

# Super Sue

“You are never too old to set another goal or to dream a new dream.” ~ C.S. Lewis

I'm not sure I will ever tire of this photo or the story behind it, because it is absolutely amazing! The lady standing next to me is 71 years old, Sue was First Lady home at Parkrun and I was second. When we lined up at the start I won't lie I thought to myself “Oh bless her” well when the gun went off she went like a rocket could I catch her? Could I heck! Sue left me for dust. So when we finished I had to find her to congratulate her, she told me she only started running at 65 after her husband died to raise some money for her chosen charity. She has since ran SUB 4 marathons over in the states and over here, and wins all her age category events! Sue or SuperSue as I call her is an amazing example to us all. Running a sub 23 5k at 70, AMAZING! If you are local, you will most likely see Sue at Burnham Parkrun. [Jemma](#)



