



Dr Sean Rothwell and Dr Mark Baldwin are getting fit for the good of others

Good sports

Staff from St Andrew's War Memorial get physical to practise what they preach

Sport is a useful way to build community connections, and St Andrew's War Memorial Hospital is harnessing the popularity of fitness challenges to connect with staff, doctors and the wider community.

St Andrew's War Memorial Hospital's new general manager, Andrew Barron, a keen runner himself, said the hospital encouraged staff to get involved in team events as part of promoting healthy, connected lifestyles.

"As we are in the health business, it's about encouraging our staff to live healthy lives and to lead by example," he said.

"For example, we had more than 100 people take part in the 10km Bridge to Brisbane in September, with St Andrew's

funding entry fees and running shirts.

"After the run, at the UnitingCare Health marquee, everyone came together and it was a great day - just people feeling good from finishing the event and having a chat about the experience."

UnitingCare Health staff members are no strangers to sporting endeavours, taking out the award for the largest team participating in the Nissan Corporate Triathlon earlier in the year with 143 participants.

Hospital staff members are now showing their support for charitable sporting events.

In October, four senior St Andrew's staff members reached out to support the Griffio's Challenge River Loop Run. Dedicated to brain tumour survivor

Damian 'Griffo' Griffin, the event raised funds for the ICON Cancer Foundation.

Back on board for the second year of the event, which follows a seven-kilometre circuit of the Brisbane River and can be completed by participants up to six times, St Andrew's staff provided medical support to runners for injuries or heat exhaustion.

St Andrew's Director of Emergency Dr Sean Rothwell and Orthopaedic Surgeon Dr Greg Sterling joined Mr Barron as half-marathon runners in the event, while Emergency Physician Dr Mark Baldwin was on standby on the sidelines for medical support. [PH](#)

By Bonnie Harrison