



# Challenging the stereotypes of getting older



Alex is 67 and hopes her photographs of older sports men and women will help challenge the stereotypes of getting older.

## Meet Alex

For someone who didn't pick up a camera until she retired at 60, Alex has come on leaps and bounds. She has been [featured by the BBC](#) and has already published a book of her images entitled 'Growing Old Competitively' – a celebration of older athletes, as well as the process of growing older.



"When I retired, I hadn't got a camera and knew nothing about photography. But I really love being a beginner at stuff, so I found myself a tutor and got going". Alex

believes the best thing about getting older is the freedom it brings. "You just think if not now, when? I'd better get a move on!"



Now 67, Alex still loves to run, swim and play tennis. But most of all, she's keen to challenge the stereotypes around ageing through her photography, writing and speaking. She tells us: "I'm actually passionate about taking photographs of older sportsmen and women. I want to get the sense of determination, focus and joy that you so often see on an athlete's face. These people are inspiring".

Alex hopes that her images will prove to be an inspiration for people of all ages, reshaping their idea of what old age looks like. She admits the more she's been involved in this project, the more of an activist she's become: "I enjoy getting the wrinkles because this isn't about looking great, or looking like you're 20. You look great and you look 80".



Of course it's not all plain sailing. Alex does sometimes get flummoxed with the techy side of things, but believes it's good to push yourself to do something that's actually quite difficult. And it's probably that kind of attitude that's led to her becoming an England Athletics #Runtogether Ambassador.

When it comes to getting older, Alex has a tip for all of us: "To me, 50 is a child – I'm practically 70! Anyone who says they're too old, it's absolutely never, ever too late".

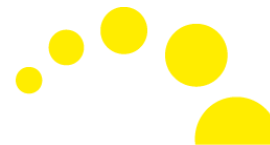
See more of [Alex's uplifting images](#).

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