



Keilor's Brett Saxon takes some pizza on board during a training run for his next ultra-marathon.

Picture: GLENN DANIELS N069M005

Pizza-fuelled dad ready for his longest run

A QUICK bite on the run is much more than an indulgence for Keilor's ultra-marathon runner Brett Saxon.

The 42-year-old swears by a slice or six of pizza to get him through his long runs, some continuing through the night.

In preparation for his longest race yet, a 162km CanTeen charity run for young people living with cancer at the end of the month, Mr Saxon burnt 21,000kJ (approximate two days' average energy requirements) running over six hours in Healesville.

He said that even with his taste for pizza and

high-energy food he still managed to lose 6kg on the run.

A model of fitness now, the father of three said it was not the case three years ago.

An active sportsman in his youth, Mr Saxon said he had put on weight during the years to become "a fat father" of 105kg.

"I have my own business and was putting all my time into it and eating poorly, neglecting my body," he said.

"I realised I was pretty grumpy, tired and I didn't like what I saw."

But since making the commitment to change

his ways, Mr Saxon has dropped 30kg. "I still run my own business, but my priorities are now health and family," he said.

Mr Saxon has been running up to 100km each week in preparation for his biggest run, and hits the streets well into the early hours.

"The run over March 29-30 will see him running for close to 24 hours.

He hopes to raise \$25,000 for young people living with cancer through the run starting at noon on Saturday, March 29, near the Old Keilor Hotel, Calder Highway.

■ Details: www.brettsrunforcanteen.org