

# 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

## GERARD DALY

Age when started running: 46

Age at highlight race or comeback year: 51 yrs

### RUNNING HIGHLIGHTS

2012 Noosa 1/2 marathon 1:26

Marathon in Melbourne 3.13

The two runs above were my highlights, but anytime I notch a PB is a highlight.

2011 Bridge to Brisbane was a bit of a breakthrough run when I first broke the 40min barrier for 10k for the first time, notching a 39.34 on a tricky course. My wife and daughter had also just taken up running and we all ran on the day making it even more special.

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

I had promised myself to give up smoking and get fit in year 2000. I managed to retire from 24 years of smoking in 2000 but rested on my laurels for a few years before tackling the fitness part. I started to pile on the kilos so in 2007 I started running and never looked back!

### HOW DID YOU BEGIN THE PROCESS?

I started by getting out of bed 30 mins early and walk/jogging at home by myself (and my beagle) for a few months and then I joined a Monday night beginners group with intraining. I was super nervous about turning up that first night but I really enjoyed it. That first session was probably the start of a whole new healthy lifestyle and opened up a completely new circle of friends.

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

I didn't really have any goals when I was younger and I never really had any goals once I started running, apart from losing weight and feeling fitter. I just let my running evolve, and spurred on by my competitive nature I progressed steadily from 3k runs (that seemed a long way) to marathons over a 3 year period. My goals now are somewhat tempered by the desire to run for many years to come so I tend to adopt a minimalist training load.....no ultras for me.

