



Ride keeping in mind good mental health

By **SARAH CRAWFORD**

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WHAT are the three things you crave after pedalling from Brisbane up the Bruce Highway to Mackay?

Hatfield's IGA discovered dark chocolate, lolly snakes and cold bottled water really hit the spot.

Business owner Jill Grant opened her supermarket to the thirsty and fatigued cyclists taking part in the Queensland leg of The Great Australian Bike Ride.

The bike ride, which originated in Melbourne, has been organised by Australian Rotary Health to raise awareness of mental illness.

Former Mackay man Peter Griffin was one of 25 cyclists who pedalled down Shakespeare Street to Hatfield's IGA yesterday around

11.30am for a well-earned pit stop.

They had just enough time to guzzle water, chew on some chocolate and pose for a quick photo before they got back in the saddle.

"Some are on their way to Townsville, that is their final leg. The rest are going inland and will cross through the Northern Territory to Darwin," Ms Grant said.

Cyclists will then make their way from Darwin to Perth, then Adelaide and return to the original starting point in Melbourne.

Participants are encouraged to take part in any leg of the ride.

Ms Grant said it was great to support a worthy cause.

"There is also a connection be-

cause Peter Griffin's sister works at the store," she said.

Mr Griffin is the eldest son of Russell and Margaret Griffin, of Beaconsfield.

He went to Victoria Park State School, Mackay State High School and Rockhampton Grammar School before moving into Kings College in Brisbane to study Commerce/Law at the University of Queensland.

Mr Griffin is a solicitor who owns a legal practice, Griffin Solicitors, on the Sunshine Coast. He is the president of Mooloolaba Rotary Club.

The ride aims to visit Rotary districts and clubs.



Riding for a good cause are Anne Shanks, left, Gonny Rundell, Gary Eshman, Jenny Griffin, of Hatfield's IGA, Tom Brown, Peter Griffin, Bernie Caffery, Kylie Ward, of Hatfield's IGA, Mike Donnelly, David Jurss, Gerry Morris and Ian Petherick. Kneeling down are Roberta Gordon and Graeme Sergent.

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