

Herald Sun

More News

Not even a cardiac arrest could stop Greg White from running again

- by: Jessica Craven
- From: Herald Sun
- October 10, 2011 12:00AM



James Xavier, left, saved Greg White's life at last year's Melbourne Marathon. Picture: Chris Scott
Source: Herald Sun

GREG White had a heart-stopping finish to the half-marathon last year - literally. The 57-year-old school principal suffered a cardiac arrest half an hour after completing the race and had to be revived by St John Ambulance volunteers.

Mr White spent three weeks in hospital following a quadruple bypass but was back this year to compete in the half-marathon again.

"This one's very special; it means a lot," he said.

"The doctors said I probably should have had a heart attack a lot earlier but my fitness had kept me going."

His wife, Anna, stayed at home this year, too nervous to wait for him to cross the finish line.

"She wasn't too happy I was running again; she didn't want to come here today," he said.

"The kids at school thought I was mad, too; they couldn't believe I was competing again."

He was yesterday reunited with some St John Ambulance volunteers who saved his life.

"I'm very grateful to them," he said.

Another runner suffered a cardiac arrest yesterday just 30m from where Mr White was revived.

The man, in his mid-50s, had completed the marathon and was moving towards the medal collection area when he collapsed.

He received a defibrillator shock from St John volunteers within one minute and was taken to hospital.



Grateful: James Xavier, left, saved Greg White's life at last year's marathon.

Bypass, but back again

Jessica Craven

GREG White had a heart-stopping finish to the half-marathon last year — literally.

The 57-year-old school principal suffered a cardiac arrest half an hour after completing the race and had to be revived by St John Ambulance volunteers.

Mr White spent three weeks in hospital following a quadruple bypass but was back this year to compete in the half-marathon again.

"This one's very special; it means a lot," he said. "The doctors said I probably should have had a heart attack a lot earlier but my fitness had kept me going."

His wife, Anna, stayed at home this year, too nervous to wait for him to cross the finish line.

"She wasn't too happy I was running again; she didn't want to come here today," he said. "The kids at school thought I was mad, too; they couldn't believe I was competing again."

He was yesterday reunited with some St John Ambulance volunteers who saved his life. "I'm very grateful to them," he said.

Another runner suffered a cardiac arrest yesterday just 30m from where Mr White was revived.

The man, in his mid-50s, had completed the marathon and was moving towards the medal collection area when he collapsed.

He received a defibrillator shock from St John volunteers within one minute and was taken to hospital.