



MEDIA RELEASE

Mildura Central Walking Group's Australian Circumnavigation Complete

16 November 2015

For the last 15 months the Mildura Central Walking Group has been trekking their way on a virtual trip "around Australia". The 95 members of the Mildura Central Walking Group, aged between 23 and 91, have travelled 14 872 kilometres. This equates to 23 606 laps of Mildura Central. Each Tuesday and Thursday morning group members have walked laps of Mildura Central, with each lap measuring 630m. Some people walk 1 lap and others walk 10 laps, but everyone has thoroughly enjoyed the trip around Highway 1 and the Calder Highway.

The Sunraysia Community Health Services group leaders have prepared information to share with the walking group members like the populations of the town, current weather conditions, local festivals and points of interest. Linda Curran, Central Walking Group Leader says she was surprised at how many walking group members had actually visited places like Sandfire Road House (near Port Headland), Capricorn Caves (Far North Queensland) and Daly Waters (Northern Territory) or completed activities such as walking trails in Perth's Kings Park. Walking group member Irene Crouch said "it has been really great to learn about new places and be able to know where those places are on the map. You have often heard of the place but not been there before, I have been just as interested in sharing stories and information about the places around Australia as I have in how far we have walked". Whilst in Sydney the group crossed the Sydney Harbour Bridge 48 times, in Melbourne they walked 274 laps around the MCG at Grand final time, took 7 weeks to cross the Nullarbor (as it was winter in Mildura and a lot of the walking group members had actually headed north), flew across Bass Strait and took 2 weeks to sail back to Melbourne.

"One small step for the walkers and one giant step around Australia, including Tasmania" commented Roger Lonsdale a retired Maths and Science teacher. Roger said he has enjoyed sharing his knowledge and experiences of the remarkable geography and historical occasions that make Australia a great place. While other walking group members have shared stories about family members who now live in Broome, Perth and Darwin. Barb Walsh, another walking group member, reflected that it has been great to be motivated to do that extra lap of Mildura Central to see where we could get to next. She said "We are very fortunate to have such a great venue in Mildura Central for our walking group, the surface is nice and flat, weather conditions comfortable all year around, there are toilets available and most importantly there is somewhere comfortable to sit after the walk and catch up on news from other group members".

The group is now planning where to walk to next suggestions have included New Zealand, Kuwait, the length of the Great Wall of China or even the moon!! If you want to join the group on their next virtual trek, or to know more about the Mildura Central Walking Group, please give Linda Curran a



call on 5022 5444 or just turn up to the food court at Mildura Central at 7.50am on a Tuesday or a Thursday.

END

Media enquiries to:

Photo and Interview opportunity 8am, Tuesday 17 November 2015 at Mildura Central

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