

We have come to the end of our journey. Congratulations to all the Challengers on a great 10 weeks of Fun and Fitness. This edition of Fitnews will wrap up our program and feature many of the highlights of our Race day on 1<sup>st</sup> July....

## Race Day Review - The Final Challenge

Sunshine, team spirit, challenge and a sense of achievement were the central themes upon which the Ten 10 Challenge marathon weekend perched. It was great to see everyone enjoy their weekend and all run so well. A special moment for me was the great team spirit displayed when we all waited near the finish chute for each team member to come home. From the super athlete Levi to the super mum Cathie, and every finisher in between all can be very pleased with their performances. It was only ten weeks ago that some of our members could not run for 2 minutes let alone a 10km road race.



They came a very long way, physically and mentally. And what a fantastic performance by Katelyn Rockley, who at eleven years of age ran the entire race and was very, very happy to finish. She is a little champion no doubt. Personally I was very pleased with everyone's effort not to mention the great attitude displayed throughout the entire weekend. It was an excellent way in which to wrap our ten weeks of fun and fitness.

Again I would like to express my sincere thanks to all who participated throughout the ten weeks. I know it wasn't always easy to make sessions however as organisers we certainly appreciate the time you gave and effort you put in. It has given us plenty of ideas and motivation. Thank you. I hope you all continue with some fitness work and tackle a few more events throughout the year.

**Brad**

## Results

Name	Race no	Clock Time	Nett Time	Place	Age Category Place
Levi Maxwell	R4072	00.32.41	00.32.38	12	2
Mark Rockley	R2504	00.44.43	00.42.45	257	26
Jeff Wakefield	R4084	00.45.20	00.44.31	294	29
Ben Ingram	R3440	00.45.27	00.43.55	301	31
Jason Marsden	R4070	00.50.16	00.48.43	622	72
John Currie	R3219	00.51.27	00.49.51	745	63
Brad Marsden	R4030	00.52.46	00.51.13	890	76
Dean Martin	R4071	00.53.08	00.51.08	935	104
John Shillington	R4079	00.54.35	00.53.02	1125	121
Kath Mitchell	R4073	00.58.40	00.57.39	1720	90
Jason Keough	R3963	00.58.40	00.57.39	1722	151
Wes Wilson	R4085	00.59.06	00.57.30	1793	137
Julia Richardson	R4074	01.00.18	00.58.18	1947	106
Donna Cifuentes	R3217	01.04.55	01.03.20	2552	112
Katelyn Rockley	R4086	01.05.32	01.03.34	2638	30
Lauren Daly	R3226	01.09.36	01.08.01	3061	281
Samantha Rockley	R4078	01.11.50	01.09.52	3238	42
Cathie Rockley	R4077	01.19.16	01.17.19	3621	291

