

RUNNING SLOWS AGEING!

RW readers speak out about the effects of ageing on their running performance.

Name	Age	Years running	How has ageing affected running performance?
Ian	39	10	My recovery takes longer. It also takes longer for the joints to warm up in the mornings.
Robyn westbrook	45	20	I am improving my times as I get older you learn to push through the pain better.
Nicolina	30	1	Not much so far!
Naomi Turnbull	39	30	I've got slower.
Craig Ayliffe	34	5	It's harder to recover from runs.
Juergen	35	5	I'm getting better every year.
Jude Morganson	44	2	I was born with a congenital defect called femoral anteversion. As I age, I suffer extreme pain when running.
Stephen Edwards	43	25	You get heavier in the body, therefore increasing the stress on the joints and bones, altering your gait.
Philip	50	10	Performance wise it hasn't yet since the restart 10 years ago. Mentally, you get tougher as you get older!
Lynne Beatson	38	1	Ageing may have contributed to one injury (and the length of time it took to recover!)
Nat	32	16	No worries yet.
Genevieve Titov	31	5	I can feel that I don't recover as quickly, nor can I as easily get away with not fueling or hydrating properly!
Hayley	27	10	I don't think i'm slowing down too much just yet.
Sandy Leach	38.5	8	I probably need more recovery time.
Julie Moore	49	5	I have improved with age, I've only been running seriously for 18 months and have managed to run a marathon.
Danny Nelson	36	3	As I get older I feel it takes more effort to push myself to the abilities I had as a child.
Ailsa Hayes	31		I get achy joints.
Matthew Murray	36	5	I am slower and sorer now.
Elizabeth Bennett	48	25	Ageing and building an extensive endurance background were mutually beneficial. Now, I have to work harder.
Dave	49	20	It hasn't.
Ashley Birrell	65	13	It hasn't.
Sam	30	50	Ageing's made me slower, particularly over past three to four years
Rosalie Poole	24	18	I find it much easier to run longer distances now than when I was 17 or 18.
Caroline Pivetta	35	28	Not at all.
Anne	54	3	I have lots more commitments now and find it hard to organise time for long runs.

Andrea	46	18	I've actually improved. But rest days are very important.
Gary Beutel	45	8	I find it harder to stay injury free as I get older.
Dale Caldwell	49	4	To this point I'm still improving my performances. The benefits of being a late convert!
Sara	35	30	I can now go longer distances than when I was in my early 20s. I do not seem to be getting any slower as yet.
Steve Helmich	54	40	A little bit.
Linda Kelly	49	5	So far, no change.
Maurice Marshall	68	4	Very little.
Glen Davies	43	59	I need to regularly review my training because I need longer recovery.
Kerry Ellis	36	5	Not old enough to notice physical changes yet, I've got better mental toughness though.
Amy	31	60	Normal slowing.
Elizabeth-Dea Shanta	68	3	I think my durability and mental strength has improved as I have got older.
Jonathan White	35	18	With maturity I have more determination and realise it is not about winning but participating in events.
Kim Bradley	43	2.5	Nil effect, but I am concerned about ageing.
Stephanie	26	10	I just need to make sure you keep it up.
Linda Garthwaite	46	30	I take more time to warm up in a run; and rest days are essential!