

Mary Liarou-Barbaris



Mary (Liarou-Barbaris) has always been fond of athletics, ever since she was a young girl. She remembers herself competing with other children during school races. She was a short, slim, little girl with wounded knees that was usually chosen to chase the faster boys at the elementary school playground.

Time passed by, Mary grew up went to high-school; she joined the school swimming team and took part at school swimming races. Then she went to London where she continued her college studies, then to university for under and post graduate studies and at the same time a full time employee and became a mother to her first child. Within the last 2 years of her stay in London, she managed to fulfill three difficult tasks. Of course she wasn't alone. She had Loukas Barbaris (her husband) all the way standing by her, being her inspiration, her guide, the love of her life.

Mary is a 50 year-old executive, a mother of two and a wife. But that is not all.

Two years ago she met Athanasia. Not any Athanasia, but the Gold Olympic Medalist of Athens 2004, Athanasia Tsoumeleka. What followed next ..., you can imagine.

Mary had a flash back and remembered how moving was for her to listen to the Greek National Anthem during the medal ceremonies at sports events. "It was an honor for me to have training advice from an Olympic champion" she declared – and she joined without a second thought the Running Club at the Holmes Place in Glyfada.

Mary's first 5km race was at the Ladies Run at Vouliagmeni in September 2013. In November 2014, she finished her first marathon run – at the Classic route from the historic site of Marathon to Athens. Since then she has joined several races including Vienna's half marathon last April, mountain trails in Peloponnese and Epirus and she

participated at the 1st AKTIA Triathlon in Preveza (Athanasia's birth place) last August winning the second place at her age category.

Training 3 times per week according to Athanasia's plan made her a runner. An amateur runner who seeks to become an example to young people and to show with actions instead of talks, that: "Nothing is impossible if you have faith in what you do".

"Have faith in life – have faith in hope – have faith for the better and Make A Wish – then Everything is Possible" that is her motto.