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QUARTET TACKLE SKIING WORLD RECORD FOR CHARITY

FOUR fitness fanatics will push themselves to the limit in a 24-hour charity challenge.

Roy Hanford, of Brunswick West, Kieran Bingham (Coburg), Jordie Wilcock (Watsonia) and James Maskey (Yarraville) will take 15-minute

shifts on a SkiErg machine — which recreates Nordic skiing — as they aim to set a world record for the longest distance covered by a group of four.

The group is aiming to raise \$4000 for charities Beyond Blue and The Lighthouse

Foundation. Mr Maskey, who works at Beyond Blue, was diagnosed with post traumatic stress disorder after leaving the Queensland police force.

"I'm very passionate about the work Beyond Blue does in normalising mental health and

reducing stigma," he said. An event will be held at The Fit Project on Victoria St, Brunswick from 9am to 11am on Sunday.

Details: bit.ly/2vsJWgq