

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

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Age when started running: Early 20s

Age at highlight race or comeback year: 2010 (aged 51)

RUNNING HIGHLIGHTS

Breaking 60 minutes at City 2 Surf, which back then was a qualifier for a preferred start the following year.

In 2010 (aged 51) I managed to do PBs at a number of distances - Marathon 3:19:59, 10k 42:38, 5k 20:21, City 2 Surf 59:19. I also ran my 2nd best half marathon (1:34:11). Co-incidentally that's the year I started working at intraining.

WHAT MOTIVATED YOU TO START RUNNING OR RUNNING AGAIN?

My manager at my public service job back in the late 70s was a totally obsessed marathon runner and talked about training and racing non-stop. I wanted to find out what the fuss was about.

HOW DID YOU BEGIN THE PROCESS?

That same manager convinced others at work to start so we did some lunchtime runs and entered local fun runs. Then I met like-minded people at my gym. After that it was like the domino effect!

HOW HAVE YOUR GOALS CHANGED FROM WHEN YOU WERE YOUNGER?

I've come to the realisation that a PB at any 'normal' distance is unlikely. That said I guess the time goals I do set are often just as ambitious.

