

Good Morning Ladies and gentlemen

I am delighted to be here this morning with my wife Pat to greet you as participants in the 2026 Cockburn Trek - either the 3 km or 6 km segments or in my case, the 50 metre dash from the carpark.

I acknowledge the Whadjuk Nyungar people of Beeliar Boodja who are the Traditional Custodians of the land we are meeting on today and I acknowledge their continuing connection to land, waters and culture and I pay my respect to their Elders, both past and present, and extend that respect to other First Nations people here with us this morning.

I also acknowledge:

- Laura Green, Health Promotion Officer;
- Our walk leaders and participants of each walk group;
- The Friends of the Community Inc for their continued involvement and particularly as they approach their 20th anniversary.

Since the city first started this event in 2016, it has continued to grow with more than 700 people joining us over the years.

Today we celebrate the 10th year of Cockburn trek.

I'd like to thank all of our walk leaders who have planned and lead each of our groups within the community over the last year.

Your support has been valuable, and your continued engagement and advocacy is appreciated.

A special thanks goes out to our partners at the Heart Foundation, who have supported walking groups here in Cockburn since 2018, following the founding work by the Council on the Ageing.

Their leadership has been essential in helping us keep fitness and cardiovascular health accessible to people of all ages across Cockburn, especially our senior community members.

Walking is one of the simplest yet most impactful ways to improve health, connect with others, and embrace the outdoors.

Regular walking strengthens the heart, boosts energy, and promotes mental well-being.



It also brings people together, creating opportunities to share stories, laugh, and support one another.

Through shared walking trails and events like today's Trek, we can celebrate our local environment, appreciate the beauty of Cockburn while building a healthier, more connected community.

Today you have enjoyed just one of the many beautiful walking trails that we have in the City of Cockburn.

Finally, if you enjoyed today's walk and aren't already a regular, please consider joining one of Cockburn's five Heart Foundation walking groups.

They're an excellent way to stay active and meet others in the community.

Thank you and go the Dockers.