



Sheila Sinclair

Name: Sheila Sinclair

Born: 10th July 1965

Date Joined: September 2012

Personal Bests:

5K 31:43 Olympic Park – June 2019

5K 31:15 Valentines (parkrun) – Sept 2019

5M 55:20 Dagenham, May 2019

10K 66:57 Vitality London May 2019

First Club Race: I think it was the XC (2017). I was a complete novice to XC, but it had always appealed to me. I remember that I was at a track session one Tuesday evening and I believe that it was Neil Crisp that approached me and Launa Broadley. He said that he had heard that we were going to be entering a forthcoming XC event. He asked whether we had trail shoes as normal trainers would not be appropriate. He then talked to us about XC – thank goodness he did. Some wise advice. Needless to say, both Launa and I had a conversation about purchasing some trail shoes. That weekend, I was in my local sports shop purchasing some trail shoes!

Favourite Race: I enjoy XC season – I love being out in the open (even when it is cold and muddy!). I love being out in the forest or park environment and running across open or rough terrain. For me, XC is about setting myself a challenge to compete in the event and the feeling of what I have achieved once I have crossed the finishing line.

My other favourite race is the Vitality 10k – I just love the atmosphere, the support of the crowds and again being out in the open. Although I do not get to take in the scenery and sights very much as I am so focused on the race!

Notable Performances: My 1st XC October 2017 at Horseheath (so glad I got my new trail shoes in time for this!

8K XC 61:06 Parliament Hill, 2018 – English National Championships



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Typical weeks Training: Monday nights – long run (aim for 10K) with my running buddy Launa

Wed: Harriers Night

Saturdays: parkrun

I would love to train more during the week, but I have other commitments (I am involved in voluntary work with my church – so time is limited). If I am training for a race, then I tend to move things around so that I can train more during the week.

Favourite sessions: Wednesday nights training with the Harriers

Who is the most famous athlete you have seen? I met Steve Cram, at a university graduation!

Mo Farrar – at a water station at the London Marathon – our club was privileged to see him as he ran past.

Usain Bolt – 2012 Olympics

How would you improve the sport? More funding/grants available to athletic and sports clubs to build up and encourage the general public in developing and maintaining good health, good food choices, lifestyle and well- being – with activities such as running. One of the notable things about the pandemic was that we saw more people going out walking and taking up jogging as well as participating in online exercise classes. We need to maintain this interest.

Favourite Athlete or Sportsman: Usain Bolt

What other sports do you follow? Gymnastics, Show jumping

Best Country visited: Jamaica is my first choice (as that is where my parents originate from). I have traveled quite a bit in the past and really enjoy Morocco.

Favourite food and drink: West Indian food – Ackee and saltfish (Jamaica's national dish). Other than that, I eat a lot of fish – my favourite would be sea bass with a mixture of vegetables (not celery though!).



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Favourite TV shows: Sports (Athletics); The Great British Bake Off and cookery programmes.

Last Film seen: Have not been to the cinema for a while, but recently watched the film "Instant Family"

Last Book Read: The Beekeeper of Aleppo ; next book I am planning to read "28 Pounds 10 Shillings – The Windrush Story"

Favourite Band Singer: Difficult to choose – music choice is quite varied, but I will say Damien Marley.

Last Theatre attended: Queens Theatre, Hornchurch

Any Pets: None currently – have always had cats and in the future would like to get a cat again.

What are your aims for next season? Focus on building up my running again (as have had a break for various reasons); stay healthy and eat sensibly.

Tell us a joke: Q: Why did the cat enroll into Police school? A: He always wanted to get into claw enforcement.









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Ilford athletes Lorna Broadley, Neil Crisp and Sheila Sinclair at the National Cross-Country. Picture: ILFORD AC

National pride for the Ilford athletes as they hold their own at Parliament Hill Field

Athletics

by Neil Crisp in 1189th (55.50) and | 1:49.16 for the 10.1 mile...





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