

Marathon Man runs final race

Cancer claims popular runner

SHAWN Claydon, coined the Marathon Man, has run his last race.

Well known in the Mackay community as a keen road runner, Shawn was also proud to be a partner at Forsyths Accountants.

He was diagnosed with stage IV pancreatic cancer in March this year and succumbed to the disease on August 30.

Shawn was a member of Mackay Road Runners as well as club treasurer, a role he kept to the end. He was a coach and mentor to other road runners in the club.

Shawn's sporting abilities took him to the highest achievement within the club – Road Runners Male Club Champion – for many years. He also won the King of the Mountain many times by being the first male runner to reach the top of Eungella range. In 2015 he was made a Life Member of Mackay Road Runners.

As Shawn continued to excel in his running pursuits he travelled to competitions and represented Australia in the Oceanic Games in Townsville, Samoa and Bendigo.

He also went to America to be one of 15,000 competitors in a one-miler down Fifth Avenue, followed by the New York Marathon, AND then competed in the Vancouver and Toronto half-marathons before heading home.

Shawn ran in the London Marathon in 2014 and 2015; he won gold in the 5000m at the Queensland Athletics track championships at QEII Stadium, Brisbane in 2013 and a bronze in the 1500m; he competed in the Airport Gold Coast marathon for many years; he was inducted into the 10 Year Half Marathon Club in 2010, having competed in 10 half marathons – the World

“SHAWN HAS ALWAYS BEEN COURAGEOUS, BRAVE, DETERMINED AND DRIVEN...”

Masters Athletics Championships, NQ Games, Melbourne Marathon, Sydney's City 2 Surf and the Cadbury Marathon in Hobart.

He ran his last half marathon on January 14, 2018 at the Cadbury Marathon in Hobart.

One month later, in February, he learned the devastating news that he had secondary cancer, and by March he was diagnosed with stage IV pancreatic cancer.

After bouts of chemotherapy and radiation it was determined that the cancer was resistant to all treatments. Pancreatic cancer is very aggressive and he was left with no available treatment options.

Shawn has always been courageous, brave, determined and driven. He used these characteristics every day in his life – from training to become faster to win that next race to the ultimate fight for his life. He never gave up.

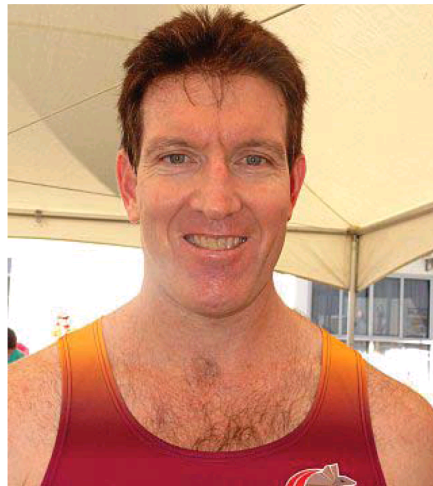
Shawn is survived by his daughter Mikaela, his parents John and Bonny Claydon, sister and brother-in-law, Sharon and Jeff, and nephews, Lincoln and Aonghus and dear friend Jodie. He will be sadly missed by his extended family, friends and the running community. Shawn has been taken too soon. We will never forget him but he has run his last race. He is now at peace.

Shawn's funeral will be held at 11am Wednesday, September 5 at St Patrick's Catholic Church, River St. Everyone is invited to attend.
Contributed



DEDICATED COMPETITOR: Road Runner Shawn Claydon competes in a BMA Men's Half Marathon.

Photo: Lee Constable



Shawn Claydon after a half-marathon win in 2012.

Photo: Charlie Payne



Mackay Marina Run ambassador Benita Willis, back in Mackay with Shawn Claydon in 2017.

Photo: Madolyn Peters

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Injured hiker winched from top of mountain by RACQ CQ Rescue team

A MACKAY woman had to be winched off the top of a mountain by RACQ CQ Rescue on Sunday after breaking her ankle.

The 55-year-old was hiking along a track at The Leap with a male on Sunday afternoon when she broke her right ankle.

An RACQ CQ Rescue air crewman said the helicopter was tasked about 5.50pm.

"After making phone contact with one of the stranded hikers to clarify their exact location on the walking track on the mountain, the rescuers flew direct to the scene," the crewman said.

"Given the very rocky and

steep terrain and that the hikers were at the top of the mountain with nightfall fast approaching, ground recovery of the injured woman was not possible. The crew decided winching the walkers off the mountain was the safest option," the RACQ CQ Rescue air crewman said.

"As the helicopter hovered overhead with a doctor and critical care paramedic on board, an RACQ CQ Rescue rescue crewman was winched down to a rocky clearing very close to the patient's location.

"The patient was then carried by the rescue crewman and her hiking partner about

50 metres from the site of injury to the winch location. She was strapped into an ARV (Air Rescue Vest) and winched up into the helicopter where she received immediate treatment and pain relief by the medical team on board.

"As the second hiker didn't have any lighting, had very little water and there was a high risk of injury if he hiked out alone, the rescue crewman was again lowered down to the mountain to secure the man in a harness and also winch him up into the helicopter."

Both hikers were taken to Mackay Base Hospital in a stable condition.