

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

LINDA WATSON

Age when started running: 15

Age at highlight race or comeback year: 46-47

RUNNING HIGHLIGHTS:

Noosa Half Marathon 2010-PB for Half marathon 1:35:25. (age 46), July 2010 Gold Coast Marathon PB 3:30:10 (age almost 47- 1 full hour faster than my first at age 16, 30 years earlier). Living and breathing running as Marathon School coordinator. I made so many great friends and experienced so many fantastic memories throughout that time. It makes me happy to see others take the same joy out of running that I do.

WHAT MOTIVATED YOU TO START RUNNING OR RUNNING AGAIN?

I ran when I was teenager and then was diverted into touch football. I always ran for fitness but didn't really consider myself a runner during these years. I ran again when we lived in the US where I couldn't play touch and entered races and ran quite a lot. I was planning a marathon then but became pregnant with my first child.

I got back into running on a camping trip with some friends when my youngest was about 4, I went for a run with them and it just sparked my interest and finally running won out over touch football. That was in 2001.

HOW DID YOU BEGIN THE PROCESS?

I ran with a friend and alone initially but eventually got involved with the intraining Running Club, which is when I started to enjoy running even more.

HOW HAVE YOUR GOALS CHANGED FROM WHEN YOU WERE YOUNGER?

Initially I had time goals that drove my running, but now, although I like to run fast I mostly run for a feeling. I enjoy being fit enough to run with various people and share that experience with them. I love feeling fit and getting the feeling of having run hard but completely in control.

