



On top of the world

Adrian Dodson-Shaw pictured after completing the 2014 New York Marathon.

Broome man to tackle North Pole Marathon



BROOME Aboriginal marathon runner Adrian Dodson-Shaw will create history when he becomes the first Indigenous Australian to land on the

North Pole to take on one of the world's most gruelling challenges – the 42.2km North Pole Marathon.

He will depart Australia on April 3, with the marathon being held on April 9, returning home on April 15.

Dodson-Shaw was part of Robert de Castella's Indigenous Marathon Project (IMP) squad in 2014, completing the New York City Marathon with just six months of training.

This next challenge will see him trudge his way through ice and snow – a far contrast to the heat of Broome – to complete the 42km course alongside Canberra IMP supporter Jon Brand.

Dodson-Shaw was overwhelmed with excitement about being selected for this historic opportunity.

"My life has completely changed since being part of IMP. Last year I was unfit, had been a heavy drinker since the age of 15, was unhealthy and not the role model I wanted to be for my family," he said.

"Now, I'm a fit, healthy, non-drinker excited about the future and inspiring my children, family and community.

'Very special'

"I was the first IMP runner from Broome to complete the New York City Marathon and now I am extremely grateful to be chosen for the North Pole Marathon and to be the first Aboriginal man to be part of the event – it's very special."

De Castella said the North Pole Marathon offered a remarkable experience and was calling on the generosity of

businesses and the community to help raise \$100,000.

"This is a once-in-a-lifetime adventure.

The opportunity of standing at the geographical North Pole on top of the world will be an incredible moment. It's an extremely unique and delicate event," he said.

"The North Pole is situated in the Arctic Ocean, so there is no land. The participants are running on water covered by ice and snow.

"A bulldozer is loaded on to a jet and flown to the start line to plough the starting area. Once the area is safe for competitors, they are flown in from a short distance away and the race is started," de Castella said.

He said he would be using his observation skills more than his running prowess for this event, keeping a careful lookout for any large, white furry locals, with

sharp shooters will be positioned around the course watching for polar bears.

"I'll be more than happy to be on the sidelines watching out for the native wildlife that might want to join in the action," de Castella said.

Plea for support

"We are calling on the Australian public to show its support to Adrian and Jon."

People wanting to donate can visit <http://impnorthpolemarathon2015.gofundraise.com.au>

"All donations are tax deductible and will ensure the sustainability of the IMP," de Castella said.

The entries for Dodson-Shaw and Jon Brand have been donated by IMP supporters Trish and Don Griffin and event organiser Richard Donovan donated the entry allowing de Castella to travel as support for his charges

Tijuana's dedication inspires her coach



NSW WHEN Tijuana Keed was born on December 6, 2003 in Sydney's Westmead Woman's Hospital, she was taken

straight to Neonatal Intensive Care Unit (NICU) because she was born with a hole in her heart.

Not knowing she had spina bifida at the time, doctors told her family that she would not be able to walk or even sit up by herself.

At two years old, she had heart surgery where doctors repaired the hole in her heart.

She's had checkups and a few operations since then, attended many clinics at the Children's Hospital in

Randwick and still remains a very happy and outgoing 11-year-old.

Tijuana's family live in the small town of Peak Hill (population 1400), where she is in Year 6 at Peak Hill Central School.

She has a little sister – Taliyah, 5, and lives with her mum Renee and grandmother Pam.

To attend swimming lessons, the family travel 30 minutes every Saturday with Anne – Tijuana's swimming instructor.

Tijuana absolutely loves it. She also trains at Peak Hill pool on Monday and Wednesday afternoons and trains with the Peak Hill Swim Club every Friday evening, regularly beating her personal best.

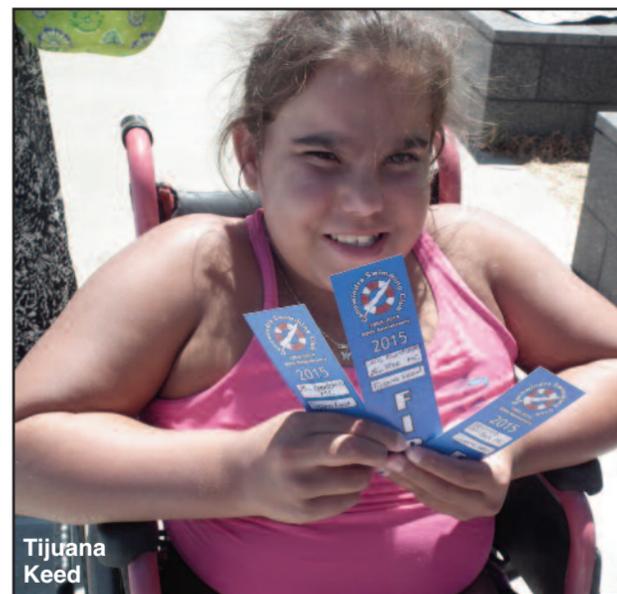
Tijuana attended her first swimming carnival in Canowindra on February 2 and got claimed three first place ribbons – in the 25m freestyle (49.32), 25m backstroke (103.07) and the 25m breaststroke (106.17).

This was a very proud moment for Tijuana and her family.

Tijuana had the chance to chat with Paralympian Annabelle Williams on Australia Day and it was a real highlight for her.

Ann, of Ann Adams Swimming in Parkes, said Tijuana was 'an absolute pleasure to teach' and said she could not wait for the swimming season to return in October.

She said she had learned so much from Tijuana.



Tijuana Keed