullers

Favourite Band Singer: Tracey Thorn, Eels, Smoke Fairies, Kirsty McColl, Boo Hewerdine

Last Album Bought or Downloaded Tracey Thorn - `Record`

Last Concert Attended: Smoke Fairies at Hoxton Hall (an old music hall in Shoreditch - tiny but great venue)

Any Pets: a Tabby cat called Katya & an ex-racing greyhound called Tess who compete for who can sleep the most hours in a day (the jury is still out)



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What are your aims for next season: to run some races & improve my age grading times

Tell us a Joke:

man walks into a pet shop: "I`d like a goldfish pease"

shop owner: "do you want an aquarium?"

Man: "I don`t care what star sign he is"





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Billy Green ▶ Ilford Athletics news



3 hrs · 🌐

This weeks Ilford Recorder.

If there was a prize that day for best looking squad, we'd have won it by a mile



Ilford athletes face the camera at Witham.

Ilford athletes are hot stuff at the Witham 10k while it is a busy time for Seb Parris

On the hottest May Day Bank Holiday since records began, 300 intrepid runners took to the line for the annual Witham 10.

And there were plenty of Ilford AC runners testing themselves in the heat on a course that offered little shade and plenty of hills.

Coming in first for Ilford was Garv Coombes in an impressive

■ Athletics

who battled home in 235th on her debut in the race.

The team was completed by Carol Muir (2:08.40).

The team was coached and encouraged by club super vet Pam Jones, still going strong at 82. Ilford's Seb Parris certainly

what proved a testing, hilly race and Parris was seventh in 39.15.

Last, but not least, the ubiquitous Parris was at the Pednor run and race walk challenge on Monday, where he retained his title.

The walk, followed by the run, take place two hours apart on the same hilly five-mile course and despite temperatures of 26



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FOLLOW UP QUESTIONS

Had you done running before joining Ilford AC?

I'd only run at parkrun plus a couple of 10k runs

How did you get to hear about Harriers?

It was at Valentines parkrun. I'd made friends with Sheila, Launa & Sharon, they were always very chatty & encouraging about my running and suggested I join them at a Harriers night. I didn't think I was good enough to join a club so kept putting it off!

You don't mention Parkruns but I am sure you have done a number of them. Have you just run the Valentine's Park Parkrun or any others.

I've done 234 park runs, 233 of them at Valentines plus 1 at Raphaels I'd like to try others but the draw of meeting up with friends at Valentines is hard to resist!

Where is your favourite place to run?

I love running in Wanstead park & on the flats, it's close to home & there are lots of different paths so the runs can be varied & there is always lots of wildlife to see & hear (nothing too exotic, but lovely all the same)

Why did you initially start running ?

My daughter was keen on running - as she was only 11 at the time I couldn't really send her off round the dark streets of Ilford alone, so I went with her & then we both joined parkrun, but she lost interest just as I got hooked!

What made you join Ilford AC as opposed to another club ?

Friendly faces ☐

Did you ever do any sports seriously or as a hobby in the past ?

I've always been fairly active & enjoyed cycling & swimming in the past and even played football for West Ham ladies for a couple of Seasons in my twenties(I only made the B team!)



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but that's about it.

What has been your Worst Injury ?

I've been very lucky & just had the one injury recently when I jarred my back at the Hog hill race, but it's ok now ☐

Favourite Track Session ?

I haven't done any track sessions (Rob tries to persuade me now & then)

Greatest running Rival at The Club and in the running community ?

I don't really consider anyone a rival, you can only run your own race which is part of the appeal for me, but Gaye & I are very similar pace wise so we keep each other going!

What is your ultimate running ambition ?

I'd just like to keep on improving & hopefully watch that age grading go up and run all the Essex way legs (not in one go)

Favourite Running Shoe and Why ?

Brooks, no reason except they're the only ones I've ever worn - if something works I tend to stick with it (I've been with my husband Phil since 1984!)

First Single and Album you ever bought ?

I really can't remember but it was probably something terrible like David Essex or Bay city rollers

Favourite Film Star and Why

Has to be Alec Guinness, a class act.

Favourite Parkrun and Why ?

Valentines for the people & the location



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What do you think your life would have been like if you had not discovered the fantastic and addictive World of Running ?

So much less exciting, fewer friends & flabbier calves!

Do you run with your greyhound Tess?

Only for very short distances - 100 metres is her limit, after that she wants to stop & sniff something.

Apart from smashing your PBs, do you have any running goals?

I'd like to have another crack at the Essex 20 (that I said I'd never do again)

Have you ever felt disadvantaged when starting or entering a race because you are female?

Nope

Who is your favourite Doctor Who?

David Tennant (not just for his acting ability!)

6 Dinner guests, alive or dead, who would they be and why? Would you cook and if so what is your signature dish?

David Attenborough & Gordon Buchanan for tales of animal adventures, Tracey Thorn to sing to us, Joyce Grenfell & Miles Jupp to make us laugh & Alec Guinness just because. I'd make something easy like pasta so I could spend more time chatting & listening.

Do you follow athletics or just casually, and if so who are your favourite runners?

I like to watch athletics, but I'm not particularly knowledgeable about it, just enjoy watching great performances- Laura Muir is a favourite

Do you have a favourite football team?

West Ham although I haven't been to a game for years, it was never the same once the seats



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went in.

If I gave you £300 and said you had to buy trainers with them and give me back any change, would you buy the latest Nike Vapourfly % (or equivalent) or 2 or 3 pairs of your favourite brand?

I'd buy 3 pairs of Brooks

Can you explain your choice of footwear in the clubs 10 mile Cross Country Champs a couple of years ago?

Hahahaha no, I couldn't explain it at the time & still don't know how I didn't even notice I was wearing heavy walking boots until 2 days after the event when I went to clean them!
(Although my feet did stay dry)

June 21st - The Eels are doing a full capacity standing show at Walthamstow Town Hall and I have given you a ticket which includes a 'meet and greet' with the band. Are you going?

Oh yes! & I'd give E a big hug too ☺



Founded in 1923

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