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Friday July 4, 2008

INSIDE TODAY

PROPERTY WEEK LIFTOUT
88 PAGES



CAINE ECKSTEIN THRILLS TUGUN
PAGE 6



LISA BROWN REVEALS ALL
PAGE 7

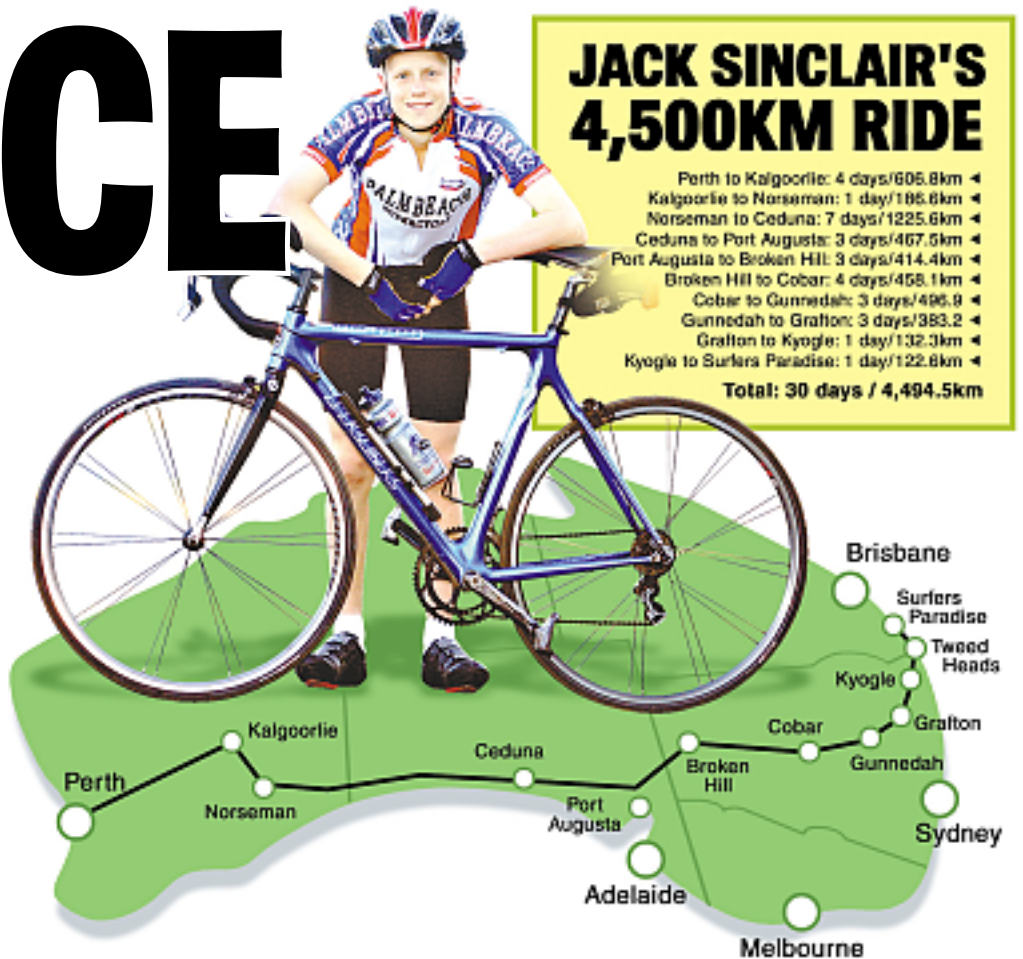


TRACEY FIELDS | FIVE THINGS I CAN'T LIVE WITHOUT: PAGE 11

HE'S GOING THE DISTANCE

JACK SINCLAIR'S 4,500KM RIDE

- Perth to Kalgoorlie: 4 days/606.8km
 - Kalgoorlie to Norseman: 1 day/196.6km
 - Norseman to Ceduna: 7 days/1225.6km
 - Ceduna to Port Augusta: 3 days/467.5km
 - Port Augusta to Broken Hill: 3 days/414.4km
 - Broken Hill to Cobar: 4 days/458.1km
 - Cobar to Gunnedah: 3 days/496.9
 - Gunnedah to Grailton: 3 days/383.2
 - Grailton to Kyogle: 1 day/132.3km
 - Kyogle to Surfers Paradise: 1 day/122.8km
- Total: 30 days / 4,494.5km**



Hit the road Jack

By **KIRSTY NOFFKE**

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 McGre-

gor'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

To Page 4

Quad Spotlight

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