

## Dash across the Nullabor to end in Sydney - Thursday!

**Three blokes who have been cycling across Australia for charity will complete their 22 day journey this Thursday at Sydney's famous Bondi Beach.**

In Freemantle WA on 27 February, Nat Groves of Portland, Matt Sheppard of Coonamble, Murray Campbell of the UK and a support driver known only as 'DZ', embarked on a 200km-a-day endurance ride that has taken them across the Nullabor, through South Australia and Victoria in scorching 40 degree heat and through country NSW towns including Hay, Rankin Springs and Grenfell.

Today the boys are riding from Blayney to Lithgow, on Wednesday it will be Lithgow to Katoomba and Thursday they will ride from Katoomba to Bondi Beach. **The boys will arrive to much fanfare at Bondi's North Beach Surf Life-Saving Club between 11.30am – 12 midday this Thursday, 20 March 2008.**

The inspiration for their bike ride was a couple of mates who are now quadriplegics due to separate accidents. "We have been motivated by the way these two mates are now facing challenges in their everyday lives" said Nat Groves. "This is why we chose to do the ride for **ParaQuad NSW**".

"We have set up a page through the *Everyday Hero* website which enables anyone to donate to **ParaQuad**. The website address is [www.everydayhero.com.au/cycle](http://www.everydayhero.com.au/cycle). The money we raise will help people with spinal cord injury to become more independent and be able to participate in their communities more" said Nat.

ParaQuad NSW (the Paraplegic and Quadriplegic Association of NSW) was founded over 46 years ago to empower people with spinal cord injury to achieve their potential. They provide services and support for people who have had a catastrophic spinal cord injury, their carers, families, friends and health professionals at every stage of life.

The most recent report from Dr Raymond Cripps of the Australian Institute of Health & Welfare (AIHW) shows that transport-related accidents accounted for 46 per cent and falls accounted for 33% of all new cases of spinal cord injury in 2005-2006. **Men account for 82 per cent** of all new spinal cord injuries, which occur **most frequently in those aged 15-24.**

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### Media enquiries

To interview the boys directly please contact them on their mobile phones.

**Nathanael Groves: 0401 177 186 or Matthew Sheppard: 0437 517 571.**

For more information on spinal cord injury and/or ParaQuad NSW please contact Deborah Schofield, Public Relations Manager, on (02) 8741 5627 or 0448 018 439 or 0419 443 494, or by email at [deborah.schofield@paraquad.org.au](mailto:deborah.schofield@paraquad.org.au).