

FUGITIVE LINKED TO CORRUPT POLICE



MOKBEL'S HIDEAWAY



1700s crowd had a silver lining at the launch of the L'Oréal Melbourne Fashion Festival at Government House yesterday. The spangly look was all the rage as some of Australia's leading designers tried to outshine each other with one-off outfits that will be auctioned for charity. **Picture: STEVE CARO** **More pictures, report, Page 18**

INSIGHT

Earth War

FUGITIVE drug criminal Tony Mokbel's capture was a triumph for police officers who have been hunting him for years. Mokbel was arrested in a suburb of Melbourne after a tip-off from a source who provided him with a safe house. Mokbel was taken to the Melbourne Police Station and held in custody. Mokbel is charged with multiple counts of drug trafficking and possession of a dangerous weapon. Mokbel's capture is a significant blow to the drug trade in Melbourne. Mokbel is believed to be involved in the importation of large quantities of drugs into Australia. Mokbel's capture is a testament to the dedication and hard work of the police officers who have been hunting him for years. Mokbel's capture is a significant victory for the police and a major step towards ending the drug trade in Melbourne.

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PACEMAKER

Pacing yourself could set a new benchmark in 2007's Run for the Kids, writes David Hay

CALCULATE YOUR FINISH TIME

Gender	Age	5km	10km	15km	20km	25km	30km	35km	40km	45km	50km
Male	18-24	28:00	56:00	84:00	112:00	140:00	168:00	196:00	224:00	252:00	280:00
Male	25-34	30:00	60:00	90:00	120:00	150:00	180:00	210:00	240:00	270:00	300:00
Male	35-44	32:00	64:00	96:00	128:00	160:00	192:00	224:00	256:00	288:00	320:00
Male	45-54	34:00	68:00	102:00	136:00	170:00	204:00	238:00	272:00	306:00	340:00
Male	55-64	36:00	72:00	108:00	144:00	180:00	216:00	252:00	288:00	324:00	360:00
Male	65-74	38:00	76:00	114:00	152:00	190:00	228:00	266:00	304:00	342:00	380:00
Male	75+	40:00	80:00	120:00	160:00	200:00	240:00	280:00	320:00	360:00	400:00
Female	18-24	32:00	64:00	96:00	128:00	160:00	192:00	224:00	256:00	288:00	320:00
Female	25-34	34:00	68:00	102:00	136:00	170:00	204:00	238:00	272:00	306:00	340:00
Female	35-44	36:00	72:00	108:00	144:00	180:00	216:00	252:00	288:00	324:00	360:00
Female	45-54	38:00	76:00	114:00	152:00	190:00	228:00	266:00	304:00	342:00	380:00
Female	55-64	40:00	80:00	120:00	160:00	200:00	240:00	280:00	320:00	360:00	400:00
Female	65-74	42:00	84:00	126:00	168:00	210:00	252:00	294:00	336:00	378:00	420:00
Female	75+	44:00	88:00	132:00	176:00	220:00	264:00	308:00	352:00	396:00	440:00

PACING TIPS

1. Start slow and gradually increase your pace. 2. Stay hydrated. 3. Listen to your body. 4. Don't overexert yourself. 5. Take breaks when needed. 6. Stay focused. 7. Keep a positive attitude. 8. Pace yourself for the entire duration of the race. 9. Don't let the crowd distract you. 10. Stay on your feet. 11. Don't forget to stretch before and after the race. 12. Eat a healthy diet. 13. Get enough sleep. 14. Stay motivated. 15. Enjoy the race.

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health&fitness

PACEMAKER

RRP \$8800

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Power-Plate is a fitness and wellness machine that vibrates when you work out on it. Using the principles of vibration training, Power-Plate claims to be able to help people to improve sports performance, enhance fitness and wellness and even accelerate recovery from injury. Vibration training provides the following advantages:

- SHORTER** training time for similar results.
- INCREASED** muscle strength.
- INTENSE** stimulation of the neurological system.
- IMPROVED** flexibility and assistance with joint lubrication.
- INCREASED** blood circulation.
- INCREASED** bone mineral density, especially worthwhile for sufferers of osteoporosis.
- MASSAGE** applications.
- DECREASE** in Cortisol levels (stress hormones).
- INCREASE** in balance and co-ordination.