



THE VICTOR CHANG
CARDIAC RESEARCH INSTITUTE

For immediate release
Monday 21 November 2005

MEDIA ALERT AND COMMUNITY SERVICE ANNOUNCEMENT

SPLASH OUT FOR HEART DISEASE

Splash out for heart disease at the 6th Annual *Swim Challenge and Family Gala Charity day*, an event held at the Des Renford Aquatic Centre which raises much needed and appreciated funds for the Victor Chang Cardiac Research Institute (VCCRI).

The event is a time for families and community groups to come together in a fun and active community environment, and to celebrate the passion and commitment to heart research and long-distance swimming by the late national champion and local hero, Des Renford.

Heart disease is Australia's number one killer affecting all people, regardless of age, gender, ethnicity or social standing. The annual fundraiser acts as to promote awareness of this deadly disease and the benefits of a healthy lifestyle in reducing its likelihood.

What: Media are invited to promote, cover and attend the fundraising event leading up to and after the day. All monies raised on the day will go to the Victor Chang Cardiac Research Institute, specifically the Des Renford Chair of Heart Research (see attached).

When: Sunday 27 November 2005, from 7am till 5pm.

Where: Des Renford Aquatic Centre, Crn Robey St and Jersey Rd, Maroubra.

What to expect:

- Families, children, senior groups, sporting associations showing there support and splashing out for heart disease.
- People joining in the swim challenge or sitting back enjoying a friendly drink, sausage sandwich and the free entertainment, which includes dancers, musicians, face painting, jumping castles, fire truck displays and much more.
- An opportunity to interview Michael Renford, son of the late Des Renford who is on the Victor Chang Cardiac Research Institute Appeal's Committee and has been organising the annual fundraiser for the last 6 years as a tribute to his father and to raise an awareness of the disease that claimed his life.

For more information please contact Michael Renford, Victor Chang Cardiac Research Institute Appeals Committee on 0403 113 083 or mrenford@qantas.com.au