

Ironman made of strong stuff Jamie First

For Craig Hamilton, competing in the 226km Ironman Asia-Pacific Championship in Melbourne this Sunday will be a piece of cake, compared to what his body is already going through.

He has an inoperable brain tumour and cancer.

Mr Hamilton said the Ironman event, involving a 3.8km swim, 180km bike ride and 42.2km run, will give him an important sense of self-achievement.

"I believe the training for IM and the event itself has assisted in providing me with a really positive state of mind and a much fitter body," Mr Hamilton said.

He hopes his efforts will encourage others.

"The event is an important way for me to send a positive message to anyone suffering from cancer or a life-threatening illness."

Mr Hamilton said his inspiration stems from his family – wife Nikki and children Erika, 9, and Thomas, 7 – the public, and a hope to live.

"I do have a strong and positive belief that I can beat this cancer and live a long and healthy life with my family... by working towards mind and body balance."

The event and the Herald Sun/CityLink Run for the Kids will cause road closures this Sunday.

Details: runforthekids.com.au, ironmanmelbourne.com or vicroads.gov.au