



One great effort

GREAT Illawarra Walk co-organiser Chris Lovatt said participating in the event had some unexpected benefits.

"You get to the end and have the function, where you can eat what you want, as you've burnt off so many calories," he laughed.

The third annual Great Illawarra Walk took place last weekend, the 100km walk involving a trek from Shellharbour Village to Stanwell Park on the Saturday, followed by a return to Shellharbour Workers Club on Sunday night.

The walk raises funds for children's cancer charity Camp Quality.

Mr Lovatt said while a final figure from this year's event would not be known for a few weeks, he believed the 2010 instalment would far exceed the \$34,000 raised last year.

Approximately 400 people participated at varying stages, with more than 50 completing the entire walk.

Mr Lovatt expected close to \$50,000 to be raised and described the vibe throughout the two days as "really positive".

"A lot of people were hurting on the way back," he said. "But there was a great feel-



Walkers striding out; pictured is Mark Jones (centre, curly wig) who promised to wear the highest bidder's desired costume. Some 400 people participated this year at various stages of the walk.

ing of camaraderie, a lot of community minded people beeping their horns as they drove past us as well.

"There will be some sore bodies today," he laughed on Monday.

"(But) there were no complaints, everyone was encouraging each other."

He also predicted that next

year's event would continue the trend of the walk becoming far more popular each year.

"A couple came from Newcastle to take part and raised \$1000," Mr Lovatt said.

"They said they'll be bringing a group down next year.

"We're going to grow and increase next year."