

MEDIA RELEASE

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PERTH NINJA WARRIOR PREPARING TO STEP UP FOR MSWA

Ninja Warrior and local firefighter Alex Matthews is preparing to put his special skills to the test when he takes part in the Shadforth Financial Group Step Up for MSWA, racing to the top of Central Park in the Perth CBD on Sunday, 30 June.

2019 marks the 12th annual Step Up for MSWA. The event sees a broad range of participants – from professional athletes and protective services personnel, to office workers and families – who make the climb up Central Park’s 1,103 stairs (53 flights) to raise funds for people living with MS and all neurological conditions in WA.

In preparation for Step Up for MSWA, Alex and other registered participants will take part in an exciting training session at Perth’s own Ninja Academy, in Osborne Park – home to Australia’s most extensive Ninja Warrior-style obstacle course.

Alex, a qualified aviation firefighter based at Perth Airport, is competing in the Extreme Firefighter Challenge category of the event and said he would be taking full advantage of the Ninja Academy training session.

In the first series of Channel Nine’s Australian Ninja Warrior Alex smashed the gruelling course in six minutes and six seconds. He said that in 2019, he planned to work just as hard when tackling Step Up for MSWA in aid of a very worthy cause.

“The reward and exhilaration of climbing 1,103 steps to the top of Central Park, whilst knowing you have helped make a difference to thousands of Western Australians living with MS and all neurological conditions, is incredible,” Alex said.

“I’m a big fan of putting my body and mind into situations which test my resilience and exceed my ability.”

“As an Aviation Firefighter I need to be at my fittest. Step Up for MSWA is a great physical challenge, but most importantly I compete to raise money for people living with MS and all neurological conditions who may not be able to compete themselves.”

In 2018, more than 1,040 Step Up for MSWA participants across 169 teams raised over \$200,000 to help people living with MS and all neurological conditions in Western Australia.

EVENT DETAILS

Event: Ninja training session for Step Up for MSWA

Date: Saturday, 11 May.

Time: 10.00am

Location: 7/443 Scarborough Beach Road, Osborne Park

Opportunities: Photographs, filming, interviews

ENDS

About Alex Matthews:

After suffering a shoulder injury in 2015 Alex was forced to put a passion for rock climbing on hold, a necessity that he said made him feel weak and depressed. Just one week before he was due to return to his beloved sport, Alex was struck down by a speeding car, suffering a broken neck. During his recovery, he came to fully understand the meaning of 'struggle', but through perseverance managed to make a full recovery and return to rock climbing this year – as well as rising to fame as an Australian Ninja Warrior competitor.

View Alex's Australian Ninja Warrior profile online here: <https://9now.nine.com.au/australian-ninja-warrior/alex-matthews/ae694faa-bda2-4783-ae66-d90d8653409c>

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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