On the run for kids

By Michelle Taverniti

LEUMEAH man Brendan Eager thinks he has the secret ingredient for excelling at the annual Sun-Herald City2Surf run.

The Westmead Children’s Hospital scientist, who will embark on the 14-kilometre event in August, said he spotted the runners from the hospital’s microbiology unit with a special pick-me-up during last year’s event.

“We noticed they were eating these little things called GU Energy Gel,” he told the Advertiser.

“You eat them and they give you a super boost of energy. “We’ve got those under our belt this time. It’s apparently the secret ingredient.”

Next month, Mr Eager will run as part of the Think Kids Challenge, which has raised more than $300,000 for the Children’s Hospital in the past three years.

“Me and my best mate saw the posters around the hospital last year,” he said.

“It started as a bit of a laugh but turned out to be a lot of fun.

“I know what it’s all about this time around, I understand how big it is.”

Mr Eager hoped to finish the race in under an hour this time around as it took him one-and-a-half hours last year.

“I’ve taken up a lot of sport this year,” he said.

“I play soccer three nights a week and every Sunday, indoor soccer and netball sometimes,” he said.

“I’ll do it for as long as I can run.

“It’s a great day out.”

Mr Eager said the money raised from the run would go to new analysers and microscopes in the pathology unit of the hospital, in which he works.

“I spend all day running blood tests, looking at blood samples down a microscope,” he said.

“We come up with some results, which we give to doctors to make their diagnosis and base their treatment on.

“It’s an important part of the hospital and is directly related to helping these kids.”

The Sun-Herald City2Surf is on Sunday, August 8 and goes from the Sydney CBD to Bondi Beach. Details: city2surf.com.au.