

Media Release



Health
South Eastern Sydney
Local Health District

27 February, 2012

St George Hospital medico to run seven marathons in seven days

St George Hospital's Associate Professor of Endocrinology and Metabolic Bone Disease, Terry Diamond, is soon to embark on *The Eye-Con Run* – a 294 kilometre journey which will take him through some of the most beautiful parts of Australia, in a bid to raise awareness for Retinitis Pigmentosa (RP).

From 18 to 25 March, 2012, the 56-year-old Professor will be running a marathon (42 kilometres) a day for seven days, through Central Australia (Uluru), Perth (Fremantle Beach), Adelaide (Barossa Valley), Melbourne (Great Ocean Road), Canberra (Lake Burley Griffin), Gold Coast (Gold Coast Beaches), finishing at Bondi Beach in Sydney.

This will be a run-fly-run endurance test. Not only is seven consecutive marathons a feat in itself, the average heat in Central Australia is 36 degrees celsius. Stamina will be tested and emotions will run high but Professor Diamond is hoping to raise thousands of dollars for his efforts.

Professor Diamond said he has been training at every opportunity.

"I wake at 4am and run for two hours in the morning, work the whole day and then run another two hours, from 6 to 8 pm in the evening – and every Sunday I run a full marathon.

"Since a marathon is considered the ultimate running challenge, it's important to make sure that your body is up for the challenge," Professor Diamond said.

He previously ran 328 kilometres from Canberra to Sydney in 2009 to raise funds for osteoporosis.

"For sufferers of RP, the loss of sight is permanent and untreatable.

"RP is an inherited eye condition that can affect one in 3,000 live births leading to damage of the photo-receptor cells and progressive visual loss. Sufferers must cope with everyday life while seeing the world slowly fade from their eyes," he said.

Proceeds from the *Eye-Con Run* will be used to set up a stem cell research program for sufferers of RP, hoping to achieve a therapeutic goal of restoring 20-20 vision in these individuals by 2020.

To donate and follow this worthy cause, visit www.everydayhero.com.au/theeyeconrun or www.retinaaustralia.com.au and follow the prompts to donate to the *Eye-Con Run*.

South Eastern Sydney Local Health District
Media contact: Maxine Brennan 02 9113 2601 or 0413 028 776