

2019 Metro South West Open Water Championships – Sydney International Regatta Centre 17th November 2019

NACSC Representatives:

5klm Events :-

Lucas Bentley(16) ;Ethan Bleasdale(12) ;Anique Pantazakos(14) ;Kiani Slaughter(13);
Arianne Thomas(16)

7.5klm Events:-

Michael Payne(16) ; Monique Wilson(16)

Congratulations Team :-147 points scored

Metro South West Medallists

GOLD Lucas Bentley (16 Years 5klm)

BRONZE Michael Payne(16 Years 7.5klm)

BRONZE Ethan Bleasdale (12 Years 5klm)

Top 10 Placings

Kiani Slaughter (4th-13Years 5klm)

Monique Wilson (4th-16Years 7.5klm)

Arianne Thomas (7th-16 Years 5klm)

Conditions at the Regatta Centre over the morning of competition changed dramatically from the early calm coolness to the burning hot sun with wind that conjured up white peaks on waves. Such is the nature of open water swimming which can be unpredictable -even in a man-made body of water.

This event placed all male competitors in the 5klm; 7.5klm & 10klm in the water to commence on the same starting gun with finishes determined by the amount of laps for the distance being competed. The female programme was identical with a delayed start time of nearly hours after the start of the male events.

Unfortunately, NACSC did not have a competitor in the JX 2.5klm event this year which is a shame as we have many talented junior athletes who are suited to this distance and nature of the event that is definitely courage building.

Our youngest competitor of the morning, **Ethan Bleasdale**, stepped up in distance, having competed over the past couple of years in the JX 2.5klm and was looking to improve on his first 5klm outing of 3 weeks earlier. He swam strongly to finish with a smile (as he always does) and a Bronze medal, having placed 3rd in the MSW 12 years division. Fresh from achieving his open water national qualifying time at the NU NACSC meet, **Lucas Bentley** put in a solid performance to back up well and finish with a Gold Medal in the 5klm MSW 16 years male event. **Michael Payne** was cheered on by his mum Jenni on one side of the lake and on the northern side by the local fire brigade crew, led by his father Steve. Their support was well received and not in vain as Michael swam his strongest effort to-date in a new event distance for him. Michael posted a finishing time that earned him a Bronze medal in the MSW 16 years division and his first ever national jersey that he can wear when he travels to Adelaide to compete in the 2019 national age open water 7.5klm championships.

Later in the day, the ladies put on an exciting show where **Arianne Thomas** backed up her State Qualifying swim from the NU NACSC event last month with a strong swim, although not feeling particularly comfortable in the changing conditions, she expressed that she was happy to see the finish

gate and put her feet on soil. **Anique Pantazakos** improved significantly on her past performance to score a State Qualifying time in the 14 years girls 5klm event and earn herself a NACSC representative singlet, having previously swum in the JX 2.5klm event last year. Our youngest female competitor, **Kiani Slaughter** put in a resilient and very determined effort to post a time under the 14 years national age qualifying time to join Lucas and Michael on the plane to Adelaide in late January. In her first attempt at a new distance of 7.5klm, **Monique Wilson** pushed to the line strongly, having past the 5klm buoy 1 second over her best time for that event. The change in wind conditions took its toll and made the final 2.5klm lap very tough going for all females left out on the lake. Monique posted a State qualifying time and has vowed to continue to train solidly over the ensuing month and compete in some ocean events before tackling this distance again in the NSW State Championships in a further attempt to lower her time and achieve her first national qualifying time.

Congratulations to all NACSC representatives – you have done yourselves and your club proud. Thanks to Kathy Thompson for her valuable and knowledgeable assistance and to our technical officials, John Rohloff; Dave Cooper; Jann Fathers and our volunteer assistants on the day, Rita Hall and Steve Amies -it was a well organised, efficient event.

The team were back completing their distance training sets and time trials on Monday in the pool and Wednesday at the Regatta Centre. We wish them future luck and look forward to hearing of their state results.



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