

ERIC SMITH INTERVIEW PART TWO CONTINUED

You had a break from racing but now seem to be competing again. Hopefully, this will be for many more years. What is your intention and have you future age best ambitions ?

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Regarding this question I have no intention of racing seriously or really competitively again. I have lost a lot of keenness & the urge to train hard and in fact I am only playing at competing & will continue with my daily run & be very selective in which events I choose. I do retain a keen interest in the sport especially with the Club and take an active interest in all our athletes even though I do not make it apparant at times.

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Do you still have special diets, foods you avoid etc. ?

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I am still a devout diet specialist. The menu comprises mainly of fresh fruit, salad, green vegetables, stewed fruit, honey ,dates, glucose, wholemeal bread, muesli, cheese, & dont forget, MARS BARS & sirloin steak and chicken.

My daily intake after my morning run. 1 pint of cold water, orange, apple, banana, muesli & dates.

Lunch 2 Mars Bars (I never drink tea or coffee)

5 pm Grilled steak, 2 poached eggs, 6-8 slices of wholewheat bread. Cheese with salad followed by a bowl of stewed fruit & a glass of skimmed milk laced with glucose.

I have lots of veg, chicken at weekends. All food is either boiled or grilled. FRIED FOOD IS OUT except Saturday or Sunday after the Pub- once I get the vapour of fish & chips in my nostrils: it is fatal . In my younger days I used to divert my route home from the pub to avoid the CHIPPY. I manage to sink 3-4 pints of water daily.

My advice to some of the Club runners is to run well within yourself in training. Don't leave your race on the training run. Build up to race day. Have an easy week before an important race- plenty of rest is a must.

Again I am sure members will have found Eric's interview most interesting. Next month the Phil Dean Interview will be with that well known 50 year old member KEN DIXON.