



**WEIGHT WONDER:** Brett Saxon, who once weighed 105kg, will run through Geelong to raise money for CanTeen.

## From fat to fit, Brett is all set for a charity run

**JULIE McNAMARA**

THREE years ago Brett Saxon was fat and unfit — now he's preparing to run four marathons in a day to raise money for kids with cancer.

On March 29 the Keilor man will aim to complete 162km in 24 hours covering a route that will take him from Keilor to Indented Head.

Mr Saxon said the aim of the run was to raise money for and awareness of CanTeen, which provides support for young people with cancer.

He has been running be-

tween 50-120km a week in anticipation of his huge challenge and said the journey would be a lot easier if he was able to get plenty of other runners on board to complete sections of the run with him.

The father-of-three said he made the decision to get fit at Christmas 2004 when he weighed 105kg.

"Initially I decided I would get on the bike because there was no way I was going to be doing much running without stressing my knees or my heart," Mr Saxon said.

He lost 10kg in two months and then started running.

Mr Saxon said a few months into his fitness campaign "something clicked" and he thought if he was able to get himself back on track he should do something for others, so he decided to do a fundraising run for CanTeen.

He said he had met some extremely inspiring youngsters through his association with CanTeen.

Mr Saxon said he was a different person since taking up the challenge.

Not only is he 30kg lighter, but now he has the energy to play with his children and they

get out and ride their bikes alongside him when he runs.

He said he chose for the run to travel through the Geelong and Bellarine region partly because of a family association with the area and also to include a variety of running conditions.

Mr Saxon said he was hoping to attract some sponsors and was keen to get some Geelong runners to join him for part of the journey.

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