

Locals take the weather points

SCORE one to the district's weather watchers, who proved last month a university degree is not necessary when it comes to predicting the weather – just experience.

While the Bureau of Meteorology was hedging its bets on March rainfall due to the low predictability of weather across the district, especially under El Nino conditions, the local consensus that rainfall would continue to remain low across the region was spot on.

March rainfall remained below average for the region, with Heathcote recording 29.4mm, Eppalock just 10mm, and Pyalong 36.4mm compared to their long-term averages of 36.5mm for Heathcote, 30mm for Eppalock and Pyalong 42.7mm.

Residents in Redesdale were a little luckier with 46.6mm of rain recorded for the area, exceeding the March average by close to 7mm.

April rainfall is also predicted to remain below average, so Heathcote is unlikely to see more than 41.7mm, Eppalock 37.2mm, Knowsley 32.3mm, Baynton/Tooborac 46.1mm, Pyalong 45.1mm, while the Redesdale average for April is 40.2mm.

March was the warmest on record across the state with temperatures in the region well above average for the month.

Average day temperatures hovered round 28.3 degrees compared to the usual 25.2 degrees, while night temperatures were also warmer than usual at around 14 degrees on average, the long term average around 10.6 degrees.

April temperatures are also expected to remain above average so temperatures during the day should remain in the high teens to low 20s, while overnight temperatures are like to get cooler as winter approaches, but still remain around average or higher for the month.

Brian is walking his way toward 200th marathon



❑ The Old Man in Orange, Brian Glover, will compete in the 2016 O'Keefe Marathon.

By BRONWYN LUMSDEN

YOU'RE never too old to start something new – that's the message from marathon walker Brian Glover.

The 74-year-old from Portland on Victoria's windy west coast will take part in the inaugural O'Keefe Marathon on May 1, and it will be far from his first.

"I started walking when I turned 50 because I wanted to get fit and entered my first marathon at age 54, but since then I have completed 172 marathons - Heathcote will be number 173 – and 68 ultra marathons," Brian said.

"I lost over 20 kilos and it stayed off. Actually I initially dropped too low and had to put some weight back on, but I've kept those 20 off ever since."

Brian trains five days a week and his training includes climbing the steps on the cliff face at a local beach in Portland.

"There are 94 steps, so that's 94 up and 94 down again and I do that thirty times, so it's a couple of thousand steps up and down the cliff to the beach," he said.

"My doctor was actually concerned about my blood pressure and suggested I reduce how much I exercise, but then I thought the next thing you know he'll be telling me I'm obese and need to exercise, so three days later I did the Great Ocean Road marathon. Now he tells me not to listen to him."

Brian's wife Jacqui is unable to take part with her husband in the marathons for health reasons, but attends every race with him and acts as his support crew.

"She's behind me 100 per cent all the way - if she can drive around the course she does, but she's always there on the sidelines and at the finish line cheering me on," he said.

Brian said if he'd listened to the critics when he started walking he never would achieved so much or felt so fit.

"Everyone said at 54 that I was too old, but I don't agree. I think it is all about mind over matter," he said.

"If everyone keeps saying you're too old or you can't do something and you believe them then you'll get nowhere, or you can say it's rubbish and try."

"As long as your body is still capable of doing it there's no reason why you can't do it other than what's happening in your own mind, but after 172 marathons I

feel great in myself and I definitely don't feel like I'm in my seventies."

In 2015, Brian competed in 17 marathons, three ultra marathons, the MCG Stadium Stomp, the 50km Upstream Challenge in Melbourne and the Eureka Tower Challenge among other events.

Brian said he credited a great deal of success not only to his hard work and dedication, but his lack of reliance on technology.

"I never wear headphones when I'm walking, I focus on what I am doing. A couple of weeks ago in Canberra they checked your time at different points on the course, roughly equal distance apart and I was maintaining my pace within 20 seconds at every point – I actually got quicker at the end because you can see the finish line from quite a distance away and it's good motivation," Brian said.

"I just go on what my body tells me, not what a watch tells me. It may be why injuries in sport seem to be more common, like in the AFL, because they are relying on technology to tell them instead of what their bodies are telling them."

"You know your own body best and if you listen to it, you don't push it further than you should."

Brian said he had no plans on retiring from marathon walking as long as his body and health allowed him to do it, and he remained focused on his goal of completing 200 marathons.

"Don't let anyone tell you you're too old to start exercising. Just know what your body can and can't do and work with it," he said.

"I'm at a point in my life now that if I stopped, I wouldn't be able to start again – you have to accept it's not like in your 20s and 30s when you could take a six-month break and have no problems getting straight back into it."

"So, you need to be realistic, but I don't think age should be considered a barrier to exercise, that's all in the mind."

Brian will be walking the full marathon from Bendigo on May 1, wearing the orange gear that has made him an icon of the Australian marathon circuit, and is looking forward to a warm Heathcote welcome at the finish line.

For more information about the marathon, to register for an event or to order a supporter or participant T-shirt, visit www.theokeefe.com.au

Todd PROPERTY



Brad Todd
0419 771 475

Real estate sales & property management with service

95A High St, Heathcote
www.toddproperty.com.au



Concrete & Quarries

For quality concrete and friendly reliable service, call Trevor at Mawsons Concrete Heathcote on

5433 2513

20 Pink Cliffs Road, Heathcote



Formerly Prendergast Redi-Mix Concrete