



For immediate release
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WALLARAH 2 FUNDS DEFIBRILLATOR FOR LOCAL CROSS COUNTRY GROUP

Central Coast Cross Country (CCXC) has received a generous grant from the Wallarah 2 Community Foundation, which has funded the purchase of a defibrillator kit to support the club during its busy running season.

Central Coast Cross Country is a not for profit group operated by a dedicated committee who volunteer their time to offer cross country running events at various Central Coast venues every Saturday during the winter season.

With more than 500 members, aged from 3 to 86 years, the new defibrillator kit will form part of the group's safety equipment.

Kay Bell, President of CCXC said, "Our growing group promotes health and fitness to locals by organising fun, family oriented cross country events during April through to September. Runners of any level are welcome and can have a serious run, a jog for keeping up fitness or even a run for fun.

"Our members really enjoy the practice the events provide for the children's school cross country carnivals and it even allows parents to get into running and maintain their fitness as they age.

"Aside from the 2 kilometre, 4 kilometre and 6 kilometre runs held each week, we hold a 12 kilometre run four times in the season and also have a walking group," said Kay.

With stories of more and more people surviving heart attacks due to defibrillators, the group decided that it would be vital to purchase one as part of its duty of care to its members and the local community.

"With 500 local members, averaging approximately 200 runners a week, our Committee really wanted to purchase a defibrillator as a precautionary measure," added Kay.

"You may never need it, but it's just one of those pieces of equipment that you would prefer to have available if a situation arises," she added.

The cross country group select a different Central Coast location each week that offers varied terrain, with recent running events held at Kincumba Mountain, The Entrance North, Buff Point, Rumbalara, Pioneer Dairy Wetlands and Bushells Ridge.

"Our volunteer organisers are committed to ensuring that our members can enjoy our events in public places safely and responsibly.

"We would like to thank Wallarah 2 Community Foundation for providing us with the funding to purchase a defibrillator as this could truly mean the difference between life and death for members or even those in a nearby locations to where we are running," added Kay.

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Peter Allonby, General Manager of the Wallarah 2 Coal Project said that the Foundation is proud to forge a new relationship with Central Coast Cross Country and fund such an important piece of safety equipment.

“It’s important to us that the community members that enjoy these cross country events remain safe when running or spectating and as the group run at a different location each week, it may even be that they are able to assist others in the community who are in need of this lifesaving equipment,” added Peter.

A total of 9 grants were awarded to community initiatives that benefit the Wyong area as part of the Wallarah 2 Community Foundation 2016 grant process. For further information, please visit www.wallarrah.com.au.

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