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# A good reason to run

By **SHANELLE MILLER**

IF you are finding it hard to think of a reason to exercise, just ask two Bunbury residents who will take part in this year's HBF Run for a Reason.

Ben Jordan and Dale Winfield will run and walk through the centre of Perth on May 23 – but unlike other competitors, their entries have been paid for.

The pair were winners of the HBF competition, which asked people to explain their reason for

wanting to support the fundraiser for six chronic diseases, which include arthritis, diabetes and cancer.

Mr Jordan said he had noticed his health and fitness had been slipping over the last six months and he needed a goal to motivate him to get back into shape.

“I saw the HBF Run for a Reason as simply giving me a goal in the short term and a milestone in the long term on my path to being healthy again,”

Mr Jordan said.

He also said he needed to be able to keep up with his young daughter, Bindi.

Mr Jordan will compete in the 14km run category.

Mrs Winfield's inspiring reason to run was because she has suffered from a number of the chronic diseases supported by the run.

“In my particular case it will be an HBF Hobble for a Reason – as long as I can cross the line...if will power and determi-

nation have anything to do with it, then that'll be a great personal achievement.”

She will compete in the 14km walk section of the event.

The winners were presented with a prize pack valued at about \$700, including a night's accommodation at the Perth Hyatt, entry into the run, a Run for a Reason merchandise pack and two tickets to the VIP area at the post event function.



Bunbury residents Ben Jordan and Dale Winfield won entry into this year's HBF Run for a Reason by giving their inspiring reasons to run. Mr Jordan hopes as his fitness improves he will be able to keep up with his daughter Bindi (centre).