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Triathlete's story of resilience



In the saddle: Michael Griffin will compete in his first triathlon this month, two years after his diagnosis. **Picture:** Wesley Lonergan

MICHAEL Griffin said there were two ways of dealing with the "Big C": throw your hands up and say "I'm gone" or stick around and fight.

Mr Griffin, of Miranda, took the latter path when he was diagnosed with chronic myeloid leukaemia two years ago.

Mr Griffin found out he had leukaemia after applying for life insurance when a series of blood tests revealed he had the disease.

"I asked the doctor 'What does this all mean?' and he said 'Well, you're not going to live to a ripe old age'. I'll never forget those words."

Mr Griffin now realises he was caught in a rut with his health. He was a busy, successful owner of a real estate business working six days a week, eating badly and not doing any exercise.

Trips to a naturopath put him on the right path with his diet and he began sessions with a personal trainer. His leukaemia is now in remission and, during the past six months, he has built up his training to include 20 kilometres of running and 80 kilometres of riding a week.

His next big challenge will be the Kumell Sprint Series on Sunday, when he will swim 750 metres, ride 20 kilometres, and complete a five-kilometre run.

"I love my training. I see how it's changed my life," Mr Griffin said. "When I get across the finish line I'll be an emotional wreck. It's just a massive achievement."