

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

PETER RANDLE

Age when started running: 43

Age at highlight race or comeback year: 44

RUNNING HIGHLIGHTS

- September 2014 Sunshine Coast Half - 1:38:15
- New Farm Park Run 5k (May 2015) 19:53
- Hamilton Island Hilly Half Marathon (May 2015) 2:17:00

WHAT MOTIVATED YOU TO START RUNNING OR RUNNING AGAIN?

I ran the Bridge to Brisbane for a bit of fun in 2013 and did reasonably well. More importantly, I enjoyed the competitive aspect. A friend of mine suggested I have a crack at a half marathon and in the midst of the post race euphoria agreed, so a few months later ran the Twilight Bay Run Half marathon. It was the most challenging thing I'd ever done. I'm still not sure how I got through the last few kilometres. It felt like my whole body was shutting down - I really had no idea! Looking back it's pretty funny, but in a perverse way I really enjoyed it and wanted more.

HOW DID YOU BEGIN THE PROCESS?

I just did an online search and found Intraining. Best of all they had Tuesday morning sessions close to me at Tennyson, so I figured I'd give it a shot. It was a small group with a great coach and I very quickly got the running bug

HOW HAVE YOUR GOALS CHANGED FROM WHEN YOU WERE YOUNGER?

I've always been pretty competitive. In my younger years I played a lot of football, then got injuries, had to slow down and ended up coaching kids football. It sounds a bit clichéd but my goals were always about improvement and trying to be the best I could be, albeit within team environments, where it's very much about one team beating another team.

Running is different in the sense that despite being in a group environment and surrounded by supporting team mates and coaches, it is very much an individual thing. It isn't about winning, it's about getting better. It's about aiming for a sub 20 min 5k or a 1:40 half marathon and if you reach that goal, setting another, then another. I honestly have no idea what my actual limits are and I find the challenge of trying to work that out pretty exciting.

