



Family teams kit up for a day of fun

AGNES PHUA

Family pride will be on the line when thousands of competitors set off for the HBF Run for a Reason on Sunday.

The Stannard and Plummer families are in their final preparations for the fun run, which will pit the north against the south for the first time.

Mother-of-three Leanne Stannard, said her elder daughter Courtney, 13, had convinced the family to nominate after taking part in cross-country running at Penrhos College last year.

The Stannards, of Como, along with their fellow south-of-the-river

competitors, will be wearing blue shirts.

The Plummers, from Bassendean, will be in white.

Rhonda Plummer, who also has three children, said her family had been inspired to take part for the health and fitness benefits after her husband had a heart attack last year.

“The children are excited and my husband is looking forward to it,” she said. “It is good everyone from north and south of the river are coming together for the run.”

Pick up your copy of *The West Australian* next Tuesday to see all the results in a special edition of *Mind & Body*.



Friendly rivals: The Stannard family, in blue, from Como, will represent the south and the Plummer family, in white, from Bassendean, will run for the north.

Picture: Iain Gillespie