



# One small step for a reason

**Thousands of runners celebrated their final steps in last week's HBF Run for a Reason, but none more so than Subiaco resident Wendy Lawson.**

To the cheers of her team, Mrs Lawson – supported by her daughter Amanda Sachse and son-in-law Jason – got up from her wheelchair and walked the final few metres up to and over the line.

In 2012, Mrs Lawson had a stroke that left her with a loss of control over her balance and motion. While she is still able to move her arms and legs, Mrs Lawson can no longer walk unaided.

Before her stroke, Mrs Lawson had been an avid runner and triathlete and taken part in many charity events. The HBF Run for a Reason was the last event she completed before her stroke.

Mrs Lawson was part a 10-member team that raised nearly \$1800 for Diabetes WA.

Mrs Lawson has had type 1 diabetes for nearly 30 years and was previously a diabetes nurse educator.

This year Amanda and Jason pushed Mrs Lawson along the 4km course before supporting her in an emotional finish.

"It was a wonderful day, and I feel so lucky to be able to do this," Mrs Lawson said after crossing the finish line.

"I just loved being out there again."

Amanda, the team captain, said she was thrilled with how the day had gone.

"My mum is amazing. She's such an inspiration to our family and friends," she said.

"I just wanted to do this for her, to help her take part again because she has always been so active and passionate about this run and other events that she used to compete in and win.

"Raising money for Diabetes WA was also important as it's a condition that Mum has lived with for decades and as a former diabetes nurse educator she is very supportive of the work the charity does."

This year, 240 people supported Diabetes WA in the HBF Run for a Reason, raising more than \$84,000 for the charity.



**Reasonable run ...** Wendy Lawson and her daughter, Amanda Sachse, after finishing the run. TOP: Mrs Lawson steps across the finish line helped by Amanda and son-in-law Jason.