

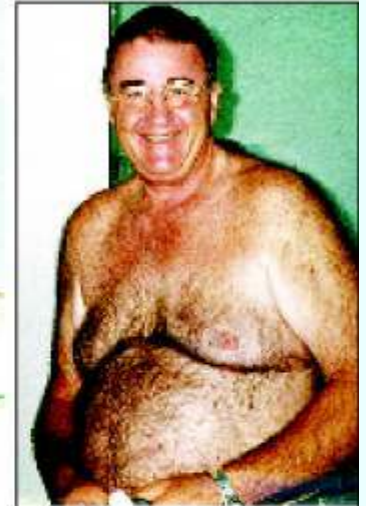
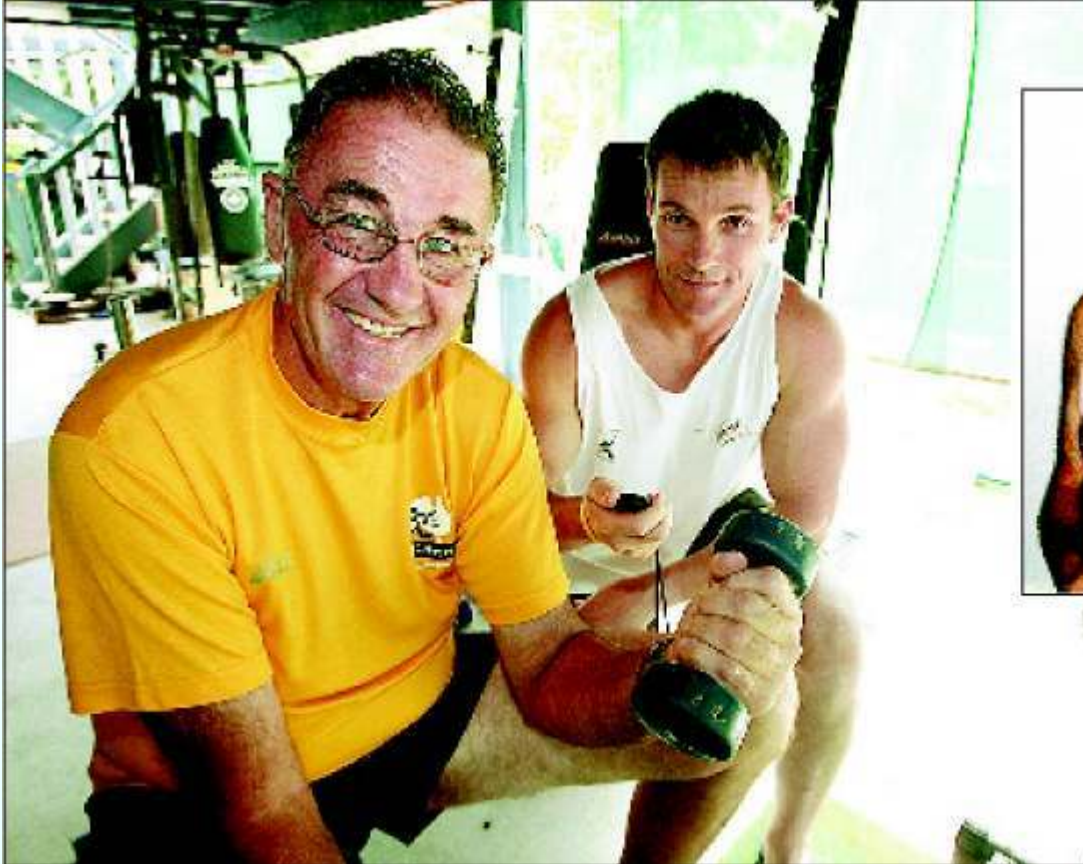
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Above: A pre-marathon Mr Laycock
Left: John with personal trainer Korey Williams

● **Picture:**
Mike Batterham

John's life easier to stomach in the long run

by Katie Miller
health reporter

THERE is no sign today of the weight that last year had John Laycock sleeping in a chair and barely able to exercise.

The Hollywell local has shed more than 40kg and on Sunday will compete in the 10km event at the Honolulu Marathon in Hawaii.

Mr Laycock said gastric band surgery last December and a complete lifestyle change

turned his life around. "My wife told me about two years ago I wouldn't be alive in two years if I didn't do something," he said.

"I couldn't bloody run 100m before. I wasn't really dieting or looking after myself as I should have and my weight gradually went up and up."

Mr Laycock had been living with type two diabetes for about 10 years but now has the condition under control.

The 62-year-old, his per-

sonal trainer Korey Williams and the Gold Coast Obesity Surgery Centre raised \$8000 so Mr Laycock and Mr Williams could compete in Honolulu. Mr Williams will run the full marathon but the Strive 2 B Alive trainer said the pair were really in the same boat.

"I've never done a full marathon so I'm a little bit nervous too," said Mr Williams.

"I'm pretty confident of finishing the marathon but you have got to contend with the

humidity and heat over there."

Mr Williams said Mr Laycock had been in bad shape before surgery; he weighed 145kg and slept in a chair most nights as lying down put too much pressure on his organs.

"Before he started training he was flat out walking around but he just gradually increased his base fitness and as his weight came off, he was able to do more," said Mr Williams. "His confidence has gone through the roof."