

**KENYANS GET
A KICK OUT
OF LILLI'S BOOTS**



**A FATHER'S
THANKS TO
MISSIONDALE**



**SEARCH
FOR CANDY**



**NEWSPAPER
OF THE YEAR**

First in Tasmania

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Tassie women get active

Rachel Grantham, Sharon King, instructor Megan Richardson, Lucy Byrne, Emily Mauldon and Kath Ogden take part in the Active UTAS program. Tasmania's women are the second-most active in the country, with 69 per cent actively participating in organised and non-organised sport.

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Tasmanian women get physical

By LUCY POSKITT
WOMEN are wising up to the benefits of physical activity, according to the latest figures from the Australian Bureau of Statistics.

Tasmania's women are the second-most active in the country, with 69 per cent actively participating in organised and non-organised sport between 2011-12 — 5 per cent above the national average.

And Launceston's women are doing even better, with local surveys showing 77 per cent of women are taking part in physical activity.

The state was second only to the ACT, which recorded a 79 per cent participation rate.

Active Launceston program manager — and Women's Sport and Recreation board member — Lucy Byrne said the results were exciting, and reflected the program's aim of increasing

opportunities to be active in the city.

Fitness trainer Megan Richardson leads a number of the Active Launceston programs, as well as the Active UFIAS program, which has weekly sessions for staff at the Northern Integrated Care Centre in Frankland Street.

She said women were encouraged by seeing other women out exercising, and the availability of groups they could join.

"There's also been a real re-

surgeance of people saying, 'I need to set myself a challenge and a goal,'" Ms Richardson said.

School of medicine lecturer and research fellow Kath Ogden, 47, said finding time to exercise was the hardest part for women of her age and situation, who worked and had children.

"We're very aware that at our age and stage of life, we probably need to increase our physical activity to keep ourselves healthy

for the next 20 years," Ms Ogden said.

The statistics also showed 57.7 per cent of Tasmanian women were taking part in non-organised sport only, nearly double the number — 26.7 per cent — of women taking part in organised sport only.

Mrs Byrne said this reflected a trend of people trying lots of different activities when it suited them, rather than committing to season-long rosters for sports

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The weather today

Launceston: Cloudy, 13
 Devonport: Sunny, 14
 St Helens: Showers, 13
 Hobart: Showers, 11
FORECASTS: Page 39

The outlook

Tomorrow	Sunday	Monday
Cloudy 5-13	Cloudy 4-13	Cloudy 5-13

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Dog owner desperate for news about Candy

By ZONA BLACK

THE pain of losing a dog has still not eased for Turid Hopwood.

Mrs Hopwood's 18-month-old English setter Candy went missing about three weeks ago in between Greens Beach and Kelso.

"She went on an adventure with her mum Ginna. Mum came back but Candy never did," Mrs Hopwood said.

"It's just amazing how painful it is... I didn't think I could ever connect to an animal like this."

Mrs Hopwood has spent hours putting up posters throughout the Tamar and Launceston region, spreading the word on social media and placing ads in newspapers.

"The only thing I have not done

