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## MEDIA RELEASE

### World Marathon Record Holder aims to set new W80+ record at the Royal Victoria Marathon

(Victoria, BC – October 2, 2008) Betty Jean McHugh, who holds the World Marathon Record in the W75-79 category, has confirmed she will be running the Royal Victoria Marathon on Sunday, October 12. Now 80, she is hoping to set a new World Record in the W80+ category.

McHugh set the W75-79 record in Victoria in 2003 in 4:08:54. In 2005 she ran the Vancouver Marathon in 4:11:28. Coming back from injury last year she set a new Canadian record in the W80+ in Honolulu in December 2007 (5:06:34). The current world record in the W80+ is 4:49:52. A resident of North Vancouver, McHugh says she isn't daunted by her goal. "I just want to go out and enjoy it. I don't feel any pressure I will just go and do the best I can," she says.

McHugh has run 20 marathons and averages 35 – 40 miles a week. "I don't push the mileage – I do three runs in the week and my weekend long run if I am training for a marathon." She also enjoys half marathons and set a new age-class world record in that distance at the BMO Vancouver Half Marathon this year (2:04:19).

The 29<sup>th</sup> Annual Royal Victoria Marathon takes place Sunday, October 12; in addition to the Marathon there is a Half Marathon, 8K Road Race and Thrifty Foods Kids Run. For registration details, visit [www.royalvictoriamarathon.com](http://www.royalvictoriamarathon.com).

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