

# Gritty Brit cycling 3,000 km for mental health

British man cycles solo from Uluru to the Sydney, covering 4 states, raising money for mental health in rural communities.

[Sydney, NSW]: James Hackney (28, UK) departed Uluru, NT on 18th April 2021 headed for Bondi Beach, NSW on a bicycle covering 2,795km of Australian terrain. Hackney is raising money for the Royal Flying Doctor Service, in order to increase awareness of the lack of mental health resources available to these communities. This solo trip will require grit and determination, but is only a fraction of what those struggling with mental health face each day.

“On average Australians living in rural communities die from suicide at twice the rate of city people, yet are only able to access mental health services at a fifth of the rate of city people. This isn’t good enough.” says James Hackney. “The goal of this tour is to travel through rural communities, and bring to light the mental health issues that plague rural Australia.”

Since setting off on the 18th April 2021, James has:

- Covered over 1,000km on bike, carrying all supplies on his person
- Exceeded his \$10,000 fundraising goal and increased the target to \$20,000 in aid of the Royal Flying Doctor Service
- Successfully raised \$11,500 to date, 23rd April 2021
- Started conversations with inhabitants of rural towns to understand the mental health plight

James intends to end his ride at Bondi Beach on May 3rd 2021, having covered 4 states of Australia within ~15 days.

To learn more about the Ride for Rural Australia, [click here](#). To follow the journey on Instagram, [click here](#). To view fundraising efforts, [click here](#).

About James: James is a 28 year old, residing in Bondi Beach, Sydney, NSW. Whilst he is fit, he has only ever cycled an isolated 200km at any one time for recreational purposes. As part of this challenge, he will be riding 160-250km per day, everyday until he reaches his home in Sydney.

About The Royal Flying Doctors: The not-for-profit Royal Flying Doctor Service has been taking the finest healthcare to the furthest corners of Australia since 1928. It provides primary healthcare and 24-hour emergency cover to 90 per cent of the Australian continent, via a modern fleet of specially equipped aircraft.

## Contacts

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