



Media Release

20 September 2019

Adelaide Coastrek raises \$850,000 for Beyond Blue Support Service

More than 1,200 trekkers have crossed the finish line of Adelaide Coastrek today, raising more than \$850,000 for Beyond Blue.

Coastrek Managing Director Tania Taylor was at Parson's Beach waving off teams participating in the 60km trek, then at Victor Harbor sending off teams taking on the 30km challenge.

Participants trekked along the Fleurieu Peninsula's beautiful beaches, bays and clifftops before finishing at Goolwa.

Participants included two-time **Brazilian Jiu Jitsu World Champion Shantelle Thompson**, **2019 House Rules Grand Finalist Lisa Carman** and **Victor Harbor Mayor Moira Jenkins**.

This year's top fundraiser was Team Fleurieu's Fluers who travelled from Sydney and raised a total of \$17,700.

The award for Most Inspiring Team went to Adelaide's Team Glorious Gaiters. Team leader **Ruth Budge** makes hiking gaiters each year to raise money for Beyond Blue.

This year, the gaiter fundraiser made over \$2,500 at the Adelaide event.

Ruth has experienced post-natal depression and has multiple heart surgeries.

"Having experienced post-natal depression, I participate in Coastrek to help raise awareness for mental health and make things easier for others going through the same thing," she said.

"It's great to be able to get involved in a practical sense; to make a real difference."

Beyond Blue CEO Georgie Harman said it was a privilege for Beyond Blue to be the chosen charity for Adelaide Coastrek and congratulated all participants, organisers and volunteers on a successful event.

"This year's Adelaide Coastrek has brought together 316 teams of trekkers who understand that getting outdoors and exercising is a great way to boost mental health," Ms Harman said.

"The donations raised through Adelaide Coastrek will fund around 17,700 contacts to the Beyond Blue Support Service, which is available 24/7 for people when they need us most."

Ms Taylor said Coastrek was a way for participants to exercise and strengthen relationships around a cause that resonates across Australia.

"It's a day where the community can share their journey and their stories with others. What could be better than spending time walking in nature with friends and fundraising for Beyond Blue?"

Since the first Coastrek event held in Sydney in 2009, it has become Australia's most popular adventure trekking series.

In the past 10 years, more than 40,000 Coastrekkers have raised more than \$30 million for charity.

You can still donate to this year's Adelaide Coastrek teams at coastrek.com.au/events-adelaide

2020 Coastrek events will be held in Sydney, Melbourne, Sunshine Coast and Adelaide.

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To register, go to coastrek.com.au

Mental health professionals are available at the Beyond Blue Support Service via phone 24/7 on 1300 22 4636 or via www.beyondblue.org.au/get-support for online chat (3PM – 12AM AEST or email responses within 24 hours).

Photos and vision:

High resolution photos of Adelaide Coastrek 2019 are available [here](#).

Vision is also available on request.