

# When the impossible has become possible

## LORETTA MOSTOFI

Australian and World Figure Champion

MY place of work, North Shore Gym in Pymble, held a great event in May which had many members working towards a goal.

It was called the Ultra Marathon Challenge.

It consisted of six events – 50km treadmill run, 350km bike, 50km row, 20 group classes, upper body and lower body challenges.

Members could choose as many events as they liked and had the 31 days of May to complete their chosen challenges.

I had some clients who chose to do one event and others who took on four.

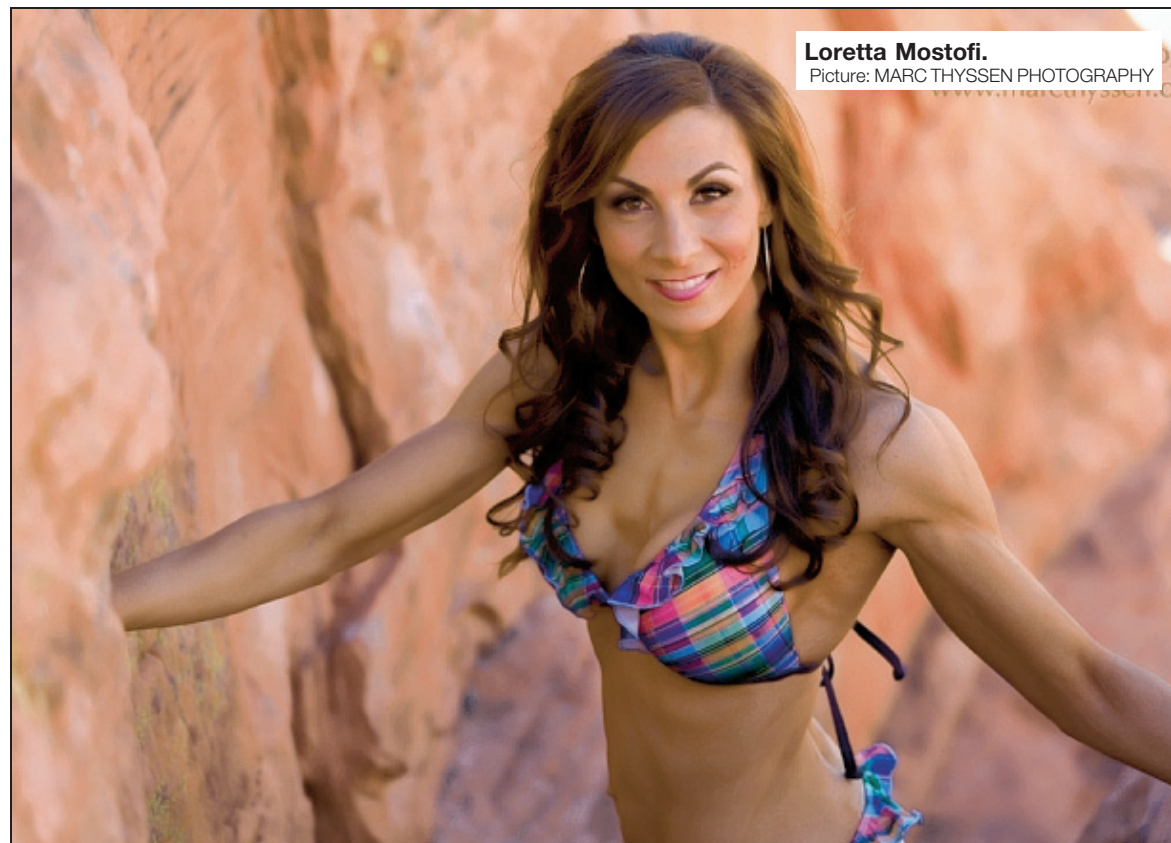
Some of us personal trainers decided to join in with our clients and members and took on the challenge, as well.

