



**Knox Weekly**  
**Wednesday 19/10/2011**

Page: 6  
Section: General News  
Region: Melbourne, AU  
Circulation: 48518  
Type: Suburban  
Size: 193.88 sq.cms.



[ press clip ]

# Marathon man starts again

BY JAMES TAYLOR

WANTIRNA runner Greg White has conquered his demons by returning to the race where he nearly died.

Mr White took part in the marathon for the first time last year and suffered a cardiac arrest when his heart stopped for six minutes.

Mr White said he had no idea he was unwell.

“Prior to the race I was feeling fine. I was pretty fit, very fit in fact. The last few kilometres were a bit of a strain, to the point that I was just shuffling my feet. I later found out from my doctor that my body was shutting down.”

After the race Mr White decided to get a leg rub, because he thought that might make him feel better, not knowing what was really wrong with him.

As he waited, he suffered a cardiac arrest, with an 80-95 per cent blockage of his arteries and was found “face down” in a nearby park.

Two doctors who had taken part in the marathon administered CPR, before volunteers from St John Ambulance attended. They had to use a defibrillator twice to revive him, before an ambulance arrived.

Mr White started running again in March this year and got the OK from doctors to take part in the marathon this year just weeks before the event.

“I took it gently and slowly. I was very keen to do the half-marathon again,” he said.

But not without his wife and daughters keeping a close watch on his health with a GPS heart monitor. It tracked Mr White’s heart rate throughout the marathon, so he knew when he was pushing himself too hard. He finished the half-marathon in 1 hour and 59 seconds.

“I’ll do it again next year, maybe even the full marathon,” Mr White said. “It’s important to try to get back to your normal life.”

He won’t be forgetting his experience last year, though, or the people who helped bring him back to that “normal life”.



**Knox Weekly**  
**Wednesday 19/10/2011**

Page: 6  
Section: General News  
Region: Melbourne, AU  
Circulation: 48518  
Type: Suburban  
Size: 193.88 sq.cms.



[ press clip ]



Lucky: St John volunteers Kevin Wanstall, Dean Adams and Dr Iain Nicolson with Greg White at this year's marathon.