

# Walking good for the brain

WE KNOW all about the upsides of fresh air and a bit of scenery – but according to a study, going for a walk could also make your brain grow.

Researchers found that an energetic stroll three times a week increased the size of the hippocampus, the brain's memory hub, which is one of the first areas to be destroyed by Alzheimer's disease.

They asked 120 men and women aged between 55 and 80 to go for a brisk 40-minute walk three times a week.

Normally, the brain shrinks with age. But scans after a year showed participants' key regions – including the hippocampus – had grown by up to 2 per cent, the American Association for the Advancement of Science's annual conference heard.

Scientists said the growth took up to two years off the brain's age – a change they said marked an "enormous" improvement – but another group who had been asked to do a series of stretching exercises over a year saw the same brain regions shrink by about 15 per cent.

Lead researcher Dr Kirk Erickson, from the University of Pittsburgh, said: "You don't need highly vigorous physical activity to see these effects."

## SPEED CAMERAS



SELECTED LOCATIONS OF TODAY'S POLICE SPEED CAMERAS

**TODAY:** Sir Donald Bradman Dr, Brooklyn Park, Anzac Hwy, Glenelg East, Adelphi Tce, Glenelg North, Lonsdale Rd and The Cove Rd, Hallett Cove, Henley Beach Rd and Rowells Rd, Lockleys, Duthy St, Malvern, Bradley Gr, Mitchell Park, Bains Rd, Brodie Rd, Elizabeth Rd, O'Sullivan Beach Rd, Sheriffs Rd and States Rd, Morphet Vale, Cross Rd, Myrtle Bank, Main South Rd, O'Halloran Hill, Old South Rd and States Rd, Old Reynella, Bains Rd, Onkaparinga Hills, The Strand, Reynella, Byards Rd, Reynella East, Adams Rd, Sheidow Park, Brighton Rd, Somerton Park, Greenhill Rd, Wayville.

### THIS WEEK

Williamstown Rd, Cockatoo Valley, Thiele Hwy, Freeling, Calton Rd and Cheek Ave, Lawler East, Adelaide Rd, Gawler South, Tarlee Rd and Thiele Hwy, Kapunda, Dawkins Rd, Gawler River Rd and Hayman Rd, Lewiston, Port Wakefield Rd, Lower Light, Lyndoch Valley Rd, Lyndoch, Main North Rd, Roseworthy, Sturt Hwy, Shea-Oak Log, Mallala Rd, Old Port Wakefield Rd and Port Wakefield Rd, Two Wells, Port Wakefield Rd, Wild Horse Plains, Redbanks Rd, Willaston.

Fatalities so far this year: **11**  
 Fatalities this time last year: **13**  
 Fatalities February 2014: **3**  
 Fatalities February 2013: **4**

This information is provided by The Advertiser and SA Police in the interest of road safety.



IN FOR THE LONG HAUL: Tory Toogood with Luca, 11, and Milla, 9. Picture: SARAH REED.

# Tory to tally up seven runs

**BRAD CROUCH**  
HEALTH REPORTER

AN Antarctic marathon through snow and slush makes obvious sense to an elite athlete who spent much of her career sitting down.

Olympic rower Tory Toogood got a little restless after a rowing career that included six years in the national team with multiple medals before retirement after Atlanta.

A little like Forrest Gump, she started running. And hasn't stopped.

The Beulah Park physio-

therapist, now 40 and with three young children, heads for Caracas in Venezuela this week to complete her sixth marathon on six continents.

She will back up next month in Antarctica to join an elite club who have completed seven marathons on seven continents.

Even before she completed her first marathon, in New York in 2011, she had paid a deposit for the Antarctic run.

"I didn't even think I was a runner, then when I was training for New York I got a bit of a taste for it," Tory said.

After New York, she completed a marathon in China in May 2012, a home run in Adelaide in August 2012, Kilimanjaro in March 2012 then Amsterdam in October 2013.

Her run on King George Island on the Antarctic Peninsula on March 9 will be on a loop between Uruguayan, Chilean and Chinese bases, with fewer than 100 fellow runners due to restrictions on tourists to Antarctica.

Tory's running has raised about \$13,000 for bowel cancer research so far. See [www.tory-toogood.com.au/sponsor-me](http://www.tory-toogood.com.au/sponsor-me)

# SA private schools to reap \$200 million

**TORY SHEPHERD**  
POLITICAL EDITOR

TOP private schools will receive millions of dollars each in taxpayer funding and a total of almost \$200 million in South Australia this year.

Prestigious Pembroke School will get about \$5.6 million, and Westminster about \$5.7 million. Prince Alfred College and St Peter's College will receive more than \$4 million each.

But the top recipient is Tyndale Christian School in Salisbury East, which will reap almost \$11 million.

The amount of federal funding each school receives depends on calculations that include student numbers and student need, but critics say the funding is increasing the divide between rich and poor.

South Australian Association of State School Organisations director David Knuckey said it was an "ongoing concern".

"It's been an issue for decades in this country. Two-thirds of students go to public schools and they only get one-third of Federal Government funding," he said.

"It certainly encourages the ongoing drift that we're seeing from public schools to private schools. Australia has one of the highest levels of students in private schools in the world."

Australian Greens education spokeswoman, South Australian Senator Penny Wright, said she was looking forward to seeing more funding for public education but that she expected that over the next four years, the amount would

fall short of what was needed to provide a good education for every child.

She said the Gonski reforms, which the Coalition had scrapped while maintaining the same amount of funding, would have ensured a fairer outcome.

"We have to look at the big picture here and what's good for the nation and we can see that Australia's education performance has been sliding internationally and Gonski showed that investing more in students and the schools that have been struggling is the most efficient way to turn this around," she said.

Mr Knuckey said he didn't think the Gonski reforms – which were designed to fund individual students based on need – would help because it didn't properly take into account a school's facilities, and the richer schools already have top-notch facilities.

State Education Minister Jennifer Rankine said all students were funded at the same rate regardless of where they lived or went to school.

She said the Coalition should honour the six-year deal struck with the previous government.

Federal Education Minister Christopher Pyne said the Coalition was "focusing on increasing school autonomy and parental engagement while ensuring we have a robust curriculum and excellent teachers to teach it".

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