

# RUNNING AFTER 40

Many runners find themselves running well in their 40's and later. Enjoy reading and be inspired by some of the intraining runners

## BETTY MENZIES

Age when started running: 47

### RUNNING HIGHLIGHTS:

I've had so many highlights but three stand outs are:

**1994** Gold Coast Marathon aged 50.

My partner Bruce, my niece Linda, & I all ran our 1st marathon at the Gold Coast. We achieved 3hrs 26 min (Linda), 3hrs 28 (Bruce) and 3hrs:32 (Betty). This year, 21yrs after that momentous occasion, the three of us are lining up at the Gold Coast to compete in the 10k.

**1994** World Masters Games 50-54 yr age category

I entered the 10k cross-country race (my first) and the half marathon at the World Masters Games in Brisbane. I started work late the day of the 10k and still recall the Sport's page headlines in the Newspapers the following morning, "Menzies Chucks Sickie to Win Gold" in 46 mins. I'd sped across the city to avoid being a minute later for work than I had to be and I thought this was a little unfair! I soon got over my indignation and a couple of days later won the age-category Gold medal in the half marathon (1hr 37).

**1998** Comrades Marathon, South Africa. Running comrades would have to be the most outstanding experience. Back then, the cut-off time was 11 hours. Bruce and I made it in 10hrs 46. It was tough, but the experience of being part of such an enormous event is something I'll never forget. I have great memories of the run, the people, the friendship we were shown and to top it off, a safari in Kruger National Park.

### WHAT MOTIVATED YOU TO START RUNNING OR RUNNING AGAIN?

I have to admit, it had nothing to do with running! I was a keen squash player and competed in a men's team, one of whom was Bruce. He invited me out for (no, not for dinner) "a run". I didn't really want to run, but thought I'd enjoy the "company". The rest is history. We're still running together 24 years later.

### HOW DID YOU BEGIN THE PROCESS?

I was 'shamed' into buying some running gear. One of Bruce's swim squad members said to him, "Tell Betty to get some decent running gear". During my first year of running I had one outfit. I thought it was pretty "cool". White and blue beach shorts and a sleeveless paisley pink top. So, I fronted up to the Intraining shop and walked out with two outfits – matching shorts and tops, a few pamphlets and a desire to join the Intraining running club. Tuesday training became an addictive routine and my love for running grew, thanks to the Intraining coaches and staff.

### HOW HAVE YOUR GOALS CHANGED FROM WHEN YOU WERE YOUNGER?

My goals haven't really changed, but my body now dictates that if I overdo the distance, I'll get injured. I still have the desire to run as fast as possible and to compete fairly frequently, but this is not possible without the help of a good podiatrist, physio, masseur – and more recently, the occasional repair by a surgeon! I plan to return to competing in my favourite distance, the half marathon, in August.

