

u makes ht work fun run

ICAN

Two years ago, the resident Lou Kent, 137kg and was doctor told her "losing herself".

at a healthy weight completed a half-marathon at Jetty 2 Jetty finishing it in 2hr

all started in 2008. I was terribly out of shape, she said.

ling very well, for a while, so doctor. I had high cholesterol, high sugar, high blood pressure.

o give yourself a heart attack, to give yourself

eight Watchers in 2008."

gan running to make her first half-marathon last year, running 112kg. It took her two years to

she was down to

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103kg and was running 5km in 39min 45sec.

At last year's Jetty 2 Jetty she weighed 98.9kg and ran 10km in 78 minutes.

A second blood test revealed the exercise was paying off, with all Ms Kent's blood test levels in a normal range.

"I'm at my goal now. I find I'm doing things I never thought I could do," she said.

"Don't let imagination hold you back. You never think you can lose 70kg, but I did."

Ms Kent said she hoped to do next year's run in less than two hours.

More pictures page 28 and in our super gallery online at www.redcliffeherald.com.au.



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NO PAIN, NO GAIN: Lou Kent, of Bracken Ridge, who lost more than half her body weight in two years to compete in the event.
Pictures: Angie Simms



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STARTING YOUNG: Sasha Horan-Barrick.



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ONE IN, ALL IN: The Cooney family (from left) Sarah, George, Harry and Kellie.



EXPERIENCE: Brian Steve