



” Carlie Qirem”

Name: Carlie Leanne Qirem

Born: 28th April 1984

Date Joined: I think it was early 2017

Personal Bests:

1500m - 6:00:60

5km - 20:22

5m - 34:54

10km - 42:16

Half marathon - 1:36:59

20 mile - 2:34:45

Marathon - 3:26:22

First Club Race: I believe it was the Havering midweek Elvis in 2017

Favourite Race: Stebbing 10. Perfect distance to be able to push hard and not worry about that extra 5km you would have to hold back for in a half marathon.

Notable Performances: This has to be Manchester marathon 2021. After it being cancelled in 2020 only three weeks before race day, this was a bittersweet moment crossing the finish line in a time I never thought possible. When it was originally cancelled, I am sure like 99% of the running population, I was gutted. My motivation to run just flew right out the window. Six months of hard work and poof gone! However, I see it now as a positive, no one will ever know what could have happened in 2020, and racing it in 2021 has to be the highlight of my year to be honest.

Also getting an Essex team medal at Stebbing 10 this year. It's great to run with such amazing women (and men of course) but I really do think the ladies team at Ilford is flipping amazing!



” Carlie Qirem”

Typical Weeks Training:

Run six days a week and try to get the gym and yoga once or twice a week too

M – Easy/yoga, Tues – track, W – tempo, Thu – hills/intervals, Fri – gym/yoga, Sat – tempo or easy if racing Sunday, Sun – Long slow run

Favourite Sessions: Nemesis track session – I have a love hate relationship with the track. I try not to miss it as running reps on your own is even harder. Its 15 minutes ish of hard work and then its done

Who is the most Famous Athlete you’ve seen: Mo Farah – he was shaking hands with everyone at the Vitality 10km

How would you improve the sport: Make it more accessible and approachable for younger girls. It is still a heavy male dominated sport and to see younger girls being more interested and encouraged to join in would be brilliant. It has got better since I was at school, but I still don’t feel like we do enough to empower and provide the right levels of encouragement. Campaigns like “This girl can” is a great starting platform but we need more.

Favourite Athlete or Sportsman: Mo Farah, I loved reading his book and learning about his humble beginnings after moving to the UK, in West London (not far from where I grew up)

What other sports do you follow: cycling, albeit I class myself as a fair weather cyclist.

Best Country Visited: Philippines. My step-mum has family there and it’s such a beautiful country

Favourite Food & Drink: cheese and chocolate (I couldn’t just pick one) and favourite drink probably coffee – I know when I haven’t had one in the morning and well....who doesn’t like an espresso martini?!

Favourite TV Shows: Big Little Lies, Bridgerton, Sex education, Travel Man, 8 out of ten cats

Last Film Seen: The Power of the Dog

Last Book Read: I like a bit of chick lit – Both of you by Adele Parks and Atomic Habits by



" Carlie Qirem"

James Clear

Favourite Band Singer: Oh crikey - so many to choose from and so varied from Kings of Leon, Mumford and Sons to Backstreet Boys and Adele. If I can sing or rock along I will listen to it.

Last Theatre Attended: I can't actually remember the last time but was probably Panto in 2019! I am looking forward to seeing Blue Planet at the O2 and Moulin rouge in 2022

Any Pets: Jemmie the (demonic) cat

What are your aims for next season: Run the Boston and Chicago marathons.

Tell us a Joke: what did the drummer call his twin daughters? Anna one, Anna two...



