



Making waves: Kara Leo, Amanda Fowler and Sian Lucas are primed for the 2012 London Paralympics. **Picture:** Carlos Furtado

Aussies grab golden haul

By Justin Brady.

THEY'RE the cheeky trio making fearsome waves in an aquatic world of golden medals, records and London-bound dreams.

Kara Leo, 19, Amanda Fowler, 14, and Sian Lucas, 21, have each enjoyed stunning success while representing Australia on the international stage recently.

Dominating the Global Games in Italy last month, Leo collected nine gold, one silver and two bronze medals while Fowler snared seven gold, three silver and two bronze.

Lucas also picked up two gold medals at the Can-Am (Canadian/American) Games in Ontario last July.

It's a incredible medal haul by the Nepean Aquatic Centre Swim Club representatives and head coach Jackie Barck — who was also an Australian coach at the Global Games — was ecstatic with their achievements.

"Kara and Amanda really stepped up to the challenge in Italy," she said.

"The female Australian team were certainly the premier team at the meet and our girls were a very crucial part of that."

"Kara wrote an Australian Open record in

the 800 metre freestyle for women and Amanda broke some excellent times and surprised people with how strong she can be.

"Sian also performed very well in Ontario."

Hosted specifically for athletes with an intellectual disability, the Global Games saw Leo and Fowler compete in the S14 classification and neither said they expected to return to Australia with a heavy swag of medals.

Both overcame tough obstacles to enjoy the sweet taste of victory — Leo perfected the daunting 800 metre distance event while Fowler fought a raging throat infection.

"It was Amanda's first international meet so to not feel well and not be quite so sure about what's happening, I think her results were a tribute to how tough she can be."

All three swimmers, who base their gym training at Fit 4 All in Penrith, are focused on riding their solid form into the 2012 London Paralympic Games trials in March next year.

Leo is eyeing a berth in the 200m freestyle, Fowler the 100 breaststroke and Lucas the 400 freestyle, 200 individual medley, 100 freestyle and 100 backstroke.

"It's full steam ahead," Barck said.