

4 April 2023

MEET LAYNE

Maybe you've considered completing a Half Ironman before...have you ever considered completing 36 of them? And in just 36 consecutive days?

That's exactly what Layne Storrier will be doing this coming September to raise funds and awareness for the cystic fibrosis (CF) community!

Layne approached Cystic Fibrosis Australia (CFA) wanting to do something **INCREDIBLE** for our community, and over the course of 36 days, he will be striving to complete an incredible 68.4km swim, 3,240km bike ride, and 759.6km run. This ambitious goal is to help raise funds and awareness for CFA.

CF is a genetic condition that primarily affects the lungs and digestive system, however, can also affect many other parts of the body including the sinus and digestive systems. People with CF have inherited two copies of the defective CF gene – one copy from each parent. Both parents must have at least one copy of the defective gene. Sadly, there is no cure at this time.

CF is classed as a rare disease, with 1 in 2,500 babies born in Australia with CF. Its rarity becomes even more apparent when you understand that CF itself has over 2,000 identified genes, meaning each person living with CF is completely unique. This makes treating CF incredibly difficult as there is no blanket medication that suits every person.

People with CF often have a decreased quality of life and shorter life expectancy. This must change.

Recently, there has been new medication available to a large percentage of people living with CF in Australia but there are still many people who are unable to access this or who won't respond to the current treatments that are available. This is not okay.

We're firm believers that every single person living with CF should have easy access to the therapies they need.

CFA leads the national advocacy agenda and, by collaborating with researchers and

medical professionals, ensures progress so that all Australians living with CF can have long and healthy lives.

Over the coming months, Layne will be tracking his training via his social media: @[layneo_insaneo](#). Make sure you are following along.

So, who is Layne Storrier and why is he taking on what seems to be an insurmountable challenge like 36 in 36?

Layne is a 24yr old Australian man whose story isn't unfamiliar to many other young Australians.

After leaving school, Layne fell into the pattern of working throughout the week, then partying all and every weekend. Layne himself will tell you he was drifting through life without a solid purpose and was stuck in a mindset of "all my friends are doing this, why shouldn't I?" Deep inside though something was telling him he was made for more.

More came in the form of the 75HARD Challenge in November of 2021. Saying yes to this challenge was the catalyst for many things changing in Layne's life. That 1 choice, that commitment to challenging himself in a way he had never even considered before, inspired many of Layne's amazing achievements that followed.

75HARD is not for the faint hearted; it's been described as an Ironman for your brain and includes five strict rules which must be followed for 75 consecutive days. Things that most people would look at and immediately say "no way".

It's a challenge that requires mental and physical toughness and Layne completed it where many don't.

Over these 75 days, Layne was able to create new, positive habits - and has not looked back. The words that got Layne through this challenge, and that he still uses now when approaching every challenge in life, are "the man who moves a mountain starts by moving the small stones."

In the 1 1/2 years since then, Layne has switched from his party lifestyle, and is now focused on achieving his best. Since completing 75Hard some of those achievements include getting back into running, saying yes to LIFEHARD; the yearlong sequel to 75Hard, spending the whole month of June having only cold showers and running his first 100km race.

His mission, fuelled by the belief that you never know whose life you can have an impact on today, is to always be improving; transforming his own mindset and habits but also inspiring others to change their lifestyles and helping them to make their day even the smallest bit better than it started.

As Layne got more involved with running, he formed relationships with people all over Australia and it was through the running community that he met Bradley Dryburgh, who not only runs marathons, but also lives with CF.

Bradley shared what life with CF was like, and through this new friendship, Layne learned more about CF – an illness he was surprised he had never heard of before and that there is no cure for. Once Layne learnt what life was like for those who live with CF, he was inspired by every single one of those people to start pushing his own limits even further. Brad, as someone living with CF knows firsthand just how strong the human spirit can be and has become a huge supporter of Layne's, not once questioning his hugely ambitious goals.

Layne is now training hard to complete 36 half marathons over 36 days this September. His goal is to raise funds and increase awareness of CF with the hope that others can start to understand the challenges people with CF go through, particularly knowing that there is no cure for CF.

Layne now knows his purpose is to motivate people and show what is achievable in life if you put 110% commitment towards it, leaving no stone unturned in achieving your goals, all the while helping others. By taking on his biggest challenge yet, he wants to prove to himself and to others that anything is possible. He's chosen to bring his idea to life for the CF community because he knew that he wanted to choose a community where the money raised would go to the right places, and impact people's lives in the most significant of ways. Layne knows he may never have met Brad had it not been for the incredible research and access to treatment over the years. Layne wants to give back to the community that gave him this wonderful friendship.

In Layne's words: 'I also love the idea of being backed into a corner and having to fight my way out of it! One saying that has stuck with me whilst doing all this training is 'The man who moves a mountain starts by moving the small stones'. The small stones in this case can be swimming one more lap, riding 10 more meters or taking one more step which equates to the big mountain of me finishing this challenge! I truly believe everyone can use this phrase in every aspect of their life by just keeping on moving forward. If I can inspire 1 person to change their lifestyle and help CFA whilst doing

this challenge, I'll be happy”.

[SUPPORT LAYNE HERE](#)



LAYNE STORRIER

Breaking Barriers for CF:
Layne Storrier's 36 Half
Ironman Triumph

