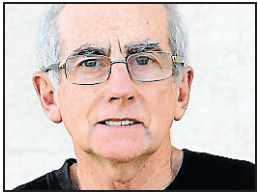


**CITY2SURF**

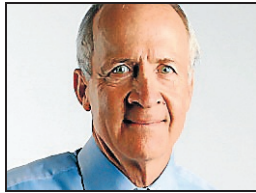
# hang out with 75,000 friends



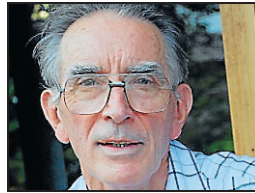
**Laurie Coleman, 65**  
Retired public servant from Mosman  
The race ultimately changed my life completely to focus on good health and fitness.



**Ken Constantine, 63**  
Australian Customs officer from Malabar  
The feeling of exhilaration finishing and competing in 1971 is the same 40 years later - timeless.



**Paul Daley, 65**  
Barristers' clerk from Riverview  
It is the best organised race in the world. It is also a fantastic community event.



**Neville Dickson, 69**  
Retired engineer from Baulkham Hills  
It is not as enjoyable as it was - too many participants. It's difficult to get through the crowds.



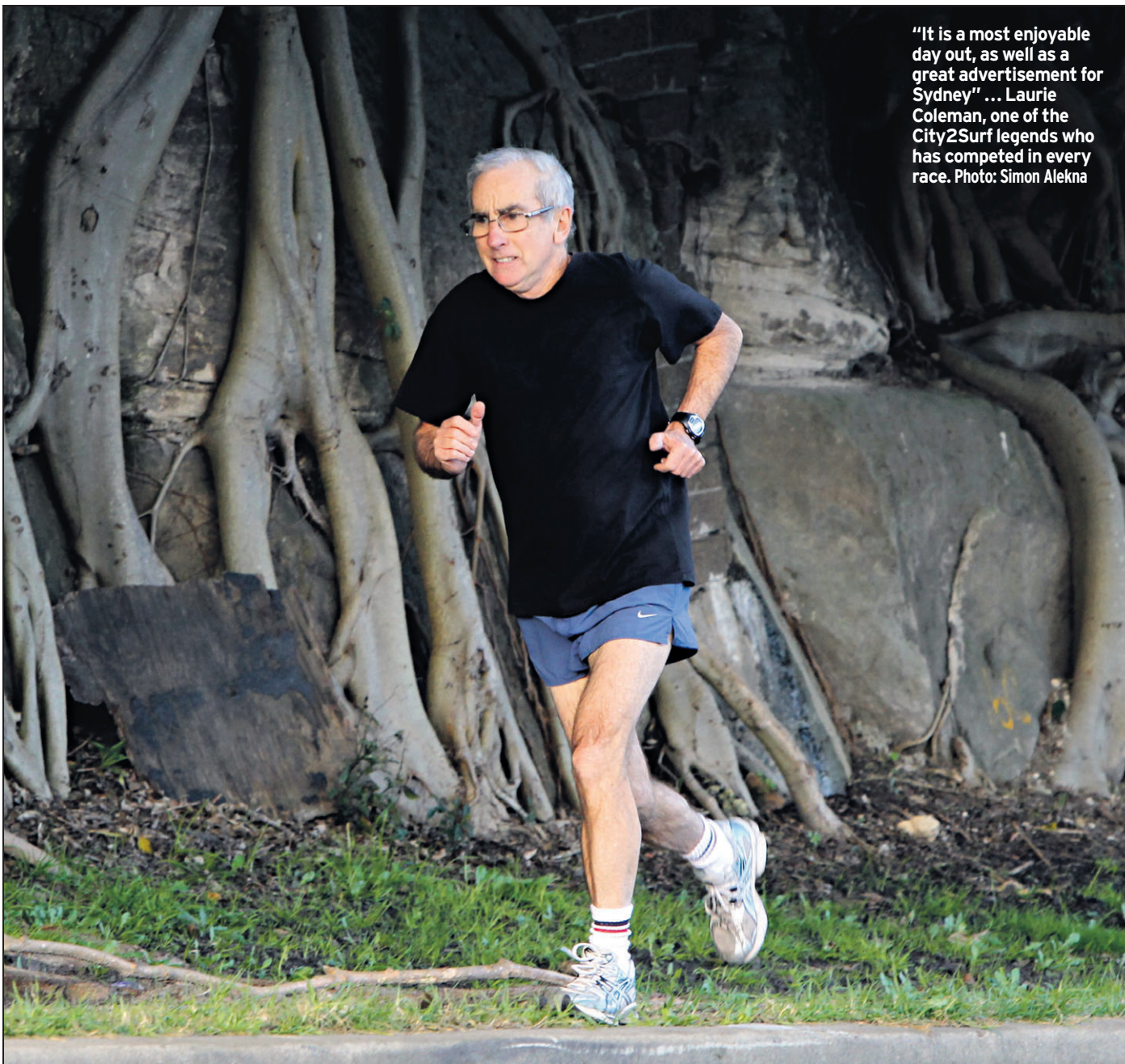
**Brendan Dumas, 55**  
Civil engineer from Green Point  
This year I am running for my mother-in-law, a war veteran, who recently passed away.



