

MARATHON MUM

Ainsley McArthur, from the Capricornia Branch of the Air has been awarded a 2022 Australia Day Medallion Award for Individual Sports Achievement in the Isaac Region. She has been on a personal fitness journey over the last five years.

Never considering herself a runner, Ainslie was always the kid at the back of the field, feeling very uncomfortable, on school sports days.

She joined Joy McClymont's 'Off the Track' Training HUB in 2017 and ran a 10 km and 14 km distance. In 2018 she signed up to do the Ultra Trail Australia (UTA) 50 km in the Blue Mountains, west of Sydney. Husband Rob and daughter Tess also joined her as training buddies.

With the support of Joy, she enlisted an endurance coach, Sarah from 'Dare to Train'. She was disciplined and

consistent, put her trust in the running and strength training, and combined it all with rest and recovery. She also enlisted the support of Stacey Curcio, 'Cultivating Wellness' for guidance with good nutrition.

After completing her first UTA50, she went on to run in

Ainslie competing in a marathon



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the Melbourne marathon in 2018 and an Olympic distance Triathlon in Yeppoon, both of which she completed. In 2019 she participated in the Mooloolaba Triathlon, completed another UTA50 in the Blue Mountains and the Melbourne Marathon for a second time.

2020 saw her complete the Mooloolaba Triathlon again and then travel to New Zealand with a group of friends to complete the Tarawera 50 km Ultra Marathon. In 2021 Ainsley decided it was time to step it up to run the 100 km UTA in the Blue Mountains, which meant more hours of training and longer runs on the weekends. While husband Rob successfully completed the 100km, with the 4460m elevation and sub-zero temperatures, Ainsley had to pull out at the 70 km mark. Not one to be defeated she regrouped, refocused and completed the 100 km distance at the Blackall 100, held in the Blackall Ranges in the Sunshine Coast hinterland in October.

What have you enjoyed most about your running:

I've enjoyed the comradeship and the chance to visit plenty of amazing destinations, both locally and further afield, while running. Blackdown Tableland, Wondai running festival, Eungella National Park and the Whitsunday Trails, just to name a few.

What have you learnt:

Running is a metaphor for life i.e. the reward comes after the struggle. Training for endurance events is a series of small habits that build to something bigger. As Rich Roll says, "Invite the daily pressure that compels invisible progress over time."

Ainsley and Rob's running has inspired the whole family to always pursue their own fitness goals. They can be regularly seen training near their home using the local St Lawrence-Croydon Road crossing the Connors Range.

Trudy Mace
Capricornia Branch of the Year

A quote from Ainsley

"It's never too late to start that dream or goal. Let go of perfection, allow yourself to fail, then get up and try again. Aside from the physical capacity that's been built, the mental clarity and sense of purpose running has given me is one of the greatest gifts."



Ainslie with her Australian Day Award

