

LUCY SMITH

www.lucysmith.ca

The athlete: Lucy always knew that she wanted to be a runner. Her dream was to live life as a full time athlete and to give her best efforts in training, nutrition, racing and mental preparation.

Lucy Smith has been a professional distance runner and triathlete for over 25 years. She is a 2 time World Championships Silver medalist and a 19 Time Canadian Champion over a range of endurance events from cross country running, to track, road racing and multisport.

Now one of the top master's runners in North America, Lucy's involvement in sport goes beyond training and racing, as she is a recognized sport leader in her community, a LifeSport coach, writer and role model for women in sport.

Lucy Smith lives and trains in Victoria, British Columbia with her husband, LifeSport founder and Olympic Gold Medal Coach Lance Watson and their two young children.



2010

- 1st Twilight Shuffle 5k, Chemainus
- 4th Victoria TC 10k
- 1st Master Sun Run 10k
- 2nd BC 8K Championships (1st Master)
- 1st Cobble Hill 12k
- 2nd Bazan Bay 5k

2009

- 1st and New Canadian Master 5K road record, Twilight Shuffle, B.C. (16:49)
- Canadian Masters (unofficial) 5000m record 16:40
- 1st Overall/First Masters, Pioneer 8K and BC 8K Championships
- 1st Master/4th overall Sun Run 10K (34:30)
- 1st Master/3rd overall TC 10K, Victoria (34:35)
- 1st Master Nordion 10K, Ottawa
- 5th BC Senior Cross Country Championships
- 11th Canadian Senior National Cross Country Championships
- 2nd Master Royal Victoria Marathon

2008

After a stellar year in 2007, Lucy took most of 2008 away from competition to heal from a knee injury and to focus in building the next stage of her career, as a competitive master's athlete, public speaker, coach and mentor for young women in sport and leadership.

Highlights of 2008

November 2008, Lucy is inducted into the Dalhousie University Sport Hall of Fame in Halifax, Nova Scotia, for her contribution to athletics at Dalhousie and the Nova Scotia sports community.

2007

In 2007 Lucy completes her 24th year of high performance racing and enters a new competitive category when she turns 40 and quickly becomes a pre-eminent master's athlete on the North American road race scene.

- 1st Times Colonist Garden City 10k in Victoria (6th win)
- 1st Master's Freihofers 5k, Albany New York
- 1st Master's Bloomsday 12k, Spokane, WA
- 1st Masters National Capitol 10k, Ottawa.
- 1st and New Course Record (1:16) at the Victoria ½ Marathon
- 1st Canadian Half Ironman Championships, Osoyoos, BC
- 9th Pro at Ironman Canada
- 4th World Long Distance Duathlon Championships, Virginia
- 1st HBC Canada Day Run, Victoria
- 2nd Place Masters Finish New York City Marathon (2:48)

Athletic Career Highlights

- 6 Time Canadian 10K Road Running Champion: 2006, 2004, 1998, 1997, 1996, 1995
- Canadian 10 000m Champion: 2004
- Canadian Half Marathon Champion 2006
- 5 Time Canadian Cross-Country Running Champion: 1997, 1992, 1991, 1989, 1988
- 5 Time Canadian Duathlon Champion: 2004, 2003, 2002, 2001, 1998
- Canadian Long distance Triathlon Champion: 2006
- National Team Member in Athletics, Triathlon and Duathlon since 1987
- Silver Medal, Duathlon Worlds: 2006, 1996

Running Personal Bests

- **5000m -- 15:40**
- **10000m -- 32:46**
- **Half Marathon -- 1:13**
- **Marathon -- 2:38**

“Be clear about your life priorities and your values. This will guide you in setting authentic goals that carry you towards your dreams.”

~ Lucy, speaking to a class of young women leaders, Nanaimo, October 08.

Lucy will join Marilyn Arsenault, Suzanne Evans and Cheryl Murphy on Saturday, October 9, 2010 in a session titled *“Running Into Forty”*.