

PENRITH REGION

More than stroke of luck sees girls heading to London

Chris Georgakopoulos

KARA Leo and Amanda Fowler will see their dreams come true after being named in the Australian Paralympic swimming team for the London Games last week.

Leo, 19, of Cranebrook, will compete in the S14 200m freestyle and 100m backstroke, while Fowler, 15, of Blaxland, will contest the 100m breaststroke.

"It's been my goal from a little kid to represent Australia at the Paralympics, so I am very excited," Leo said.

"I've been training for this for a while, so I am happy I will get to -live my dream."

"Amanda and I train together at the Nepean Aquatic Centre as well, so it will be good to have someone familiar with me."

"We will be leaving on August 10 and flying on Wales for a training camp before going to London."

Fowler is one of the youngest members of the Australian team.

"I never thought I would

PARALYMPICS

- Opening ceremony: August 29
- Closing ceremony: September 9
- Australia is sending 161 athletes to London
- Swimming was the last Australian sporting team to be announced

AWARD NOMINEE

Amanda Fowler becomes a nominee for the Penrith Press Junior Sports Star award, sponsored by Rebel Sport.



make it to London and had my eyes set on Rio (in 2016)," Fowler said.

"I am excited to be going but also a bit nervous."

"But now that I made it, I want to win a medal."



Kara Leo (front) and Amanda Fowler have made the Australian Paralympic swim team.

Picture: PETER KELLY