

Heart attack survivor to take on 5K



A Livingston man who has survived not one but two heart attacks will take part in the SUBWAY Helping Hearts™ Family 5K run this weekend in Holyrood Park to raise awareness of heart health.

John McCabe is a roofer and he had his first heart attack ten years ago. He was put on medication but a year and a half later he suffered a second attack leading to surgery.

Recently John has also had two minor strokes but he has recovered to take up running.. He has dramatically changed his lifestyle and started training for a number of endurance events in recent months.

John said: “After my heart attack I was given tablets and everything seemed fine, but a year and a half later the chest pains returned and I ended up being in hospital having a stent operation. “They discovered that my blood is very thick and they believe this has caused the problems.”

John was generally fit through his roofing job, which means he has to “run up and down ladders”. He stopped smoking after his health scares.

“It just shows my heart is quite strong,” said John. “It could have ended up being a lot more serious, but I decided I was not just going to sit around and wait for something else to happen and I am going to enjoy these running events.”

To prove it’s the perfect day out for the whole family to enjoy, not only will there be lots of free, fun activities on the day, but everyone who takes part will also receive a FREE

T-Shirt, a FREE SUBWAY® lunch, a finisher's medal and access to the Family Village!

Children under 12 go FREE and it's then just £7 per person for the rest of the family when they register online. Go to www.5ksubway.com for race information and to register. There will also be a limited number of places available for families to come along and register on the day – £9 for adults, under-12s go free.