**Christopher Edwards, 50**  
Leadership development coach from Canberra  
When I was a teenager, I decided I'd run 50 consecutive City2Surfs in under 100 minutes.



**Alan Farrell, 66**  
Retiree from Runaway Bay  
It has addicted me to a lifetime of running and has been responsible for me working in fitness.



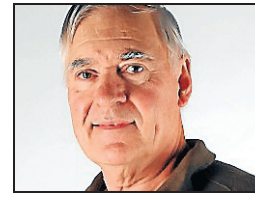
"It is a most enjoyable day out, as well as a great advertisement for Sydney" ... Laurie Coleman, one of the City2Surf legends who has competed in every race. Photo: Simon Alekna



**Wayne Heffernan, 61**  
Runner and touring bike rider from Engadine  
It can be hard but the self-respect and lift it gives you is worthwhile. Everyone has a common purpose.



**Kerry Heinecke, 68**  
Retired from Kensington  
My wife, Helen, inspires me. She has always been at the last corner of the course for each and every year.



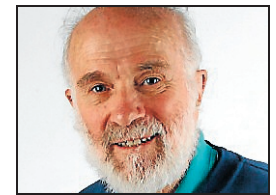
**Michael Learmond, 68**  
Retired engineer from Waverton  
Wind, rain, sunshine - I always make sure I'm in Sydney in August - it's like an annual health check.



**Keith Mayhew, 66**  
Retired sales manager from Warragamba  
It is a hard annual Sydney 14-kilometre iconic fun run which still gives me a competitive buzz.



**Rodney Melham, 51**  
Skier from Berridale  
I look forward to participating and seeing all the people who play music, help out with water and oranges.



**Chris Moynham, 67**  
Retired teacher from Greenacre  
It's an incentive to exercise and bond with my daughter, who has run the last 20.



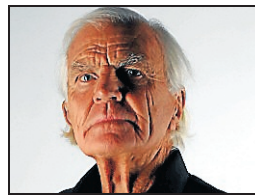
**Allen (Jim) North, 82**  
Chartered accountant from Maroubra Junction  
It makes me fit enough to chase and catch a pretty girl and make it worthwhile when I've got her.



**James Parker, 68**  
Managing director from Woonona  
It's all about personal achievement and motivation to keep healthy and fit.



**James Roberts, 65**  
Accountant from Lane Cove  
I love seeing so many people exercising and enjoying it, no matter how good they are at running.



**Charles Rochester, 78**  
Retiree from Manly  
It's a great family day and wonderful to see so many generations running together.



**Bruce Shying, 73**  
Retiree from Heathcote  
It's a challenge each year to be fit enough to still compete. I love the crowd, and the smell of the liniment vapour.



**Robert Stuart, 67**  
Retiree from Little Bay  
I could write a book. It has involved my entire family and I'm proud to say three generations have participated to date.



**Robert James Sully, 72**  
Chartered accountant from Wahroonga  
It is a demanding run: the distance and Heartbreak Hill pose a significant test. It is a time of camaraderie.



**John Tisdale, 60**  
Storeman from Crows Nest  
It is such a thrill to be able to run with so many famous athletes where everyone has a chance to win.



**Eduard Uitterlinden, 59**  
Teacher from Farmborough Heights  
It's meeting up with the regulars, the adrenalin, and whether the old legs can still do it.



**George Wardell, 72**  
Retired fitter and turner from Stanmore  
My son comes from Canberra each year and we have a picnic or a barbecue after the race.



**John Willcocks, 60**  
Charity employee from St Marys  
In 2010, someone for the first time will start their incredible journey just as I did all those years ago.



**Barrie Williams, 76**  
Retiree from Epping  
It's truly a fun run with the cheers, encouragement from onlookers and the gear some of those back of the pack get out in!



**Philip Worrall, 58**  
Solicitor from Cremorne  
It's not only a worthwhile community event in which I can participate fully but an annual motivation and gauge of my fitness.

Photos: Anthony Johnson

The 2010 Sun-Herald City2Surf is proudly presented by Westpac and supported by New Balance, Rebel Sport, Gatorade, Jockey, Berlei, RSVP, Nova 969, One HD, 2UE, Fitness First, Sheraton on the Park Sydney, NSW government, Events NSW, City of Sydney, Waverley and Woollahra councils.