

Hell of a cause

Rural doctors going to hell and back
to raise funds for vital health equipment



The website reads “Welcome to Hell” and after a gruelling 2km swim, 80km bike ride and 20km run, it will sure feel like it!

The iconic [Festival of Hell](#) is a long course triathlon event which started in 1989 and today attracts athletes from around the world.

On 3 April this year, the quiet of an early Sunday morning in Goondiwindi will be shattered when local doctor Matt Masel, along with many others, plunges into the McIntyre River to take on 2km freshwater swim.

Followed by Dr Sarah Gleeson who'll jump on her bike for a “leisurely” 80km cycle. While there are no hills, Sarah will face lonely open spaces, building heat and not to mention a returning headwind.

Then, Dr Anna Carswell will hit the ground running for three loops around the banks of the river in the shade of century-old river gums. However, as the temperature rises the beautiful scenery is soon lost in the haze of hellish heat over the 20km track.

Raising health outcomes

Matt, Sarah and Anna will be spurred on by the cheering crowd. And, they have added motivation knowing they are supporting a great cause. Matt, Sarah and Anna are putting their bodies on the line to raise funds for much needed medical equipment. As a team, they have already raised more than \$2,600. With generous donations from their supporters, Rural Doctors Foundation have been able to purchase a COVID Medihood so rural and remote communities like Goondiwindi feel safer during these challenging times.



The COVID Medihood is a protective shield installed over hospital beds and, with their specialised air filtering systems, they create a cover of protection over each patient, helping to protect other patients, health workers and hospital staff from cross infection.

Matt, Sarah and Anna are hoping to raise even more funds to enable the purchase of another COVID Medihood and with your support this will be possible.

Donate if you can

Please encourage these rural doctors' efforts by donating at: <https://hell-of-the-west.raisely.com/> and help to raise funds for life-saving equipment for rural and remote towns.



Community champions

On top of these efforts, thanks to a submission prepared by Dr Anna Carswell, Rural Doctors Foundation funded a defibrillator for the Goondiwindi Triathlon Club through the Grants for Good Health program.

Matt, Sarah and Anna are integral members of their community, and they are demonstrating their commitment to community yet again by participating in the Festival of Hell and challenging themselves, modelling how to stay fit and healthy while also raising funds for vital medical equipment.

