



Have-a-Go News
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2010 HBF Run for a Reason overwhelming success

SUCH WAS the success of the inaugural HBF Run for a Reason held in May, the organisers are urging everyone to mark Sunday 22 May 2011 on their calendars for next year's run.

And, although a target of \$200,000 was set by the six WA charities to benefit, (Arthritis WA, Asthma Foundation WA, Cancer Council WA, Diabetes WA, Heart Foundation WA and Lifeline WA), at the last count more than \$220,000 had been raised.

The 2010 runs expected participation rate was 7,500 but 10,450 people turned up, despite the grey skies and

threat of rain.

One of the participants, 70 year old Mike Pauly who suffers from rheumatoid arthritis, joined the run to support Arthritis WA and to encourage people to be physically active.

Last year, Mike walked from Fremantle to Federation Square in Melbourne (it took him five months) to raise money and awareness for Arthritis WA.

Next year, in March he will again walk from Fremantle to Melbourne.

Another committed participant, Bob Johnstone, 68, pictured above after the run, took part with his wife Ali-

son, 63, and hopes to create a 'streak' of runs in this event.

Bob and his good friend Phil Bailey 56 have created another 'streak' by competing yearly in the City to Surf run with 35 runs since its inception in 1975. Alison joined them in 1977.

Bob comments that if both he and Phil participate in HBF Run for a Reason events for the next 35 years, Phil will then be in his nineties, and Bob will be aged more than 100.

Bob believes people of all ages should be getting physically active.

For more details: www.hbfrun.com.au.

