



Rob Clarke, Kim Loane, Cath Murray, Grant Bambach and trek leader Damien Gilder have signed up for the South Pole trip in January 2012 to raise funds for the Humpty Dumpty Foundation. They are pictured here at Rosherville Reserve in Mosman during a training session.

Picture: ELENOR TEDENBORG -PP464

# An ice way to help Humpty

EMMA PAGE

**MOSMAN:** Hauling tyres through Rosherville Reserve sounds like bootcamp but it will be a "walk in the park" compared with lugging a 30kg sled through icy gales en route to the South Pole.

Mosman's Rob Clarke, 47, and three fellow adventurers – Cath Murray, Grant Bombach and Kim Loane – are in training for their extreme trek to the South Pole in January.

The three-week trip, which includes up to eight days of cross-country skiing across ice sheets, will raise money for the Humpty Dumpty Foundation.

Each participant is required to either raise or donate a minimum of \$100,000 to do the hike, which will go towards buying life-saving medical equipment in children's wards across Australia.

Mr Clarke, an ex-Australian Schoolboys rugby union player, said he had never undertaken a more gruelling exercise regime in his life.



Grant Bambach and Cath Murray have signed up for the South Pole trip.

Picture: ELENOR TEDENBORG -PP464967

weeks in the Snowy Mountains practising cross-country skiing, sleeping in tents and eating freeze-dried food.

"People think I'm mad – I suspect the trek is going to be a hell of a lot harder but it's for a wonderful cause," the father of three said.

Apart from the physical chal-

lenges, such as frost bite, dehydration and extreme fatigue, Mr Clarke said the mental challenge of staring at an endless white horizon for hours on end would be "just as tough".

"I'll make sure I have a solar power battery iPod on hand so I can listen to music and podcasts but otherwise I'll just have to zone out and get through it," he said.

## Humpty Dumpty South Pole trek:

■ Cath Murray, Grant Bombach, Kim Loane and Rob Clarke will each donate or raise \$100,000 for Humpty to take part in the trek

■ They leave Sydney on January 1 next year and fly to Punta Arenas in Chile. From there they fly to Antarctica and spend up to eight days trekking from the 89th to the 90th degree

■ Trek leader Damien Gildea, who has led nine successful expeditions to Antarctica, will guide the team on the 110km cross-country ski journey

■ The Humpty team will celebrate an historic occasion when they stand at 90 degrees south latitude as this year marks the 100th anniversary of reaching the South Pole

■ Temperatures at the South Pole can range from -14C to -40C in January

■ There are six places left to be filled on the trek. Details: call Humpty's Chairman Paul Francis on 9439 0511 or visit [www.humpty.com.au/event/humpty-south-pole](http://www.humpty.com.au/event/humpty-south-pole)