

PRACTICE

Building Character Through Soccer



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Compassion:

Deep awareness of the suffering of another and doing something to help
Synonyms: mercy, kindness, empathy, benevolence

Compassion Story

Two brothers Jonny and Alistair Brownlee were competing in the 2016 World Triathlon Series final event in Cozumel, Mexico. After a 1-mile swim leading into a 25-mile bike ride followed by a 6.2-mile run, Jonny was a favorite win elite men's event and would ultimately secure the overall world title for him.

Leading the race with only a few hundred meters to go, Jonny started to suffer the effects of the 93-degree heat, weaving uncontrollably from side to side as his legs began to collapse from exhaustion. Older brother Alistair was running behind in second place and looked strong enough to overtake his brother and finish the race in first place. However, in a moment of great compassion seeing his brother in distress, he altered his course and ultimately his chance of winning to give assistance to Jonny.

He grabbed him before he collapsed and with his arm around his shoulders began to run arm in arm with Jonny towards the finish line. Ensuring that he would finish the race, Alistair kept Jonny running until the final step where he collapsed over the finish line and they finished 2nd and 3rd respectively.

"Alistair had the chance to win, but threw it all away to help me", Jonny told news reporters from his hospital bed during his recovery. "Obviously it takes a strong and good person to do that. Sometimes in sport we talk about winning being the most important thing in the world – but maybe helping a brother out was more important?"

When asked about his compassionate act Alistair said, "It was a natural human reaction to my brother but for anyone I would have done the same thing".

The Brownlee brothers were inundated with support and admiration as the story of their race experience quickly spread around the world

A video of the final stage of the race can be viewed here:

<https://twitter.com/i/status/777695949426753537>

