

# 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

## JAMES HAMILTON

Age when started running: 12

Age at highlight race or comeback year: 47

### RUNNING HIGHLIGHTS:

My 1st ever half marathon was at Gold Coast 2014 with a time of 1:58, followed by the Brisbane half marathon with 1:59. I'm now in training for my first ever marathon at Gold Coast 2015. I've recently run PBs of 75mins for City2South; 51:50 for BRRCs 10km; and 4:54 for a 1km training session.

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

Mainly for the health benefits and the strong desire to be around for a long time. I want to continue my 'resilience training' (aka torture) of my 3 wonderful sons, as well as enjoying many more years with my beautiful and very patient wife.

### HOW DID YOU BEGIN THE PROCESS?

I made the mistake of plodding around the local streets alone from 2012 and wondered why I felt some frustration with slow progress. In 2014 I joined the Intraining Marathon School and haven't looked back. It's been as simple as following (not exceeding) a very achievable program and enjoying the company and support of the many wonderful runners at the club.

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

I finally have my "20 year old brain that's trapped in a 40 year old body" under control, so very much have a 'running for life' approach. I intend to get many miles in the legs and keep chipping away at my times. There are too many goals to mention; many running events with Chrissy, my Dudes (kids) and eventually my Grand Dudes &/or Dudettes. I'm currently inspired by Colin Woods who just turned 80 before winning medals at the 2015 National Masters Athletics Champs. I certainly don't expect to be winning medals at that age, but hope I have several more decades of continuing to enjoy all the benefits that running brings.

