



Media Release

13 March 2014

Impressive Guests join Mates Rural Run

The **Aglime of Australia Mates 500 Relay** - a 1500 kilometre 11 day running event from Mukinbudin to Manjimup will start on Monday 24 March 2014. This year's event hopes to build on the \$120,000 previously raised, as well as significantly increase the profile of men's health and wellbeing issues in regional areas.

The chosen beneficiaries of the **Aglime of Australia Mates 500 Relay** are The Regional Men's Health Initiative (RMHI) and Prostate Cancer Foundation of Australia (PCFA).

Along the way, guest speakers join the team of runners and their support crew to present health and promotion events in each town that they stay – at Mukinbudin, Wongan Hills, Merredin, Bruce Rock, Corrigin, Kulin, Kukerin, Gnowangerup, Wagin and Manjimup.

Summary of guest speakers:

- Bruce Yardley – champion Australian Cricketer
- Peter Hughes – Bali Bombing Survivor
- Dean Cox – current WCE AFL player
- Glen Jakovich and Ross Glendinning – former AFL players
- Vince Garreffa – celebrity Butcher
- Brendan Barrows, former WAFL player and prostate cancer survivor
- David Parkin – former AFL player and premiership coach

Please refer to attached speaker summary for locations, dates and times of these events.

Chairman of the Aglime of Australia *Mates 500 Relay* Paul Omodei said that 'we have been so fortunate to attract such well known identities to attend our events in these rural communities. Their presence will really add to the health promotion events'.

'The support we have received from the local towns has been amazing and we look forward to spreading the word about men's health and wellbeing', Paul said.

To find out more about the **Aglime of Australia Mates 500 Relay** please visit www.mates500relay.org.au or find them on facebook and twitter.

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Attachment (1)– Events Summary

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