



PRESS RELEASE

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For Immediate Release

Weighted to Weightless

The Chevron City to Surf for Activ has helped dramatically transform and change the life of Vanessa Simmonds.

Vanessa 28 from Two Rocks has lost 40 kilograms since the beginning of the year and will be participating in the 12km run for the first time in her life.

Having not been able to run more than five metres without feeling puffed, Vanessa says she is using this year's event to mark her triumphant progress on her weight loss journey.

"My kids and husband are going to be waiting at the finish line for me. I'm very excited for them to see me because I'm not just doing this for me, I'm doing it for them too," she said.

Ms Simmonds started the year as a size 22 – 24 and couldn't run more than five metres without puffing and carrying on.

Now a fit and healthy size 12, Vanessa credits part of her success to her friends and training partners who help motivate her even when she's feeling down.

"When I first joined my fitness group I thought it would be a fad and it wouldn't last," she said.

"If one of us didn't feel like training we would call each other up and do it together.

"We'll be running as a team on event day. We're at different running levels but it won't matter, we're all there for support each other," she said

Vanessa is aiming to complete the 12km course in one hour and twenty minutes and feels her biggest challenge will be conquering the infamous Heartbreak Hill.

Having spent the past few months training Vanessa has become addicted to running and hopes to be able to complete the half marathon in next year's event.

Vanessa enjoys reading the inspirational stories of others on the Chevron City to Surf for Activ Facebook page and hopes that she too can inspire others to see that the biggest barrier anyone has is themselves and their attitude.

The Chevron City to Surf for Activ is Western Australia's largest community event and includes the Marathon, Half Marathon, 12km run/walk, 4km run/walk and 4km wheelchair race. This year the event will be held on Sunday 28 August 2011.

Further details can be found on the Chevron City to Surf for Activ website
www.perthcitytosurf.com.

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Notes to Editors:

Please note, the official event name for 2011 is the “**Chevron City to Surf for Activ**”.

About City to Surf for Activ

The City to Surf for Activ is Western Australia's biggest community event and is Activ's major fundraising event. Now its 37th year, it has become the second largest official timed race in the Southern Hemisphere, with over 40,000 participants in 2010, event organisers expect entries in 2011 to top this. For the last 36 years, the Perth City to Surf has been an icon on the Western Australian sporting calendar, capturing the hearts of tens of thousands of people have embraced the event. The Chevron City to Surf for Activ takes place this year on Sunday 28th August.

Participants can select from various events including the Marathon, Half Marathon, 12km Run/Walk, and 4km Run/Walk/Wheelchair.

The Marathon and Half Marathon courses are one of the most picturesque in the world, offering runners the opportunity to run past key Perth landmarks including the Swan River, Kings Park on to the beautiful Indian Ocean at City Beach, The Marathon, Half Marathon and 12km Run/ Walk races all start in Perth CBD on St Georges Terrace while the 4km has its start precinct at MacLean Park in Floreat. All races finish on West Coast Highway in City Beach.

The 2011 Chevron City to Surf for Activ registrations are now open at www.perthcitytosurf.com .

About Activ

Activ is one of the largest disability service providers in Western Australia. The organisation provides accommodation, employment, transport, recreation, respite, training and community support to thousands of people with disabilities and their families. Activ's services are provided across the Perth metropolitan area, as well as in regional towns, Albany, Bunbury, Busselton, Esperance, Geraldton, Kalgoorlie, Kellerberrin, Manjimup and Narrogin.

Established in 1951, the community organisation is celebrating 60 years of enabling people with disabilities and their families to pursue a better life. For more information, Activ visit www.activ.asn.au

About Chevron

Chevron is one of the world's leading integrated energy companies and through its Australian subsidiaries, has been present in Australia for almost 60 years. With the ingenuity and commitment of more than 2,000 people, Chevron Australia leads the development of the Gorgon and Wheatstone natural gas projects; manages its equal one-sixth interest in the North West Shelf Venture; and operates Australia's largest onshore oilfield on Barrow Island and the Thevenard Island oilfields. The company is also a participant in the Browse liquefied natural gas development and is a significant investor in exploration offshore northwest Australia, one of Chevron's four global focus areas for exploration.

In addition, Chevron's Perth-based Global Technology Centre provides technology support and solutions to the company's operations in Australia and around the world. www.chevronaustralia.com