



Julie Brims has overcome an intense brain injury to return back to her best

Picture: JOSH SPASARO

Julie a master at beating the odds

JOSH SPASARO

JULIE Brims has overcome brain surgery — which had her on a hospital bed on life support — and then was told she was “too old” to continue running.

Of all the remarkable stories of perseverance at the Masters Athletics Championships at Marrara, Brims’ is well worth a mention.

Yesterday she was up on the podium celebrating a first-placed finish after the final of the 60m sprint in the 50+ years’ division.

But just two years ago she was fighting for her life after multiple brain surgeries.

A vein and an artery had wrapped around the fifth cranial nerve in the base of her brain. “I had brain fluids leaking into my nose,” she told the

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JULIE BRIMS

NT News. “They froze my brain and I was on life support.

“It took me over a year to get my speed back because I was totally wasted away.

“I had not an ounce of muscle on me. I’m 10 kilos more now than what I was back then.”

A vision of getting back on the running track was Brims’ inspiration to fight hard and regain her strength.

“I couldn’t run. I had a lot of pain, and the medication to stop it made me feel like a zombie,” she said. “All I wanted to do was run again.”

Even when Brims returned to the track, one coach told her to settle for times she wasn’t happy with, because she was “too old”.

That spurred her to even greater heights, triumphantly returning to win the 100m and 200m at the World Masters Championships in Perth in 2016. She then saluted in the 60m and 200m at the world indoor titles in Daegu, South Korea, in March.

Brims will compete in the 200m and 400m events in the 50+ age group today.

Alice Bohdan, from the UTS North Athletics club in Sydney, was crowned the 40+ long-jump champion.

She is just 14 months past an ACL reconstruction.

“I’m totally rapt. It’s been a long journey,” she said. “You’ve got all the rehabilitation and the age factor. We’re not spring chickens anymore.”

Bohdan also picked up bronze in the 60m sprint for the 40+ years’ group yesterday, and will compete in the shot put and javelin today.

Tomorrow, Bohdan will take part in the triple jump and relays.

And Victorian Heather Carr won the 1500m walk in the 65-69 age group.

She broke the record in her age group in the 3000m walk at this year’s world titles in South Korea.

And at the World Masters in Auckland, she won the 1500m, 3000m and 5000m.