# Fun & Shenanigans!!



**Race Prep**



**Race Day Breakfast**



**TEN10 MAN**



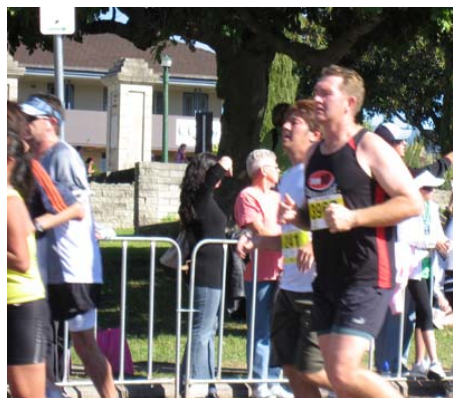
**Warm Up**



**All in the Family**



**Ready to Go !!**

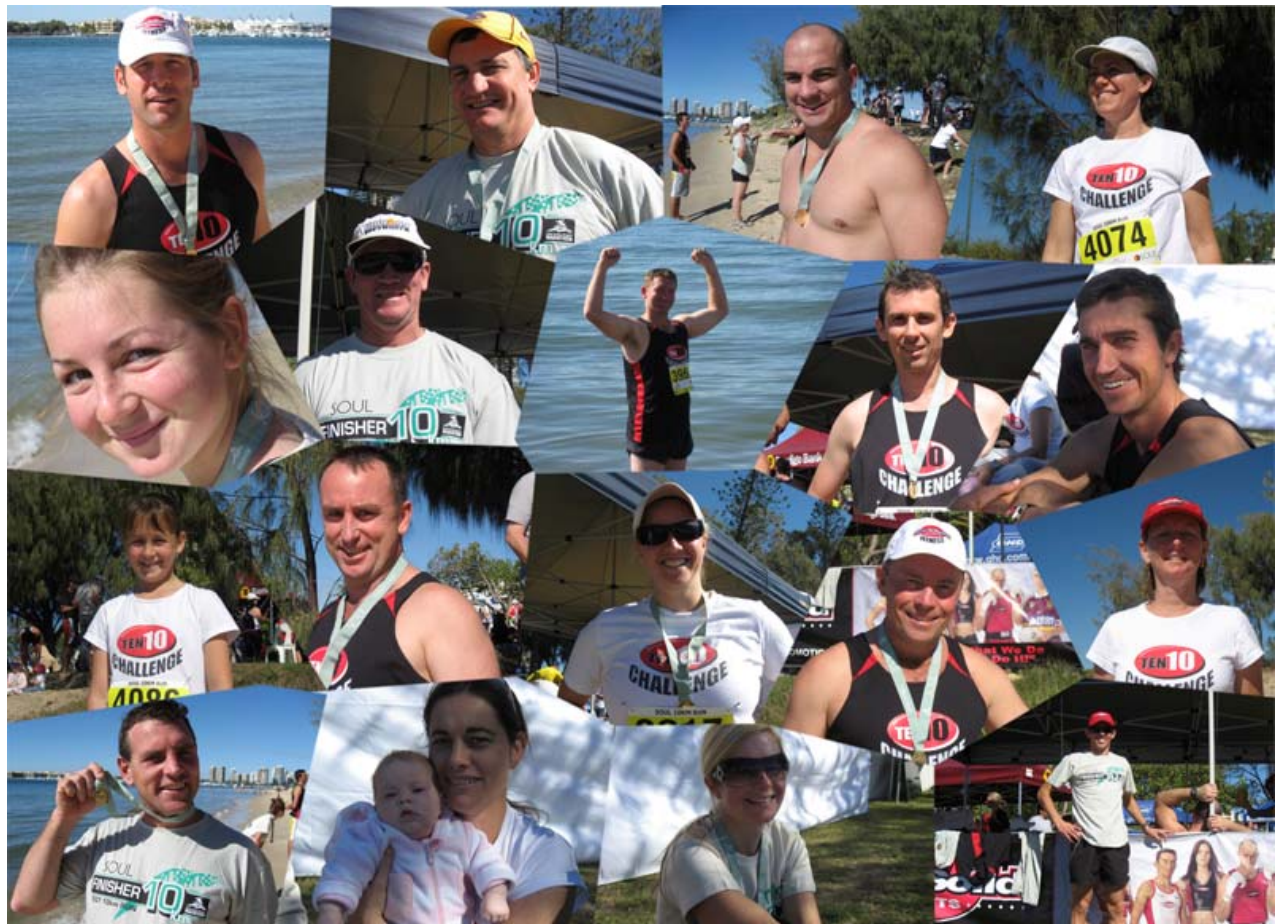


**And They're off !!**



**Mission Completed**

## RockSolid Sports Fitness – Champions in the Making



### The LAST WORD...

We have now come to the end of the Journey. What a very enjoyable 10 weeks and congratulations to everyone on their achievements. I am sure you have all exceeded your expectations and can feel satisfied with your results. There were many highlights and I cannot mention them all. One that jumps to mind was the Mini Triathlon Day we had and the determination of all the participants that competed. Also Ben's effort to ride from Brisbane to Pottsville and his story explaining the exhaustion he felt. The biggest thrill I got though was the effort of Cathie, Samantha and Katelyn, not only to compete but to finish the race with maximum effort. I am sure they found the experience very rewarding and it epitomises what the program is all about.

I would like to pass on my thanks to Brad for all your help. Also to Kath Mitchell and Noell Burgess for their contribution as well as Levi who ran a few sessions for us. Thanks must also go to Nick Pye and his staff from the Sports Super Centre. Using this location as our base certainly added a professional feel to the program.

Don't forget to complete the feedback booklets that we handed out. The information you provide will enable us to improve the program and make it a much better experience for future challengers. We will be in touch over the coming weeks to review and close off.

Again thanks for your participation and enthusiasm. I hope you use the experience to improve your health and well being into the future. Please feel free to join us again when we plan our next TEN10 Challenge.

Mark

**COUNTDOWN – FINISH LINE!!**