

# Media Release

## Garry Climbs Everest for Premmie Babies

5 February 2014

In April 2014, Garry Williams of Kingsley will attempt to climb to the top of Mount Everest to raise funds for health research for mums and their babies.

As a lifelong ambition for Garry, climbing Everest took on a greater meaning when he discovered that in Tibetan and Nepalese folklore Everest is referred to as 'the Mother Goddess of the Earth'. Following along with Everest's 'motherhood' theme, Garry chose the Women and Infants Research Foundation (WIRF) as the beneficiary of funds raised by his climb.

With just under three thousand people having successfully climbed to Everest's summit, Garry aims to be the sixth West Australian to get to 'the top of the world', but only the third from the Tibetan side of the mountain.

Garry is hoping to raise \$15,000 for WIRF's research into preterm birth prevention. "I'm hoping my climb will make a difference to the kids of the future and to their mums. Every cent we raise goes directly to women and infants health research and I couldn't be prouder climbing Everest on their behalf", said Garry.

WIRF's research, conducted at King Edward Memorial Hospital, helps to identify issues before birth and changes the outcome for women at risk, resulting in healthy pregnancies and babies. WIRF's preterm birth research has identified that in up to 40 percent of premature births, a bacterial infection within the amniotic fluid is present. Studies are continuing into identifying specific strains of bacteria responsible, as well as signs of infection-related inflammation that could be identified by clinicians, so that appropriate treatments can be applied to prevent premature labour.

Garry, an Emergency Services Officer with Fortescue Metals Group is well prepared for the climb. As a former Royal Marines Commando he successfully passed one of the longest and toughest military courses in the world which saw him awarded the prestigious Commando Green Beret. Garry's Commando experience also included extensive mountaineering and survival experience in the Arctic, Himalayas and jungles of Borneo.

Since leaving the Commandos, Garry's endurance training has continued on the Stirling Range, British Three Peaks Yacht Race, as well as completing the Welsh 3000 challenge which entailed traversing 50kms whilst consecutively summiting 14 mountain peaks over 900 metres in height. In the lead-up to his Everest climb Garry's training regime involves daily military-style Cross-Fit circuits, interval training, and endurance sessions.

Lisa Wiese, of Duncraig, is supporting Garry's Everest climb after giving birth to her daughter Kimberley in 2011 at just 26 weeks. Kimberley weighed just 1020 grams. Lisa said "I wish I could have given her better start to life. I compare climbing Everest to the battle of getting Kimberley through her first months of life. WIRF's research is vitally important and I commend Garry on his climb".

Garry said "climbing Everest has been my ambition since childhood and to be finally doing it, really is a dream come true. The North-East Ridge route from Tibet will be challenging as it is regarded as technically difficult and climbers spend a long time on a more dangerous part of the mountain, termed the 'Death Zone'. It's also very cold and windy on that side of the mountain".



women & infants  
research foundation  
Western Australia

## Media Release

Garry will also be using Perth's tallest office tower, the 51 storey Central Park Building, as part of his preparation for Everest. "The plan is to climb up and down the internal stairwell several times carrying a heavy pack as part of my training. I've also been climbing up and down Jacob's Ladder and the Kokoda Track in Kings Park".

You can donate to Garry's cause by visiting his My Cause page at <http://www.mycause.com.au/page/premmiebabiesmouteverestchallenge> or follow Garry's preparation and expedition updates on Facebook at: [Garry Williams Everest Challenge 2014](#).

Garry is also looking for sponsorship for this and future expeditions and can be contacted via his Facebook page.

**Media contact:** Sarah Cooper, 0416 228 722, [sarah@wif.com.au](mailto:sarah@wif.com.au)



*Garry Williams*



*Kimberley Wiese, born 14 weeks too early*