

Ironman David takes up challenge for mums' milk bank

# Struggling twins an inspiration

by Katie Miller  
health reporter

AS he pushes through the pain of ironman training, David Alley thinks of his twins and their initial battle just to breathe.

Little Chloe and Bailey Alley faced a series of hurdles when they entered the world 12 weeks prematurely at Brisbane's Mater Children's Hospital in October, 2006.

When their condition stabilised the tiny bubs were transferred to John Flynn Private Hospital, where mum Stephanie Alley found after one month of breastfeeding she was no longer able to produce enough milk for the duo.

The Mothers Milk Bank at Tugun came to the rescue and the Pottsville twins, now 16 months, received additional donor breast milk supplies.

Mr Alley, 32, is competing in the Ironman Australia Triathlon next month to fundraise for the charity milk bank, one of only two in Australia, which is relocating and expanding in the next two months.

The police officer said it was his first endurance competition but he was looking forward to the challenge.

Mr Alley has been training up to eight hours a day ahead of the Port Macquarie contest with clear motivation.

"My goal is to complete the event," he said.

"When I'm in a difficult moment and struggling in training or on the day I'm going to think of them (the twins) when they were first breathing and how hard it was for them to breathe on their own.

"To see them come through that makes what I'm doing look easy - they just battled so hard."

Mothers Milk Bank director Marea Ryan said the service had been running for a year and a half as a trial, producing 136 litres of pasteurised milk for babies whose mothers could not provide breast milk.

Ms Ryan said the new location in a Boyd Street house would allow the charity to produce 136 litres of breast milk in just four weeks and feed about 70 babies a month.

She said the service, which is not government-funded, needed to raise about \$20,000 for its new building and \$65,000 to buy the pasteuriser it had been using.

World Health Organisation Swiss scientist Randa Saadeh, who visited the new milk bank site yesterday, said the WHO recommended exclusively breastfeeding for the first six months of a baby's life.

Fundraising mugs for David Alley are available at John Flynn Hospital. Visit [mothersmilkbank.com.au](http://mothersmilkbank.com.au).



David Alley, his wife Stephanie and twins Bailey and Chloe • Picture: Bred Wagner