

June 11, 2018



## **Bunbury firies ready to tackle Perth's tallest tower**

It arguably offers the best view of Perth but climbing the 1,103 steps to the top of Central Park as part of the Shadforth Financial Group Step Up for MSWA, is no easy feat, especially when you're wearing 24 kilograms of firefighters' kit. Just ask Bunbury Volunteer Fire and Rescue member Daniel de Malmanche.

"I tackled it last year and it took me under 17 minutes, which was a lot better than I thought I'd do and probably much better than I'll do this year, but we're all in it to complete it. Getting to the top is the goal," said Daniel.

"Wearing that full firefighting kit is brutal, I've completed a half iron length triathlon but finishing Step Up with a full firefighting kit on is the hardest thing I've done. There's just no way you can cool down because there's no airflow, so even stopping on the way up, doesn't make it easier, the heat just continues to build up."

Daniel, along with his wife Jess, are part of the seven-person team from the Bunbury Volunteer Fire and Rescue team who are in training to tackle Perth's tallest tower - and they're all doing it in their firefighting kit. Daniel and another team mate are taking it to the next level and will also be wearing and using their breathing apparatus.

"We're currently training twice a week as a team, at the Bunbury Tower, we go up and down the 11 floors, six-times but we need to do more. It's really painful at the time but it's even worse the day after," added Daniel.

Daniel and his team are hoping to raise \$5,000 and say Facebook helped them with a large part of their fundraising efforts last year. With participants now able to choose which neurological condition they'd like their fundraising to go to, Daniel has chosen multiple sclerosis.

"Last year I donated our money to help people who have had a stroke, because I lost my grandfather to a stroke. This year, I've chosen multiple sclerosis because they've got a great track record of sharing the money round and doing good things with it. Dan and Steve who are also in the team are donating their money to Motor Neurone Disease and Parkinson's Disease," Daniel said.

Daniel admits there's also a bit of friendly rivalry between firefighters, not in just making it to the top of Central Park the fastest, but also who raises the most money.

"We certainly didn't want to be beaten by the Falcon vollies last year in either category," Daniel added.

"Daniel and his team deserve all the fundraising dollars they can get because I've seen the firies when they reach the top of Central Park and they're exhausted. We're pleased that people like Daniel and the many others like him keep coming back to challenge themselves and take part in this unique fundraising event. Their support allows us to continue to invest in research and extend our services to the people who need them," said MSWA CEO, Marcus Stafford AM.



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“Last year’s Shadforth Financial Group Step Up for MSWA saw 1,027 participants raise almost \$250,000 – breaking records both in numbers and fundraising. These funds have allowed us to continue to support people living with MS and other neurological conditions in Western Australia.”

MSWA Ambassador Josh Kennedy says he’s always impressed with the participants’ commitment leading up to the event, and on the day.

“I’ve got the easy part, all I have to do is press the starters’ horn, the hard part happens when they start tackling the 1,103 stairs to the top,” said Josh.

“It doesn’t matter how long they take, they’re helping to raise money for a great cause and they can leave knowing they’ve helped make a difference to the lives of people living with MS and other neurological conditions.”

This year’s Shadforth Financial Group Step Up for MSWA is on Sunday June 17, climb options include:

- One Up (ages 12+) - 1,103 stairs or 53 flights;
- Double Up (ages 18+) - 2,206 stairs or 106 flights;
- Mini Climb (ages 6+) - 435 stairs or 20 flights. An adult must accompany a child on the mini climb.

Online registrations close on Wednesday, June 13. Climbers can register on the day for the One Up and Mini Climb, but there are only limited spots available. All Double Up participants must register online prior to June 13.

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)

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