

Keith Cullen

Born in 1972, Keith was one of a quartet of young athletes to join Chelmsford from St Helena School, Dunmow. Jo Holden, Sally Robinson and Carolina Weatherill all went on to gain County representation, but Keith went further gaining International selection at the highest level on track, road and cross country.

Coming first in to prominence in 1987, Keith won the under 15 boys Essex cross country title and in 1989 lifted the under 17 men's title, followed in 1991 by the under 20's, and then the senior title in 1993. During this period no fewer than twelve County wins came on the track, including at 1500 metres, 3000 metres and steeplechase.

On the road Keith won the Chelmsford 10k road race in 1992 with a time of 29 minutes 02 seconds - a time which not only still stands as the event record, but is the only time that 30 minutes has been bettered. This win was ahead of the then current international Roger Hackney of Aldershot.



By then international selection had been gained, for in 1990 Keith had competed in the World Junior Championships in Bulgaria, in the Steeplechase. In this event he also competed in the World Championships in Gothenburg in 1995, and the Atlanta Olympics the following year. Major championships appearances followed in 1997 (Athens), 1998 (Budapest and Kuala Lumpur), 1999 (Seville) in the 5k and 10k events. The culmination of this sequence was selection for the Sydney Olympics, having clocked 2 hours 13 min 37 secs in the London event.

Once you take into account the European Cross Country Championships in 1996, when he came through for fourth position, it is clear that over the period of eleven years Keith gained more international vests than any other Chelmsford athlete has ever achieved.

Moving into the London area for work, and consequently training at Parliament Hill led to Keith changing clubs, and he represented Highgate Harriers during the later years.

PB's:

| Event | Time | Venue | Date |
|---------------------------------|----------|---------------------------------|-------------|
| 3000 Metres | 7:59.67 | Gateshead | 27 JUN 1999 |
| Two Miles | 8:27.86 | Hengelo (Blankers-Koen Stadion) | 31 MAY 1997 |
| 5000 Metres | 13:17.21 | Hechtel | 19 JUL 1997 |
| 10,000 Metres | 27:50.33 | Barakaldo | 10 APR 1999 |
| Half Marathon | 1:02:11 | Glasgow | 20 AUG 2000 |
| Marathon | 2:13:37 | London | 16 APR 2000 |
| 3000 Metres Steeplechase | 8:31.26 | Atlanta (Olympic Stadium), GA | 29 JUL 1996 |
| 5 Miles Road | 23:07 | Balmoral | 24 APR 1999 |

Honours:

| Event | Rank | Time | Venue | Date |
|--|-------|----------|--------------|-------------|
| 5000 Metres | | | | |
| IAAF World Championships | 13h1 | 13:53.92 | Seville | 25 AUG 1999 |
| IAAF World Cup | 5 | 14:13.32 | Johannesburg | 11 SEP 1998 |
| IAAF World Championships | 10h1 | 13:42.40 | Athens | 08 AUG 1997 |
| Marathon | | | | |
| Olympic Games | 19 | 2:16:59 | Sydney | 01 OCT 2000 |
| 3000 Metres Steeplechase | | | | |
| Olympic Games | 11sf1 | 8:46.74 | Atlanta | 31 JUL 1996 |
| IAAF World Championships | 8h2 | 8:32.07 | Gothenburg | 07 AUG 1995 |
| Cross Country | | | | |
| World Junior Cross Country Championships | 19 | 25:30 | Antwerp | 24 MAR 1991 |
| World Cross Country Championships | 34 | 41:42 | Belfast | 28 MAR 1999 |
| World Cross Country Championships | 44 | 36:25 | Marrakech | 22 MAR 1998 |