



Knox Leader

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[press clip]

Runner has heart to attack half marathon again

People | Adrian Bernecich

A WANTIRNA father has conquered the Melbourne half marathon, a year after the grueling event almost claimed his life.

A year ago Greg White suffered a heart attack after completing the 21km marathon.

And in a story of amazing courage and recovery, the 57-year-old again ran the event on Sunday, October 9, finishing in just under two hours and bettering his previous time.

White's world turned upside down after last year's marathon, which he completed in two hours and six minutes.

He had just left the MCG when he went into cardiac arrest on the grassy area outside the stadium.

Luckily, a group of good Samaritans saw him fall and came to his aid, calling St John Ambulance volunteers.

He was then rushed to St Vincent's Hospital, where he underwent quadruple bypass surgery just days later.

"Doctors found that my heart was 80 to 95 per cent blocked. It was a bit of a shock because basically it was a time bomb waiting to happen," White said.

The devoted father and husband said his wife Anna and three daughters had been a pillar of strength during his recovery, which involved spending three weeks in hospital before intensive rehabilitation.

By March this year, he had taken his first steps to regaining fitness, taking on a few light jogs.



Greg White shows what he is made of and is congratulated by St John Ambulance volunteer Dr Iain Nicolson. Picture: RICHARD SERONG N16KN305