

NAME Jane Cross

LOCATION
North Sydney

AGE 34

OCCUPATION new mum and
registered nurse

GOAL To run her first marathon in
under the six hour cut off

RACE Blackmore's Sydney
Marathon, 2009

TIME: 5:28:47



A RUNNER AND NEW MUM, JANE CROSS says deciding to run her first marathon in September 2009 was an easy decision.

"After my daughter Emily was born on 22 August, 2008, I was feeling lethargic and desperately wanted to get back in shape," she says.

When Cross saw a television advertisement for running group Can Too, the registered nurse jumped at the chance to run while raising money for cancer research.

"On the first training night I turned up wearing a pair of seven-year-old runners, maternity pants and a dodgy old t-shirt, and I couldn't even run three kilometres," she recalls.

But with the help of coaches, physiotherapists, dietitians and her husband Matt, Cross committed to a 20 week marathon training program.

"It was a busy time but we cooked meals on Sundays so there was always something in the freezer for after training, and sometimes Matt and Emily would meet me at the end of Saturday long runs for coffee."

Lining up at the start line, Cross says her nerves almost forced her off the course, but setting out with her running buddy Kat from Can Too eased her concerns.

Finishing in 5:28:47, Cross will never forget her elation: "I've done it!" she cried as she crossed the line.

"Now that it's over, I'm sad that training has finished so I'm definitely going to run another marathon, perhaps in New York so I can scope out the shopping while I'm there," she laughs.

Cross advises first timers to invest in some good running shoes and just go for it - "but remember, maternity pants don't make good running shorts!"