

Iain Steel

Been running since 1975.

Scottish Athletics coach since 2001 (all distances male and female). Highlights coached Scottish Boys 400m bronze 2002, Scottish Mens 200m bronze 2003 as well as various Boys and Girls Scottish XC relay team champions.

President of Edinburgh Southern Harriers (then City of Edinburgh AC) 2000-2006

Scottish Athletics League team manager 2000-2006

British Athletics League team manager 2000-2006



Likes

Feeling fit, running easy (can vaguely remember this feeling from about 20 years ago).

Historic Performances

Scottish boys XC champion 1978

British Schoolboys 1500m S/c champion 1979

World Schoolboys 1500m final 1978

Scottish Youth 2000m S/C champion 1978 6.06.7 UK record 15yo

Scottish Junior 2000m S/C champion 1980

Scottish Senior Mens 3000m S/C champion 1984/1987

Competed in World Junior XC Championships 1982(Rome)/1981(Madrid)

Other Interests

Family. Professor, Head of Engineering at RGU. Cycling.

Main goal for 2010

Avoid injury (who am I kidding) Improve on last year. Do a triathlon.

Personal Bests

800m 1.55.4, 1000m 2.27.0, 1500m 3.50.56, 3000m 8.21.0, 3000m s/c 8.54.2, 5000m 14.37.0 (all way back in the 1980s)

Worst Mishap/Failure

Getting lost on Dreish.

Almost forgetting to do the water jump at Crystal Palace in the BAL.