

# Lorraine Moller

## NEW ZEALAND

OLY MBE



Lorraine is a 4-time Olympian, Olympic bronze medalist, world track and field finalist, multiple Commonwealth Games track medalist, and winner of 16 major international marathons, including the Boston Marathon. She holds the distinction of being the only woman to have run all of the 20th century Olympic marathons for women.

Her career started out as an exceptional 14-year-old middle distance runner, coached by 1964 Olympic 1500m bronze medalist, John Davies. Lorraine wound up a 28-year stellar career as an undefeated masters runner at her 4th Olympic Games at the age of 41, having performed with international distinction in events from 400 meters to cross-country to the 50K. Her wide range of accomplishments earned her the accolade from Sir Peter Snell as "New Zealand's greatest women's distance runner".

Lorraine made her foray into the marathon in 1979 under the tutelage of American Olympian, Ron Daws. During her Olympic years Lorraine trained under the guidance of 1976 5000m silver medalist, Dick Quax. She credits her (mostly) injury-free career and high-performance longevity (from distances ranging from the 400m to the 50K) to Lydiard training and her fine coaches, combined with her unique philosophical approach to competition, which she describes as 'an inside-out process'.

Alongside her running achievements, Lorraine was a forerunner for equality in women's athletics, an activist for professionalism in distance running, and an accomplished writer and keynote speaker.

Since retiring from competitive sport in 1996 at the Atlanta Olympics, Lorraine served as vice-president of Hearts of Gold and NGO in Japan, and helped establish charity running events in Cambodia, Mongolia and East Timor.

In 2006 she cofounded the Lydiard Foundation which is dedicated to educating coaches and athletes in the art of endurance training and peaking. Since its inception Lorraine has instructed and certified over 500 coaches in the Lydiard method around the world.

A keen writer, Lorraine's candid autobiography "On the Wings of Mercury," published in 2008, was launched by New Zealand's Prime Minister, Helen Clark, and became #2 on the New Zealand Best Seller List.

Today, Lorraine blends her running, teaching and writing skills continuing to develop educational programs for fitness, health and personal transformation. "Sports is a powerful spiritual path. When one seeks their most excellent self, they invite the noblest of human qualities forth into their lives."