Quiet achiever

MAIN PHOTO: Melissa Hynds caught in full stride.
Photo: GRAEME DAHL

MELISSA and GILLIAN

She was not quite such a latecomer to running as her mother but it wasn't until Mel had turned thirty and was trying to give up smoking that she decided to give it a go – with her dog - but she couldn't even run 1km. Gillian's subtle and persistent persuasion to join the club eventually bore fruit and Mel, along with husband Kevin, have now become regulars and enjoy the friendly atmosphere.

Mel hadn't realised how hard running was going to be but, having embraced her mother's keen work ethic, she has gradually improved her times over all distances from 60m to 10000m. After the Woodman Point Sunday run, Jim Barnes was on a real high having latched on to Mel and been forced to stretch himself to keep up.

Melissa says she looks forward to cheering her mother on through more amazing accomplishments, but with age still on her side and Gillian as her role model and best friend, she will likely have some amazing accomplishments of her own to celebrate in the future – so keep that chardonnay on ice!