

Media Release



2012 – 005

Immediate Release

Sunday 6 May 2012

A run to remember a fallen hero for hearty charity

ACT Fire & Rescue are encouraging the ACT community to hit the pavement today in a bid to raise much needed awareness for the Heart Foundation.

The Darren Wall ACT Emergency Services Heart Challenge is now in its 12th year and is held in honour of former ACT Fire-fighter Darren Wall, who sadly suffered a fatal heart attack in 1999.

“The event aims to raise awareness of the warning signs of heart attack,” ACT Fire & Rescue Chief Officer Paul Swain said.

“Darren Wall served with ACT Fire & Rescue for more than 12 years. He was known for his infectious enthusiasm and for his efforts to go above and beyond the call of duty,” he said.

“Each year around 55,000 Australians suffer a heart attack - that’s one every 10 minutes – and heart attacks claim 10,335 lives,” Heart Foundation CEO Tony Stubbs said.

“The Heart Foundation’s ‘Warning Sign of Heart Attack’ campaign aims to save lives by informing people of the warning signs and encouraging them to respond quickly by calling Triple Zero,” he said.

“We need to raise \$75,000 in the ACT this year to fund the continuation of this campaign in 2012 and beyond through events like the Darren Wall ACT Emergency Services Heart Challenge. We know this campaign is saving lives – people are telling us so - but we want to prevent more deaths. One in three people in the ACT still would not call Triple zero if they thought they were having a heart attack.”

“Participants can run, walk, rollerblade, walk the dog or push a pram along the five kilometre course. The event commences at 10:00am in ‘Kings Park’ opposite the Carillion, with the first runner expected to cross the finish line in around 15 minutes,” Mr Swain said.

“There will be Fire-fighting appliances on display; the ACT State Emergency Service will be providing a chicken-salad lunch at the finish line and a medal presentation ceremony for the winners of the race for various categories. It really is a good day out for the whole family with a positive health message attached to it, he said.

Support for the Heart Foundation’s fundraising effort in the Challenge here
<http://www.everydayhero.com.au/event/darrenwallchallenge2012>