

Robertsons gearing up for tribute to Kerryn McCann

HUSBAND and wife Ben and Lauren Robertson will be going the extra mile, or two, when they take on the Sydney Morning Herald Half Marathon in a few weeks time.

The fitness advocates have each completed three City to Surf runs (14km) but will be stepping up in distance to 21.1km when they join 10,000 other runners for the starter's gun on Sunday, May 17.

The run, through the Sydney CBD, will honour Kerryn McCann, the former Commonwealth Games champion who died from breast cancer last year.

Gunnedah's fitness fraternity will be well represented in the Half-Marathon, with at least another eight locals entering the event.

Ben (33) and Lauren (32) have been training solidly for several months and hope they'll have the stamina to run the 21.1km.

"We're aiming for a time of less than two hours," said Lauren, "but it's an unknown for us - we haven't run that far before."

The Robertsons have a sporting pedigree - Ben as a rugby player and now as a tennis player and cyclist and Lauren as a state-level swimmer in her school days and now as a high-level triathlete.

"We've always enjoyed training and once you reach a reasonable level of fitness, it gets easier to take another step up," said Ben.

"Friends have told us that there is a great atmosphere around the Half-Marathon.

"Everyone is part of the fraternity of running and I'm sure that just completing the run will give us a great sense of achievement.

"We're also looking forward to a celebration party at Darling Harbour when we finish."

Lauren will be using the event as build-up to the World Triathlon championships on the Gold Coast in September.

She was selected in the Australian team in the 30-34 age group when she finished third in the Australian titles in Forster late last year.

At the same titles, Gunnedah's Cath Murray won the 40-44 years division to qualify for the world titles, which will consist of a 750-metre swim, 20km bike ride and 5km run.

The Half-Marathon will start in College Street, near St Marys Cathedral, and will follow the harbour foreshores, through The Rocks, past the Harbour Bridge and Sydney's financial district and finally along Macquarie Street.

The late Kerryn McCann made Half-Marathon history by winning the event four times.

All runners will be "running for Kerryn" with proceeds going to the family's charity of choice, the Breast Cancer Network Australia (BCNA).



ON THE ROAD. Ben and Lauren Robertson going for a jog as part of their build-up to the Sydney Morning Herald Half-Marathon on May 17.