



MEDIA RELEASE
4 October 2013

Brave Mates take on Australia's Top 10 peaks

A group of current and former Australian Defence Force personnel will trek the 10 highest peaks in Australia to help with their rehabilitation.

The team will attempt a two day challenge through the spectacular Snowy Mountains in Kosciuszko National Park, reaching the 10 peaks and visiting Australia's five remaining glacial lakes.

Mates4Mates Chief Operating Officer Michael Quinn said the trek was part of a holistic recovery approach.

"An expedition like this helps physically and psychologically challenge wounded, injured and ill ADF personnel, who we call our Brave Mates, and helps rebuild their confidence to manage fear or stress," Mr Quinn said.

"The 50 kilometre hike will take them up 2228 metres to the top of Mount Kosciuszko and across the Snowy River.

"Some of the Brave Mates have suffered physical injuries and some have emotional scars but they all pull together to cross the finish line."

The trek covers Mt Townsend (2209m), Mt Twynam (2195m), Rams Head (2190m), Unnamed Peak on Etheridge Ridge (2180m), Rams Head North (2177m), Alice Rawson Peak (2160m), Byatts Camp SW of Abbott Peak (2159m), Abbott Peak (2145m) and Carruthers Peak (2145m).

Mr Quinn said the current and former servicemen would be led by Glenn Azar.

"Mr Azar has completed the Aussie Ten more than 15 times," he said.

"He's also served with Army in East Timor and Bougainville, so will be able to relate to the Brave Mates."

Mr Quinn said the adventure challenge provides a solid physical workout and an opportunity to reflect.

"A couple of nights in the mountains, away from busy day-to-day life and technology, gives the Brave Mates a chance to bond and talk about life outside the military," he said.

The Aussie Ten Challenge begins on Sunday 6 October when the group meets at Canberra before spending the night at Jindabyne.

They will tackle six peaks on Monday 7 October and four peaks on Tuesday 8 October.

On Wednesday 9 October, the group will mark the occasion by visiting the Australian War Memorial in Canberra for morning tea.

MEDIA OPPORTUNITY

WHEN: 11am, Wednesday 9 October 2013

WHERE: Australian War Memorial
Treloar Crescent, top of Anzac Parade
Canberra ACT

WHO: Mates4Mates Aussie Ten Peaks Adventure Challenge hikers – wounded former and current ADF personnel.

MEDIA CONTACT: Chris Reid, Sequel Communications: (07) 3251 8111 or 0403 090 914.

About Mates4Mates:

Mates4Mates is a non-profit organisation providing holistic welfare and treatment programs that give direct support to current and ex Australian Defence Force members and their families.

Support the Brave Mates online at www.Mates4Mates.org