


2019 McDonalds Qld Open Water Championships – Kawana Waters Qld 19th October 2019



Open Water training began at the Regatta Centre from the first week in October with water temperatures of 20 Degrees Celsius. Seasoned competitors looking to achieve a state and/or national qualifying time, were not perturbed.

Keen for an early crack at their goal time, 3 representatives from NACSC Lucas Bentley (16); Michael Payne (16); Monique Wilson (16) flew to Queensland in the company of family members where they each contested their age 5klm event.

By all reports, the weather was a little unkind and the course length questionable but the competition was outstanding with a top quality field battling a massive start...And, what was it that Lucas spied a foot under his pulling arm at the first turning buoy?—He said to me afterwards that his thoughts were just that it was swimming downwards and away from him – however, he is very sure that barramundi do not grow that big  that's no bull !.... Research later revealed the creatures who are most likely to venture into these waters and the team were not necessarily impressed by their findings.

Top Results posted by the team on their first 5klm hit out for the season:-

Lucas Bentley 1:06:12:37

Michael Payne 1:10:51:81

Monique Wilson 1:23:31:25



Back into training with the rest of the distance squad on Monday afternoons with timed pool sets and Wednesday evenings outdoors at the Regatta Centre.

I am looking forward to our upcoming qualifying meets NU NACSC Open Water Meet on the 26th October and then followed by the MSW Open Water Championships on 17th November. The quest for posting national qualifying times is very much the team mission.



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