

Sandra Dick (Phelps)



1969-1973

Sandra Dick has a degree in Music, has been a teacher, and has proudly raised four sons. However, when she turned 50, Sandra decided to challenge herself in an area that she hadn't had any experience in. Sandra set herself the goal to complete the Abbott's World Major Marathons.

To achieve this goal, Sandra worked hard for 5 years, participating in fun runs and half marathons, before she ran her first marathon, the New York Marathon, at age 55. Sandra was dedicated to keeping fit and achieving the goal that she had set herself, and stuck very closely to her training programme.

Throughout her journey running world marathons, Sandra considers her greatest success to be gaining entrance to the Boston Marathon by achieving the qualifying time. Her proudest achievement is ultimately completing her goal and being awarded the Abbott's World Major Marathon Medal. Sandra has completed world marathons in New York, Paris, Boston, Berlin, London, Tokyo and Chicago.

"You can still keep setting and achieving goals however old you are."

