

Jack is set to hit road for charity

FIFTEEN-year-old Jack Sinclair from Elanora is in training for Australia's holy grail of endurance cycling – a ride from Perth to Surfers Paradise.

The teenager, who sets out with his dad Brendon on September 11, is aiming to complete the 4500km ride across Australia in just 30 days for the Big Brothers Big Sisters group.

The Australian charity provides vulnerable young people in need of support and friendship with a caring mentor and positive role model.

Jack's inspiration came after watching Scottish actor Ewan McGregor's documentary *Long Way Round*, which details a motorcycle trip from London to New York.

"My dad does lots of cycling and I said to him it would be great to do what Ewan did, but across Australia and on pushbikes not motorbikes," Jack said.

Cycling legend Robbie McEwen, winner of nine stages of the gruelling Tour de France, is Jack's Perth to Paradise official ride ambassador and a huge supporter.

"I've been extremely impressed by his preparation, his dedication and his commitment to supporting those who need a helping hand," McEwen said.

"For a young man just 15 years of age to undertake this huge journey with the discipline and commitment he is showing is inspiring."

Jack is training six days a week for the massive ride, which is about 1000km further than the Tour de France.

Jack's cycling efforts have become a family affair with proud dad Brendon setting out with him on their daily cycling and personal training sessions.

And 17-year-old sister Laura and 14-year-old brother Harry have created a website to let everyone know what their brother is up to.

Brendon said Jack had always been motivated to do a lot for others.

"He won Gold Coast Youth Citizen of the Year award, which had a \$250 prize, and after the ceremony he donated it to homeless youth and said 'I hope it helps kids that aren't as



□ JACK Sinclair, 15, of Elanora, is to cycle from Perth to Surfers Paradise.

lucky as me'," Brendon said.

"Jack also volunteers at a camp for disabled children during his school holidays.

"He does a lot of community based things. He's a fine young man."

Brendon said Jack had also motivated his mum, Mel, and brother and sister to take part in the Gold

Coast Airport Marathon.

The family are trying to raise as much as they can to help the Big Brothers Big Sisters of Australia organisation.

"We've raised about \$7000 so far," Brendon said.

To find out about upcoming events or ways to support Jack visit www.perthtoparadise.com.au.



□ BOB and Nancy Murphy, Glen and Debbie Hanna, Rock 'n' roll Ronnie, Karen and Christopher Murphy at the weekly barbecue put on to help homeless people.

Photo: CRAIG SADLER D121863

Beach breakfasts prove a hit with the homeless

OUT for a stroll along Coolangatta Beach, Chris Morrissey walked past a homeless man.

And kept walking, "the way everybody walks past those people".

But then he did something different. He turned back and gave the man \$50 to buy breakfast for himself and a couple of mates.

Later, he saw the man and three others all eating. Then he had another good idea.

"I asked if it would offend them if I came back the next Saturday and put on a barbecue," he said.

When he turned up a week later, no one was there.

But before long about 15 people materialised out from behind trees and joined in for a feed of sausages, eggs and cereal.

That was three years ago. Mr Morrissey has been there every week since and if he is on holiday, he gets somebody else to cook breakfast.

"It's very consistent. We don't miss a Saturday ever," he said.

"We are there, rain, hail or shine."

As of this week, he will extend the service to Murwillumbah, offering breakfast on a Sunday by the river at Budd Park.

Initially assisted by wife Karen, a

teacher, Mr Morrissey has attracted a few other assistants, including his own sons, Andrew and Tim, who while only 17, is thinking of starting an outreach of his own.

Another couple, Debra and Peter Hanna, also regularly help out.

In preparing the breakfast, Mr Morrissey has developed a little trick of cooking customised omelettes which not only make each person feel special, it means that they hover around a little longer.

Contrary to the perception of homeless people being all old men, "we get all sorts", including women with children, he said.

"In essence, it is connecting to other people and being social," he said. "The underlying issue these people have is not sleeping rough, but the loneliness and lack of connectedness with people."

And while he might sound like a social worker, Mr Morrissey's day job couldn't be more different.

He is a tiler by trade, running his own business, Tiles by Morrissey, with showrooms in Tweed Heads South and Kingscliff.

As to the cost, it is all out of his own pocket.

"It is not expensive and it is easy to do," he said.



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