



Participants in this year's Coastrek at the 25km mark at Long Reef yesterday.

Picture: BRADEN FASTIER - JPN06171

## The shore way to help

Peter Bodkin

BEGINNING at sunrise on the soft sand of Palm Beach, hundreds of walkers yesterday scabbled their way over the beaches, rocks and pathways of the spectacular Sydney coastline.

More than 600 participants began the hike as part of the annual Coastrek fundraiser, organised by women's adventure company Wild Women On Top, which saw teams complete either a 50km or 100km walk beginning at the tip of the northern beaches' peninsula.

Elaine Mills, of Balgowlah Heights, who was part of last year's winning team, was among those due to finish

the shorter trek to Balmoral yesterday afternoon.

"The walk is pretty tough," she told *The Manly Daily* before starting her trek. "Last year we started off in the heat and then we got to Dobroyd Point and it started raining. But the coastline is incredibly beautiful."

Walkers braving the longer hike continued over the Harbour Bridge through the night to finish their trek on the shores of Coogee from the early hours of the morning.

The event was held to raise money for the Fred Hollows Foundation, with at least half of every team of four taking part made up of women.