

# Open water swim comes to Penrith

LOCAL swimmers are gearing up for the second annual Nutrition Station Open Water Swim to be held at the regatta centre later this month.

More than \$4,500 in prize money is being offered in this year's event, which is expected to attract swimmers from around the country.

Hosted by Nepean Aquatic Centre Swim Club, the event is designed so talented open water swimmers in Penrith have the chance to compete in the local area.

Race organiser and keen open water swimmer, Alan Bentley, said the popularity of open water swimming had grown since the sport's inclusion in the Olympics in 2008, but there were limited opportunities to enter local events to achieve state and national qualifying times.

of swimming talent in Penrith, with many of our swim club members travelling to compete in the open water national championships every year," he said.

"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."

The event offers both a Junior (10 -13 years, 2.5km) and Open (over 12 years, 5km) event, made possible by sponsorship from local businesses including Nutrition Station, Nepean Aquatic Centre and Dukes Real Estate Agents, plus support from the Penrith SES. Dukes Real Estate has sponsored the prize of \$1,000 and a trophy to be awarded to the highest point scoring swim-

Medals will be awarded to the first three placings in male and female events in 20 age categories, from age 10 to 60 years and over.

Electronic timing with double wrists bands will be used to ensure correct timings, as used at open water nationals.

"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," Mr Bentley said.

The Nutrition Station Open Water Swim will be held on Saturday, October 22 at the Sydney International Regatta Centre. Entries close online at 9pm October 19. For more information, visit [www.nepeanaquaticcentre-](http://www.nepeanaquaticcentre-)