" Carlie Qirem "



PARIS



" Carlie Qirem "





" Carlie Qirem "

2014 WINDSOR HALF



BEST MARATHON PHOTO



" Carlie Qirem "



DON'T TELL ROBBO



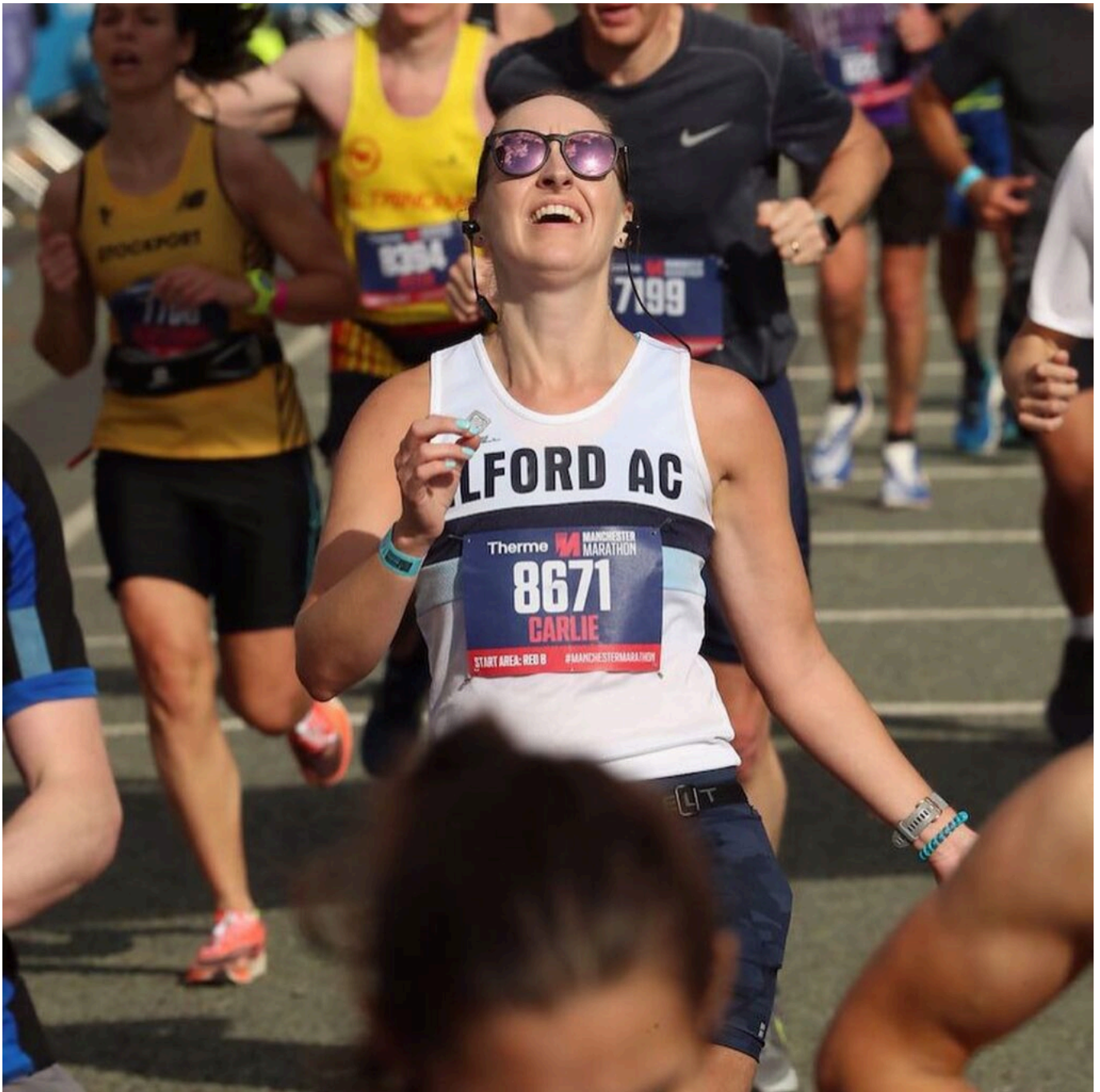
"Carlie Qirem"



FIRST TRACK RACE



" Carlie Qirem "



MANCHESTER MARATHON FINISH



" Carlie Qirem "



MY FIRST RACE



" Carlie Qirem "



THE COLDEST XC RACE EVER