



Cyclists leave Northam raising awareness of mental health research

THE Great Australian Bike Ride group was welcomed to Northam on Wednesday, August 12.

Cyclists were welcomed by Northam Rotary Club members with an evening meal at the Northam Residential College.

The food was served and prepared by the students who were also given an opportunity to talk with the cyclists and learn about the cause.

Australian Rotary Health organised the ride to raise community awareness and support for its mental health research programs.

An important aspect is redressing the stigma and myths associated with mental illness.

Cyclists were led out of Northam by Shire

of Northam President Steve Pollard before riders continued on the leg to Perth.

The Rotary Club of Northam donated \$1000 to the cause.

Northam Residential College students also dug deep to help out the worthy cause.

The epic ride has covered a 17,800 kilometre round-Australia circuit.

More than 100 cyclists have entered one or more stages of the ride, which will finish in Melbourne in October.

While most riders are cycling a Stage or two, four are riding the whole way - Tom Brown (70), Roberta Gordon (62), Gonny Rundell (58) and John Farrugia (61).

Those riders have so far covered 11,000 kilometres averaging 139 kilometres a day.



Setting off: Before setting off on their ride to Perth participants of the Great Australian Bike Ride met with local people (l. to r.) Geoff De Chaneet, Shire of Northam president Steve Pollard, Michael Jobe, Johnny Farrugia, Bill Shore, Tony Caruana, Gonny Rundell, Rotary Exchange student Annabel Gorr and Northam Rotary Club president Richard Prunster.