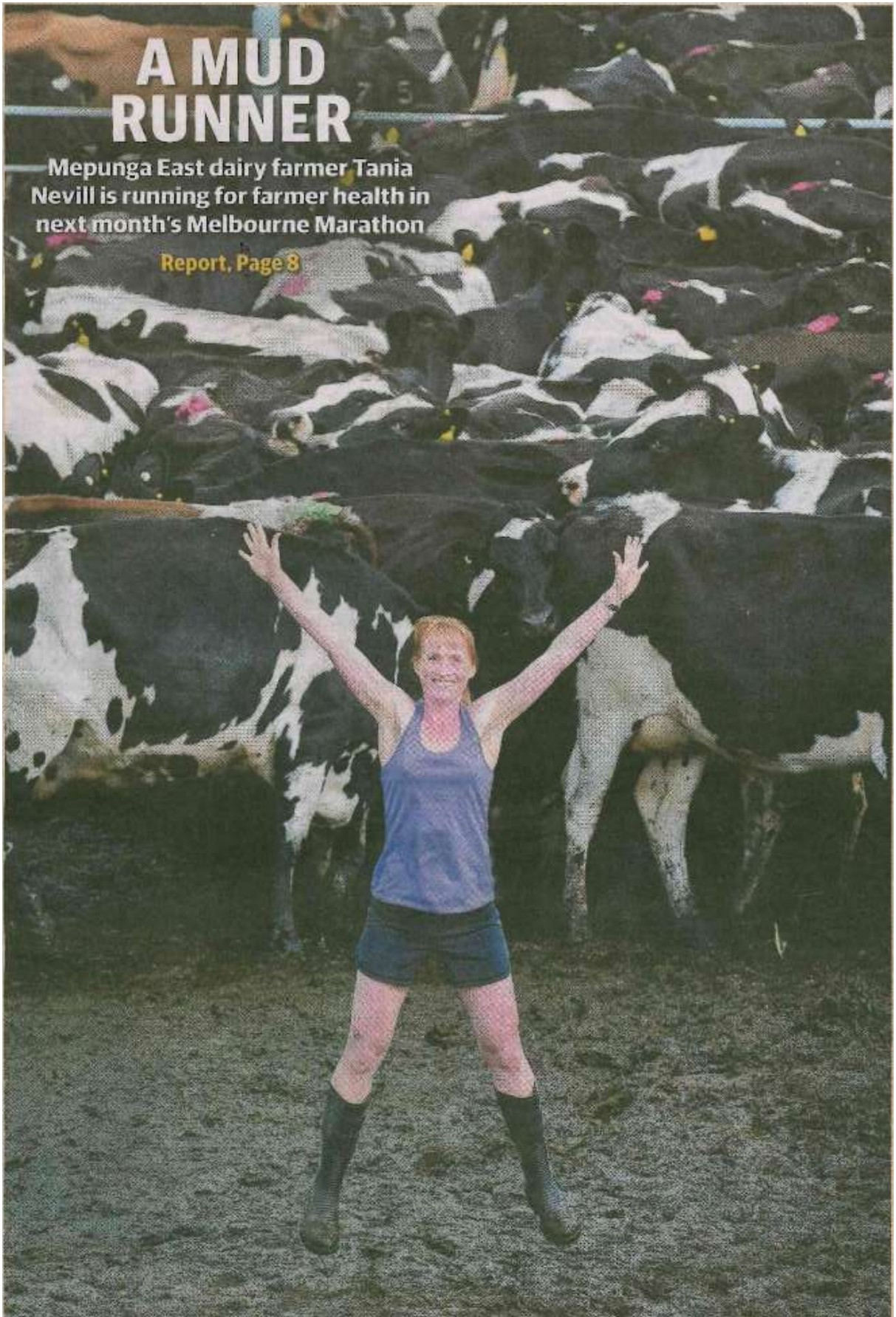


A MUD RUNNER

Mepunga East dairy farmer Tania
Nevill is running for farmer health in
next month's Melbourne Marathon

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The long road: Mepunga East dairy farmer Tania Nevill is running in the Melbourne Marathon on October 12.
Picture: ZOE PHILLIPS

In it heart and sole

By JONNO NASH

RUNNING in saturated shoes along the sodden shoulders of a bitumen road lined with fresh wintry dew has given dairy farmer Tania Nevill the best preparation for next month's Melbourne Marathon.

The Mepunga East resident has responded to her 5am alarm clock nearly every day since February, averaging up to 60km a week in preparation for her first marathon.

But the mother of four says her gruelling regimen has been a walk in the park compared to the challenges farmers face.

"It's easy to make the effort to get up out of bed when you have a goal in my mind," Ms Nevill said.

"While my training can be hard, there are farmers in Victoria who are enduring great physical and mental hardships.

"But farmers are a resilient lot who can push through that pain barrier if it means helping each other out."

Ms Nevill, 38, will be flanked by about 100 other runners in support of farmers' health.

The group, Run 4 Farmer Health, hopes to raise \$20,000 for the National Centre for Farmer Health at the October 12 event.

For more information, visit farmerhealth.org.au/run-4-farmer-health