



Media Release

February 2008

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## Peter Wilson's Trifecta of Hope

Ironman and Triathlete Peter Wilson is a hero to the young patients of Sydney Children's Hospital, Randwick. Having completed an extreme six day footrace stretching across 250 km of the Gobi Desert in China last year to raise money for the Hospital, he is at it again. This time Peter will be putting his skills as an Ironman and Triathlete to the test by aiming to complete not one race but three in the 'Trifecta of Hope'. Within the space of seven weeks Peter will compete in three extremely demanding footraces in Australia and Chile, raising vital funds for the Emergency Department at Sydney Children's Hospital.

Peter's first race of the Trifecta of Hope is 'The Six Foot Track', in The Blue Mountains on 8 March. Peter will be pushed to the limits as he covers 45km of track in Australia's 5<sup>th</sup> largest marathon, which attracts around 700 participants each year.

The next race in the trifecta will take Peter all the way to the Atacama Desert in Chile. Starting on 30 March, global adventuring company Racing the Planet's 'Atacama Crossing' event will challenge Peter with a demanding 250km course across the world's driest desert. Beginning in Machuca and following an old Inca trail, the race will be completed in six stages, with Peter running 20-80km a day over seven days. Peter must also carry all of his own food, gear and clothing in an environment where it is expected to be 32 degrees during the day, and possibly below freezing at night. To prepare his body for the additional strain, Peter will be doing 14 weeks of intensive training including a gruelling replica of the race in weeks 4 and 6 of the program.

The third and final race of the trifecta will take Peter back to the Blue Mountains on 17 and 18 May. 'The North Face 100' footrace consists of 100km of rugged terrain which Peter must complete in under 30 hours.

"I am competing in these three races with one mission in mind," Peter said, "to help the sick children of Sydney Children's Hospital, Randwick by encouraging everyone in the community to give generously to the Hospital." Major sponsors of Peter's Trifecta of Hope are his workplace, the AJC's Royal Randwick Racecourse and Powerade, who are each donating \$15,000 to

Sydney Children's Hospital in support of Peter's challenge. NG Farah Project Marketing are also throwing their support behind Peter and donating to the Hospital.

Peter is no stranger to helping out Sydney Children's Hospital. He both volunteers at the Hospital and runs special respite days at the races for patients and their families through his workplace. "I have two passions in life – running and the Sydney Children's Hospital. The brave young patients at the Hospital and the people who care for them are my heroes, they inspire and motivate me to complete the Trifecta of Hope," said Peter.

"Last year Peter raised over \$60,000 for the Hospital's Emergency Department. Peter is a true champion of the sick children that are treated at the Sydney Children's Hospital, Randwick," said Adam Check, Chief Executive, Sydney Children's Hospital Foundation.

You can help Peter in his challenge by donating funds to Sydney Children's Hospital, Randwick. To make a donation please call the Sydney Children's Hospital Foundation on 1800 644 336 or visit Peter's website [www.racing4hope.com](http://www.racing4hope.com).

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For more background information, please refer to the attached media pack.

For interviews with Peter Wilson or Adam Check, Chief Executive of Sydney Children's Hospital Foundation please contact:

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