

# Mingenew wins couple's praise

MEGAN BAILEY

CANBERRA cyclists Mark and Denise Arundel say they have seen the best and worst of humanity on their epic bike ride across Australia.

The couple are riding anti-clockwise around the country, sometimes travelling 150km in a day.

And they have nothing but kind words for the people in Mingeneu.

When Mark became sick on the 110km ride to Mingeneu from Geraldton, he was initially suspected to have appendicitis.

With no car, it was looking grim for them to make it to hospital in Geraldton.

But a local woman called Rosie lent them her car with only a first impression to rely on.

"Lucy (a sister at the local Silver Chain) rang around and said at first that she would lend us her own car but we didn't want to take a nurse's car in case she needed it," Denise said.

"So she rang around and Rosie agreed, just saying 'Lucy says you're trustworthy'.

"She lent us her car at no cost except for some petrol."

Mark said Rosie's generosity echoed the friendly community culture he had seen in small towns across Australia.

"At the time we just accepted gratefully but then we thought how many people would I lend my car to — just saying here are the keys and fill it up when you get back," he said.

"We used to live in country towns with around 250 people.

"There is this real country town network where everyone knows everyone knows everyone will help them."

The Arundels will continue their journey to Perth this week.

They left Canberra six months ago to get fit and escape from the world for a year.



**Overwhelmed:** Mark and Denise Arundel have nothing but kind words for the people of Mingeneu after being lent a car to get an ill Mark to hospital. Picture: MEGAN BAILEY

Elders

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