

## Transcript

Station: **ABC 702 SYDNEY** Date: **28/05/2010**  
 Program: **BREAKFAST** Time: **06:42 AM**  
 Compere: **ADAM SPENCER** Summary ID: **S00039130943**

Item: **MAYA ZAHRAN, WHO RAN THE SYDNEY HALF MARATHON FOR CAN TOO, TALKS ABOUT HER EXPERIENCE. SHE SAYS CAN TOO IS A FANTASTIC ORGANISATION. SPENCER SAYS ZAHRAN IS A MEMBER OF THE LIVERPOOL POD OF CAN TOO. ZAHRAN TALKS ABOUT THE TRAINING PROGRAM. SPENCER SAYS THE GROUP RAISED ALMOST HALF A MILLION DOLLARS. HE SAYS THE WEBSITE IS CANTOO.ORG.AU. HE SAYS CAN TOO TRAINS PEOPLE FOR THE SYDNEY MARATHON, HALF MARATHON, AND ALSO 10 KILOMETRE RACES AND OCEAN SWIMS.**

**INTERVIEWEES: MAYA ZAHRAN, RUNNER, CAN TOO**

Demographics:	Male 16+	Female 16+	All people	ABs	GBs
	55000	61000	116000	52000	71000

ADAM SPENCER: Let's meet someone who took on the Sydney Half Marathon, Maya Zahran, from Liverpool is on the line. How are you, Maya?

MAYA ZAHRAN: Hi, Adam, how are you?

ADAM SPENCER: A proud member of the Liverpool pod of Can Too, how did the Half Marathon go for you?

MAYA ZAHRAN: Oh look, it was such a fantastic experience, I mean I've come from no running experience at all, to actually saying that yes, I can actually run a half marathon, it was just out of this world, really.

ADAM SPENCER: So when you say no running experience before, what was your background, coming into this?

- MAYA ZAHRAN: Let me say I could possibly run about say, 400 metres at most.
- ADAM SPENCER: [Laughs] From what I understand, a half marathon's a bit longer than that.
- MAYA ZAHRAN: Twenty-one point one kilometres, I mean Can Too is such a fantastic organisation, with the support of all our mentors, captains, people like Annie, we crossed that line, it was so achievable with Can Too.
- ADAM SPENCER: So you met up with the Liverpool pod, how long ago did you first train with that pod, and how many people were training? Talk us through that experience, Maya.
- MAYA ZAHRAN: Yep, so it was about just over three months of training, and it was a small group in the Liverpool pod, we had a tight little team of say about 15-odd people, and we would meet, as Annie said, every Wednesday night, every Saturday morning, and we also had a schedule, another sort of training program throughout the week, to just guide us, and make sure that we were sort of keeping in the loop with the fitness as well.
- ADAM SPENCER: Were you confident when you stood on the start line, that you'd finish the Half Marathon, or was it the very limits of what you could do?



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- MAYA ZAHRAN: No, I was certainly confident, I mean I had done all the training, there was nothing that I could do then that wasn't going to get me over the line, I knew - and I mean with 300 or so other Can Too-ers, I knew that with that presence there, I could actually make it over the line, and I did.
- ADAM SPENCER: And knowing that you're part of a group of people that raised almost half a million dollars, must also feel great?
- MAYA ZAHRAN: Exactly, I mean you've got the pressure there, which for me was I feel guilty if I don't do it, because I have gone out there, I have raised the money, I'm doing this for someone else, as well as myself, so it was just a fabulous feeling, really.
- ADAM SPENCER: Do your family and friends notice a different Maya now, who can knock over 21ks, to the one who might have struggled to run 400 metres a few months ago?
- MAYA ZAHRAN: Everyone is so inspired to come and run, I mean I have my friends who want to join up now, because they're just so excited, they thought, hang on a minute, you couldn't even run from here to the end of the street, how are you doing 21 kilometres now? You know, there's potential there to do a full marathon, maybe next year, who knows?
- ADAM SPENCER: Well, so you're thinking down the line you might even take on a full marathon?



MAYA ZAHRAN: I'm certainly thinking that, I can do it.

ADAM SPENCER: Great stuff, Maya, you're an inspiration to us all, thanks for talking to us this morning, Maya.

MAYA ZAHRAN: Thanks, Adam.

ADAM SPENCER: Maya Zahran there, from the Liverpool pod of Can Too, cantoo.org.au. If you're toying with running the Sydney Marathon, or the Half Marathon next year, they also train people for 10 kilometre races, and ocean swims, et cetera, cantoo.org.au.

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ABs = Managers, administrators, professions. GBs = Grocery buyers.

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