

## MEDIA RELEASE

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### FIREFIIGHTERS RUSH TO SET A NEW RECORD AND RAISE VITAL FUNDS FOR MSWA

Some of Western Australia's fittest and fastest firefighters will compete against local police, paramedics and other emergency service responders for the coveted title of Protective Services Champions at the 2019 Shadforth Financial Group Step Up for MSWA.

So far, eleven teams of protective services personnel will don their full operational uniforms and race up 1,103 stairs to the top of Perth's tallest building – Central Park – to raise vital funds for people living with MS and all neurological conditions in WA.

Cory van Dijk, a member of the Bunbury Volunteer Fire and Rescue team, and Perth Airport aviation firefighter Alex Matthews are both hoping to beat last year's record of 11 minutes and 29 seconds, set by Department of Justice officer Samuel Wildy, and claim glory for themselves and other firefighters taking part.

Cory was recognised for his service to the State Emergency Service in 2014 when he was presented with the Bunbury Active Young Citizen of The Year award. He is registered to compete in the 2019 Step Up for MSWA Extreme Firefighter Challenge, and said his goal was to conquer the stairs in under 15 minutes.

"While the challenge of Step Up for MSWA is really fun and physical, it also supports an important cause that I'm really passionate about – raising much needed funds to support people living with MS and all neurological conditions in our State," he said.

"I've always believed in providing support for those who need it most – whether that's through firefighting or putting my skills to good use in support of MSWA."

Alex, a two-time Australian Ninja Warrior competitor, said the test of physical endurance on the show gave him an advantage for the event, and he hoped it would help him triumph at the 2019 Step Up for MSWA.

"Not only am I training hard to challenge my colleagues but I'm working even harder on my fundraising to support people living with MS and all neurological conditions in WA," Alex said.

Cory and his Bunbury Volunteer Fire and Rescue team mates train at Bunbury Tower in their full operational uniforms to prepare for the climb. Alex likes to train at Jacob's Ladder in King's Park and the Manning Park stairs in Spearwood; he also mixes up his training at Ninja Academy in Osborne Park.

Protective Services teams taking part in the 2019 Step Up for MSWA include:

- Baldivis Fire and Emergency Service

- Bunbury Volunteer Fire and Rescue
- Falcon Volunteer Fire and Rescue
- Kalamunda Fire and Rescue
- Mundaring Volunteer Fire and Rescue Service
- St John Ambulance (multiple teams)
- Aviation Fire and Rescue
- Rockingham Volunteer Fire and Rescue Service
- South Coogee Bush Fire Brigade
- Department of Justice
- Air Services Australia

Secure your spot today and save up to 20% on your registration fees for the 2019 event. But hurry – standard pricing closes at midnight Wednesday, 22 May!

To take part in the Shadforth Financial Group Step Up for MSWA or to donate, go to [www.StepUpforMSWA.org.au](http://www.StepUpforMSWA.org.au).

**ENDS**

#### **About MSWA:**

MSWA provides vital support and services to people living with all neurological conditions in Western Australia, including multiple sclerosis, stroke, Parkinson's Disease, Huntington's Disease, Motor Neurone Disease and acquired Brain Injury.

MSWA has a team of more than 750 staff who work passionately to provide the best possible care to people across the Perth metro area and broader regional centres of Western Australia.

MSWA plays a vital role in educating the broader community, liaising with government and other relevant bodies on related issues, and advocating for the rights of all people with neurological conditions.

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