

18/10/2011

A marathon woman

By **Maria Galinovic**

KERRY Bray can be seen most mornings, pounding the paths around Cronulla, getting her body into even better shape for the New York City Marathon.

Ms Bray, 67, starts her day a little after 4.30am, eases into a 10-12 kilometre run, after which she makes her way to her administrative department job at Aquinas College, Menai.

She will be in New York City by November 6 to join about 45,000 people in "the biggest marathon in the world".

"The winning male is likely to do it in about two hours and three minutes, the winning female will do it in about two hours and 20 minutes, and I'll be a few hours behind them," Ms Bray said.

"If I finish under five hours I'll be very happy."

Ms Bray is back running marathons after having a break of almost three decades.

"When I ran marathons 27 years ago I thought I would like to run an international one, but my body was not standing up to it," she said.

About 10 years ago she visited a chiropractor in Miranda who was able to sort out her body mechanics including problem achilles tendons, and she was up and running again.

She was ready to do the New York run last year but broke her foot two weeks before the event. So this is the year.

Although she will represent Woodstock Runners, the Burwood club she helped start, Ms Bray has been sponsored by Crust Cronulla, which is assisting with flights and training gear.



Aiming high: Kerry Bray is off to New York City.

Picture: Jane Dyson