



PRESS RELEASE

FOR IMMEDIATE RELEASE

2nd Annual Open Water Swim Event a great success!

\$4500 won in prize money

Over 280 swimmers from clubs all over NSW turned out in force on Saturday for the second annual Nutrition Station Open Water Swim at Sydney International Regatta Centre, Penrith.

Made up of 2 events, a 2.5km and a 5km swim, the competition was fierce with 281 entries in total. The forecast of stormy weather turned into a cool, mainly cloudy day, with a water temperature of 20°, and no rain.

Gabriel Wilczak from Campbelltown Swim Club placed 1st in the 2.5km Boys event, with Kimberley Doyle from Warringah Swim Club taking out the 2.5km Girls event.

17 year old Cormac Guthrie from Seas the Limit Swim Club - an up and coming open water swimmer - claimed victory in the Men's 5km event, with 15 year old Emily Doyle from Warringah Swim Club taking out the 5km Women's event. It was a good day for the Doyle family, with Emily's sisters Kimberley & Katelynn placing 1st & 3rd in the 2.5km event.

The top point scoring club, taking out the \$1000 prize money and trophy, were Carlisle Swim Club.

Race Organiser Alan Bentley said "We are thrilled with the calibre and number of swimmers who have gotten involved in this event again this year, and are thrilled to see that this will be a great annual event for our region from now on".

Full List of Results:

Winners – Boys 2.5km

1st Gabriel Wilczak (Campelltown)

2nd Henri Carrera (Revesby Workers)

3rd Hamish Bell (Hunter)



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Girls 2.5km

1st Kimberley Doyle (Warringah Aquatic)

2nd Averil Jones (Hunter)

3rd Katelynn Doyle (Warringah Aquatic)

Mens 5km

1st Cormack Guthrie (Sea's The Limit)

2nd Matthew Robinson (Carlile)

3rd Robert Warcaba (Campbelltown)

Women's 5km

1st Emily Doyle (Warringah Aquatic)

2nd Emma Gillingham (Woden Valley)

3rd Claudia Frykberg (COSAC)

Club Point Score

1st Carlile

2nd Campbelltown

3rd University of NSW

Photos:

Crossing the line: Finishing the race

Club Point Score Winners - Carlile

Contacts

For further information please contact Julie Fletcher, Publicity Officer, Nepean Aquatic Centre Swim Club, on 0416 757 663 or via julie@nepeanswim.com.au

<http://www.nepeanaquaticcentreswimclub.com>

<http://www.nepeanaquaticcentre.com.au>

ORIGINAL PRESS RELEASE COPY BELOW:



PRESS RELEASE

2nd Annual Open Water Swim Event comes to the Regatta Centre in Penrith

\$4500 in prize money up for grabs

Following the huge success of the inaugural event in 2015, the 2nd Annual Nutrition Station Open Water Swim will be held on Saturday 22nd October, 2016, at the Sydney International Regatta Centre, Penrith. The Open Water Swim offers both a Junior (10 -13 years, 2.5km) and Open (over 12 years, 5km) event, with a total of \$4500 in prize money to be won.

Hosted by Nepean Aquatic Centre Swim Club, the event has been made possible via sponsorship from local businesses including Nutrition Station, Nepean Aquatic Centre and Dukes Real Estate Agents, plus support from the Penrith SES who will be providing First Aid and water safety on the day.

The popularity of Open Water Swimming has grown since the sports inclusion in the Olympics in 2008, however there have been limited opportunities locally to enter Open Water Swimming Events and achieve State and National qualifying times.

Race organiser and keen Open Water swimmer Alan Bentley said "We have an abundance of swimming talent in Penrith, with many of our swim club members travelling to compete in the Open Water National Championships every year. We are aiming as a Swim Club to create a high quality and well respected local annual Open Water event that will attract the top swimmers from around the country - we are proud of our club and the local area, and we have world class facilities right here on our doorstep to showcase". He added, "It's great to have already seen a strong response from swimming clubs all over NSW, and many clubs who entered last year returning for this year's event".

To add further incentive, Dukes Real Estate have sponsored the prize of \$1000 and a trophy to be awarded to the highest point scoring swimming club.

Individual achievement will also be rewarded, with medals to be awarded to 1st, 2nd and 3rd placed male and female in 20 age categories, from age 10 to 60 years and over. Alan Bentley said "This event caters for everyone from competitive athletes looking to achieve qualifying times to social swimmers looking for a challenge, male and female, young and not so young".

Electronic timing with double wrists bands will be used to ensure correct timings, as used at Open Water Nationals. Nepean Aquatic Centre Swim Club has a strong contingent of experienced FINA qualified technical officials, and will be following the FINA rules for competitive Open Water Swimming, including a deep water start and finish. The Open Water Swim is being conducted under the rules of SAL and SNSW Ltd and approved by Swimming Metro Southwest.

Entries close online 9pm on Wednesday 19nd October, with late entries open until 8.30am on the morning of the event.



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All event information can be found at <http://www.nepeanaquaticcentreswimclub.com/open-water-events-1/>

Online entry is via <https://www.registernow.com.au/secure/Register.aspx?E=22165>

Swimmers should note that due to the setup of the Nepean Triathlon, there will be no parking available on the island behind the grandstand, with parking only available in the southern side of the lake, so swimmers should allow an extra 15 minutes to walk to the registration area after parking.

When: Saturday 22nd October 2016, 9am start, until midday (approximately)

Where: Sydney International Regatta Centre, Penrith

Who: Events for Junior (10 – 13 years) and Open Age (12 years and over) categories

Cost: Entry fee is \$25 for 2.5km event, \$35 for 5km event. (Plus an additional \$10 for late entries).

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Contacts

For further information please contact Julie Fletcher, Publicity Officer, Nepean Aquatic Centre Swim Club, on 0416 757 663 or via julie@nepeanswim.com.au

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