

2020 Rottnest Channel Swim

Highly regarded worldwide and one of Western Australia's iconic events, the Rottnest Channel Swim is a 19.7km open water swim

→ from Cottesloe Beach



→ to Rottnest Island WA

Nepean Aquatic Centre Swim Club representative, Michael Payne (16 years) will travel from Sydney with his friend, Sam Bonus (15 years) of Windsor Swim Club, where they have entered as a team in the 2020 South 32 Rottnest Channel WA Challenge.

The event is scheduled to take place on Saturday, 22nd February 2020 with the teams entering the water from Cottesloe Beach (near Fremantle). The distance of 19.7kms to Rottnest Island will be navigated by a support craft and swum in strategic relay change overs between the two athletes of 8 minute intervals. Nutrition is permissible and is to be consumed during the recovery interval time of each athlete.

The team has been entered as "Full Batteries", a name that the two teenagers felt was appropriate as they will require all the energy that they can muster to charge to the line and challenge for medal honours. Support T-Shirts in a red and white design will unite the team and keep the muscles warm in readiness for the starting hooter.

Podium placings are awarded in categories in the team event according to time and combined ages of the swimmers competing. "Full Batteries" will compete in the duo 28+ category and commence their race with a beach run into the water start in wave 6 at 6.30am. It is generally a challenging swim and no doubt this year's event will generate lots of interest. There are a total of 148 athletes registered to compete in the duo events.

The scenery is spectacular and the wildlife a plenty across the channel and on the island destination. A leisurely lunch and boat ride home is in store for the rested athletes following their successful swim.

We wish the team of "Full Batteries" all the best of luck in their endeavours.

I am sure that team manager, Jenni Payne and team coach, Steve Payne will keep us posted on their race position from their important observing/feeding support vessel. I will be eagerly awaiting updates in my supporter's shirt on pool deck at NAC squad training.....



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