



Pedalling for mental health

WHEN Gonny Rundell pedalled into Broome this month her bike's odometer displayed 9255km.

Ms Rundell rode out of Melbourne in March as part of Australian Rotary Health's Great Australian Bike Ride, which aims to raise awareness and support for mental health research programs.

Ms Rundell, who is one of four riders biking around the country, said she was happy to have cycled into Broome and had been enjoying the Kimberley landscape.

"I've never been to this end of WA – it's beautiful; the different termite mounds, the boabs. It's nice seeing the different country," she said.

She said knowing she was assisting people with mental illness helped keep her pedalling.

Members of the Broome Rotary Club welcomed the group when they arrived at the Broome Visitor Centre.

Local Rotary secretary Kevin Bengtson, who works for CRS Australia, said it was important to draw attention to what was often a "hidden" illness.

"Every week I see people locally who are affected by mental illness and feel any event that raises awareness and funds to this ever increasing issue is worthy of supporting," he said.



Gonny Rundell and Kevin Bengtson