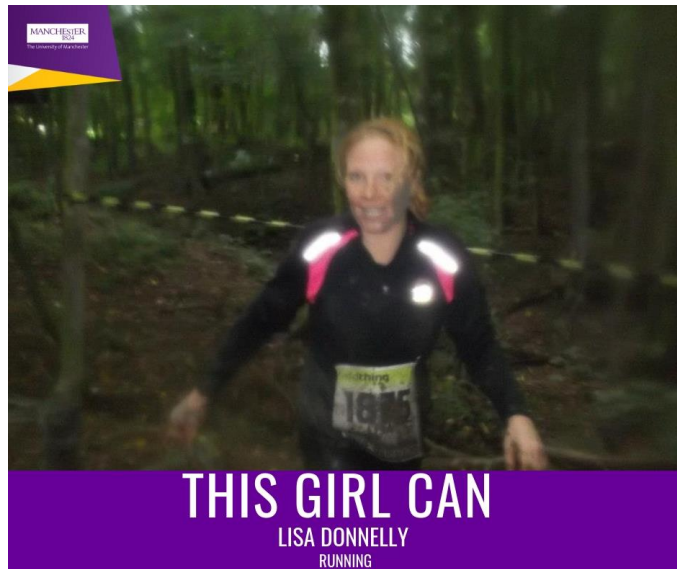


Lisa Donnelly



What activity are you involved in?

I'm currently training for the Valencia marathon and often get involved in triathlons of various lengths

What was the motivation for you getting involved?

My motivations have changed. Initially when I started running it was to lose weight as I struggle with it, now it's keeping fit and being healthy and being with my mates. Now keeping active with friends motivates me. Sharing that common goal – like crossing the finishing line – is an important motivation for me.

What do you like about it?

The challenge it brings. My first Half Iron(wo)man was a real test as I'm scared of swimming in open water. Challenging my abilities makes me feel strong even if I was the second to last woman getting out of that lake! I still did it!

What advice would you give other women who are unsure as to getting involved/active?

Be brave. It can be really hard at the beginning. Don't give up. Your breathing WILL get better. Your legs WON'T feel like lead all of the time. Run with friends or find a local run group. You won't be on your own and there are others like you who are just as new.