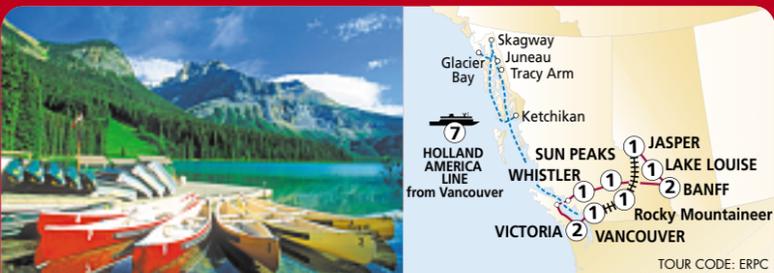


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Friendship left on the sideline

By KIRSTY NOFFKE

ON the field they may be competitive and rough, but on the sidelines the young women playing in the national rugby union championships at the Tallebudgera Recreation Centre are best friends.

Despite being on opposition teams and competing for places in the national Wallaroos team, the rugby women said the people they meet are the best part of their game.

"Friendships are put on hold when we run on the field," said co-captain of the Queensland women's team Trish Brown.

"What happens on the field stays there," said the 29-year-old.

"They're the opposition, but as soon as we get back that comradeship and friendship are welcome."

Queensland's open side flanker Selena Tranter, from the Gold Coast, also said the teams got on well.

"We've known each other for a while.

"And it's really good all staying in the one place," the East Brisbane player said.

Miss Brown, who plays at club level for the University of Queensland, said despite being amateur players their training is full on.



QUEENSLAND rugby union players Trish Brown (above) and Selena Tranter. Photo: SCOTT POWICK

"There's up to 10 sessions a week, it's hard to juggle with a full-time job."

However, the Queensland team only started their first training sessions on the weekend before the championships, held on July 1, 2 and 4.

"We've really brought it together as a unit," Miss Brown said.

The Queensland team comes from across the state, including Emerald, Cairns, Gladstone and Brisbane, and is part of a national talent squad.

The women are all competing for spots with the Wallaroos, set to tour Samoa later this year.

Last year, the Wallaroos had five Queensland players, including Miss Brown and Mrs Tranter, and this year the women believe they have a reasonable chance to again represent Australia.

"It's good to play the game we love at a higher level than we would in clubs," Mrs Tranter said.

"It's a big step up to international. You're looking at the best in the country."

Jack's going the distance

From Page 1

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 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, who has himself done charity rides from Sydney to Surfers Paradise, said he's now struggling to keep up with his son.

"I used to race him up hills and I would smash him, but now I have absolutely no chance.

"It'll be a great month.

"We're riding about 150km a day, which is a fair way, but easily achievable."

They will be followed by a support car with a camper van for nights when motels and scout halls are unavailable.



Jack Sinclair

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.