My competitive nature pushed me to take on the enormous task of performing all six challenges in May.

At face value, this appeared huge and quite overwhelming to the point where it almost seemed impossible to accomplish with work, kids and family commitments.

I sat down and worked out a plan of action.

I broke down each challenge into smaller sessions to calculate what needed to be completed on a daily basis in order to complete the challenge. Breaking it down



Loretta Mostofi.

Picture: MARC THYSSEN PHOTOGRAPHY

into weekly blocks to work towards the monthly goal was great.

Not only did it make the challenge less intimidating, it gave me daily and weekly milestones that were much easier to achieve, without even realising.

That initial dream of

conquering the impossible became possible. Small, weekly doses of success kept me motivated and determined that I could do it.

Details: [lorettamostofi.com](http://lorettamostofi.com).



Read the rest of Loretta's column at

[northshoretimes.com.au](http://northshoretimes.com.au)

“Small, weekly doses of success kept me motivated”

## Two for NSW Breakers

GORDON women's cricket captain Hannah Trollip has been named in the NSW Breakers 2011-12 squad. Trollip, who made her NSW debut last season, joins her experienced clubmate Lisa Sthalekar in the 22-strong squad. The squad also include West Pymble's Ellyse Perry and her Sydney teammate and Gordon-North Sydney Hockey Club player Alyssa Healy. Trollip has won the women's player of the year award in the Sydney First Grade competition for the past two seasons.

## Bears feeding Bunnies

NORTH Sydney Bears have extended their partnership with the South Sydney Rabbitohs until the end of the next season. The Bears' NSW Cup side is the feeder team for the Rabbitohs in the NRL. Sixth-placed North Sydney host leaders Canterbury Bankstown at North Sydney Oval on Sunday at 3pm.

## Bombers at Gore Hill

NORTH Shore Bombers will play UNSW-Eastern Suburbs in a Sydney AFL Premier Division round 3 match at Gore Hill Oval, St Leonards, tomorrow at 2.10pm. The Bombers under-18s are at 8.30am, Division 3 at 10.30am and Division 1 at 12.30pm.

## Premier rugby action

NORTHERN Suburbs host Eastern Suburbs in tomorrow's Sydney Premier Rugby match at North Sydney Oval. Gordon visit Manly at Manly Oval. Both games are at 3pm.

## Lessons from golf pro

NORTH Turramurra Golf Club is holding free beginners' lessons with a PGA professional. Lessons run for an hour and include tuition in swinging, putting, set-up routine and club selection. Classes run from 8.30am to 9.30am on July 9 and August 6 and from 1pm to 2pm on July 23 and August 20. Bookings are essential: 9144 5110.

# Junior Brothers play in pink socks for cancer cause

## TORIN CHEN

THESE junior rugby league players are wearing pink socks for a good cause.

The boys from North Sydney Brothers Junior club have joined the Pull On Your Socks and Women In League campaign to raise money for the McGrath Foundation.

All proceeds from the sale of pink footy socks will help fund McGrath breast care nurses nationally and increase breast awareness in young women.

Pink socks have almost sold out but footy fans who make an online donation by midnight on Monday can go into the draw to win a Steeden pink match ball signed by players from their favourite NRL team.

Former NRL stars Laurie Daley and Mario Fenech have thrown their support behind the campaign.

Fenech, a former North Sydney Bears player, said it's a great way for the north shore community to make a difference.

“I urge footy fans to be a part of the pink and get on board to support the McGrath Foundation by purchasing a pair of pink socks,” he said.

“For just \$14, you will be helping to support families in your community who are experiencing breast cancer, and you'll look pretty good in pink socks too.”

Details: [www.mcgrathfoundation.com.au](http://www.mcgrathfoundation.com.au) or call 8962 6100.



North Sydney Brothers Junior Rugby League Football Club with McGrath Foundation's Tracy Bevan, breast care nurse Catrina Ross and former NRL player Laurie Daley.