



6 October 2021

ON YOUR MARKS...

When you are born with CF you hit the ground running. Every day brings new challenges and life is rarely laid out on a silver platter.

On the 16th of October, Bradley Dryburgh, a young CF advocate and one of our most active CF ambassadors, will once again **run a full marathon!** Bradley is on a mission to prove that people with CF can live a life without limits. His regimen of fitness and healthy living inspires CF kids and adults across the country who look up to Bradley. Just recently he was [interviewed](#) on Channel 7's 'Sunrise' about his work for the CF cause!

Now is the time to step up to the starter's blocks and help get CF Awareness over the line. You can join Bradley in spirit for his gruelling marathon simply by getting out in the sunshine for a run (or even a long walk!) in your own neighbourhood.

Film your run or take photos and post to Instagram, Facebook or Twitter under the hashtag '#42forCF'. Do this at any time on or before October 16th to help Bradley gather steam for his big run.

We are hoping to raise funds and awareness this way and keep up momentum during lockdown. We are also building towards Bradley's **next** big run on May 14th 2022 when he will lead a pack of 50 runners in a marathon along the scenic North Beach route in Wollongong.

By participating in Bradley's virtual run this October and by donating to the incredible #42forCF campaign, you will be helping Bradley spread a message of fitness, bravery and audacious hope for the future of CF in Australia.

Don't take our word for it, head on over to Bradley's popular podcast, [A Lot To Talk About](#), where he interviews important names in Australian sport, culture and entertainment. Run with CFA and Bradley Dryburgh this October, get out there and show the CF colours.

Find out more and support Bradley at our #42forCF Fundraising page [HERE](#).