



Heart's behind big run

By SARAH MOYES

STU Joyce was just 11 when heart disease killed his big brother.

Now the 26-year-old from Parnell is running his first marathon to help others affected by the condition.

He's a Heart Racer in the adidas Auckland Marathon and is raising money for the Heart Foundation.

"It makes the event worthwhile," he says.

Mr Joyce's brother Nick contracted a rare virus that attacked his heart when he was four.

"Viruses usually only hit once. This one came back twice more," Mr Joyce says.

Nick lost the battle when the virus hit a third time. He was just 14 years old when he

died.

"Doctors still don't really know what it was."

Mr Joyce isn't a first-time runner. He completed the Auckland half-marathon in 2008 and last year did the 10km race.

This year he's stepping it up a notch.

"I needed a new challenge. It was one of those things I was always going to do."

The stormwater engineer is getting plenty of support from his colleagues and employer Morphum Environmental.

He's raised more than \$1000 so far and hopes to reach \$2000.

"I have a few mates who will donate once I cross the finish line. They'll believe it

when they see it."

Mr Joyce has been training for four months and is feeling pretty confident that his four to five runs a week will give him the endurance he needs on Sunday.

But getting to this point hasn't been easy.

He didn't want to think about the 42km slog when he first signed up.

To make training a bit more bearable he treated himself to an expensive pair of running shoes. Then the unthinkable happened.

"I left them outside my front door and someone nicked them."

His feet are battered and blistered from pounding the pavements with his cheaper

alternatives.

But he has come to love running and actually looks forward to his 5.30am starts.

Mr Joyce has organised a raffle to help his fundraising efforts.

Tickets can be bought through his website.

■ Go to www.heartracer.org.nz/StuJoyce/ to support his efforts and the Heart Foundation.

"I have a few mates who will donate once I cross the finish line. They'll believe it when they see it."

Stu Joyce



East & Bays Courier
27-Oct-2010
Page: 1
General News
By: Sarah Moyes
Market: Auckland
Circulation: 43053
Type: NZ Suburban Auckland
Size: 639.50 sq.cms
Frequency: --W-F--



Heart's in it: Stu Joyce is getting ready for the adidas Auckland Marathon on Sunday. He is raising money for the Heart Foundation.

Photo: JASON DORDAY