

Marathon effort

YOU can be any age and run a marathon, as traffic planner Chris Wilson, 45, would know. Mr Wilson is preparing to run his first two half-marathons this year.

Under the guidance of former Baulkham Hills resident and Mind Body Motion Fitness Solutions personal trainer Kaz Muddell, Mr Wilson is running 14km a day. He is amazed he is able because he worried he could never run after injuring his knees playing football.

"I got in contact with Kaz because I was looking to get fitter for my heli-ski trips I take every year," Mr Wilson said.

Ms Muddell, whose clientele comes mainly from the Hills, holds weekly training sessions at West Pennant Hills. She said when Mr Wilson asked her to help him, he was at a reasonable level of fitness.

"He had a shoulder injury and a few rib issues and no core strength, but that was completely turned around for him once he started his fitness program," Ms Muddell said. "I suggested running to Mr Wilson after working on building up the strength in his legs and now it seems he is addicted."

Mr Wilson said he always enjoyed a good challenge.

Ms Muddell said he was certainly not the oldest in her group training for the City2Surf.

"He is probably the fittest," she said.

Ms Muddell has about 26 in her training program and her oldest in the class is a 63-year-old woman.

"It just goes to show you don't have to be young to be fit and healthy enough to run a marathon," she said.



Personal trainer Kaz Muddell takes Chris Wilson through his paces.