



Bush Fit Mob



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NEWSLETTER

United, engaged and active!

BFM Month in Review

The month of June 2019 was jam-packed with new and exciting experiences for us all here on Groote Eylandt! Complimentary to our weekly school-based programs, the Bush Fit Mob team, and local communities had the pleasure of welcoming the Australian 'Deadly' Ninja Warrior, Jack Wilson - to Anindilyakwa Country. 'Our' Groote Eylandt 'Deadly Runners' participated in the Indigenous Marathon - Deadly Fun Run Series held at Uluru; our women's basketball team represented again this year at Barunga Festival, and our team – and local supporters - hosted the first ever Groote Eylandt Fun Run [GERF] with success!



Australian Deadly Ninja Warrior - Jack Wilson



Jack Wilson, a Kalkadoon man from North West Queensland shared with us his passion for health, fitness and wellbeing across a week of inspirational story-telling, motivational activities and active workshops! Jack's goal — to inspire his fellow Indigenous Australians to live a life where they are healthy, happy and always continuing to work towards reaching their goals - not matter how big or small they might be!

Jack expressed his joy for the shared passion and physical skill; cultural connectedness and community

engagement of the young generations across Groote Eylandt. His greatest teaching, is to make sure that [we] 'never give up' - making small change one day at a time!

Jack's visit to Groote Eylandt saw students, and their families participate in *Deadly* Ninja Warrior workshops across the Angurugu and Umbakumba. He shared his talents and skills with the wider community, supporting this months special events by teaming up with Athletics Australia and the BFM team to run the Nitro Carnival, and Groote Eylandt Running Festival. It was our pleasure to have Jack visit Groote Eylandt and we cannot wait to have him return again and continue his message of positivity, health and happiness.

Groote Eylandt 'Nitro Carnival'

Our second Nitro Carnival to date was held this month with the Athletics Australia team and Jack Wilson assisting BFM, YSR Umbakumba, GEBIE, Angurugu School and Umbakumba School in running this exciting action-packed day. People of all ages and abilities participated in the day's large variety of events, including 100m sprint races, Ninja Warrior course competitions, and a range of track and field challenges.

Our team, the schools and the local agencies involved in supporting us on the day could not be happier with the healthy and positive competition displayed by all those involved!



Indigenous Marathon Foundation [IMF] - 'Deadly Fun Run Series'

Held annually, the National Deadly Fun Run Championships (NDFRC) offers a challenging and rewarding event that celebrates the opportunity to connect with Australia's first nations culture, as supported by the Traditional Owners of the sacred country - home to Uluru. Bush Fit Mob have partnered with IMF to facilitate Colour



Fun Runs in Umbakumba, Angurugu and Milyakburra and chose 4 participants to attend this years NDFRC.

The team who attended showcased the talent expressed by a '*Deadly Runner*' and together they shared the experience of a life-time, competing in the Australian Championships along side some of Australia's fittest and finest! After travelling from East Arnhem - all the way to the 'red' centre - our runners were up early and gave it their best! They all did such an exceptional job of representing Groote Eylandt and we look forward to their future success and participation in our very own running club, here on Groote!

Groote Eylandt Running Festival

Groote Eylandt's first ever Running Festival was held this month at Angurugu Oval. Opened to all of Groote Eylandt, this event saw all ages come together to celebrate health by participating in a running race around Angurugu community. Starting their races with an exciting colour fight, contestants raced in distances of: 2.5km, 5km, 10km or 21.2km. Those who came in top three of each distances were awarded a special prize and everyone who participated, whether first or last in the race, were awarded a special Groote Eylandt Running Festival shirt.

Alongside the excitement of the race, family and friends cheered on whilst enjoying making smoothies with the BFM Smoothie Bikes, practicing their Ninja Warrior Skills with Jack Wilson and listening to some local music talent, including our very own Travis Kennell and Christina Steele alongside the very talented Joha, Glen and Cassius Kennel!

Thanks to all of our volunteers and sponsors who made the first ever Groote Eylandt Running Festival something to remember! We couldn't have done it without you.

CHECK OUT WHAT'S COMING UP ON FACEBOOK OR INSTAGRAM

www.bushfitmob.com.au



Bush Fit Mob is an Anindilyakwa Land Council funded initiative.