



A marathon effort

By Daniel Markham

FORTY-YEAR-OLD Brad Kapura could hardly run around the block three years ago.

Now the Glen Eden resident is about to tackle the Auckland Marathon.

Brad is helping raise money for the Heart Foundation – the charity behind the big event.

He's come a long way since he started training and is 22kg lighter.

But he'll never forget his first attempt at exercise.

"It was tough but I pushed

through it and after that I'd go a little bit further on each run."

Brad has finished quarter and half marathons and is looking forward to doing the full distance.

He's delighted with his progress so far.

"I feel so much better for it health wise."

Brad is running the marathon as a Heart Racer, one of many seeking sponsorship for their efforts.

Proceeds will help the foundation continue its work

funding heart research, advancing cardiac rehabilitation and promoting healthy lifestyles.

Cardiovascular disease is still the biggest killer of New Zealanders and accounts for 40 percent of all deaths annually.

"Last year I surprised myself when I raised \$750 in the half marathon," Brad says.

"It was really impressive. I got generous donations from people I hadn't spoken to in years. I just try to tell everyone I know about what

I'm doing and the work the foundation does and there has been such an amazing, supportive response from them."

Brad hopes to complete his first marathon in about four hours and 30 minutes.

"I'm really looking forward to that finish line and really pushing my limits to the boundary. Realistically, I'd be happy to finish in anything under five hours."

Go online to www.heart-racer.org.nz for information.



Big heart: Brad Kapura will put his body on the line in the Auckland Marathon this Sunday to raise money for the Heart Foundation.