

To Hell & back!

Facing hell *again* to raise funds for rural communities

Hell of the West is a murky 2km swim, a burning 80km cycle and a hellishly hot 20km run.

If you are putting yourself through such a gruelling event you might as well do it for a good cause. And, that is what three Goondiwindi doctors did last year.

Anna Carswell, Sarah Gleeson and Matt Masel raised over \$6,000 for the Foundation when they participated in the Hell of the West triathlon in March 2022.

In doing so they set a great example to their community of putting your health and mental well being first. And come 26 March, they are **doing it all over again!**



WATCH VIDEO

Check out the 2022 race action

This year they will be joined by THREE MORE participating for Rural Doctors Foundation.

Beaudesert locals Zac Cunningham and his mate Aaron Collis are avid triathlon participants and are training hard to battle through this challenging race, chasing podium finishes.

Living in a semi-regional town themselves they see the impact the work of the Foundation has on closing the trauma gap that can be felt as soon as you leave the city.



Courtney Coyne works as a lawyer for Minter Ellison but is also a keen cyclist competing regularly across Southeast Queensland. In 2022, Courtney joined Rural Doctors Foundation as a Board Observer. She brings a wealth of knowledge to the Foundation.

Our Hell of the Westers are ready to face Hell to show their support for rural communities.

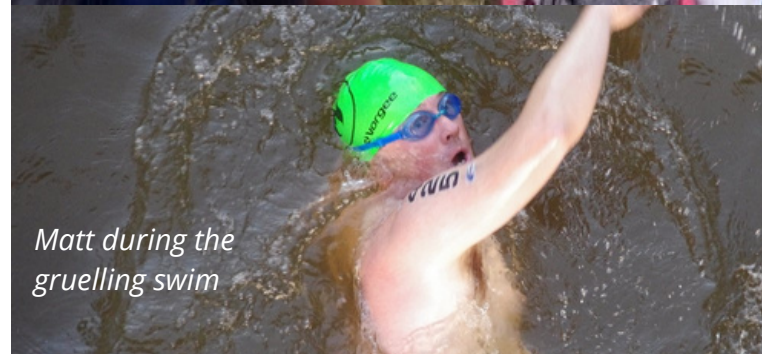


Anna taking on the hellish 20km run.

[MAKE A DONATION](#)



Aaron and Zac training in the Scenic Rim.



Matt during the gruelling swim

Get involved - If you would like to take part get in touch with the [Rural Doctors Foundation team](#).

Or support via sponsorship.