

Noosa takes the plunge



WINTER may be just around the corner but organisers of the annual Noosa Blue Water Swim believe there is no better time for one final plunge.

Now in its seventh year, the swim will be held as part of the inaugural Noosa Winter Festival which combines three popular events – the Noosa Blue Water Swim, Noosa Running Festival and the Century Cycle Ride – into the one spectacular weekend.

USM Events general manager Geoff Meyer said

merging the events meant competitors no longer had to choose between them as they were formally held over three different months.

The Noosa Blue Water Swim will be the opening event of the Noosa Winter Festival on Saturday, May 22, and the program will include the Noosa Blue Water 2km Swim from Tea Tree Bay around the headland to Main Beach, and the Zinc 96 1km Swim from Little Cove to Main Beach.

For those who think those distances are a bit

out of their reach, there is always the 500m Splash and Nipper Challenge along Main Beach.

An additional option for the one kilometre swim will be the fin swim, a new category this year which will allow competitors to wear flippers so they can cover the distance faster and easier.

Mr Meyer said entries for the event were already strong, with participants expected from Brisbane, the Gold Coast and interstate as well as competitors from across the Sunshine Coast.

"Importantly, the day is designed for fun and participation, so there will be lots of random draw prizes given away so everyone has a chance to win," he said.

The following day, the festival program will feature five options – the Noosa Half Marathon (21.1km), Mizuno Noosa 10km run, Noosa 5km run-walk, Noosa 160km Century Cycle and the Noosa 100km Century Cycle. A unique opportunity also exists for swimmers looking to improve their technique from one

of Australia's best, John Konrads, who rewrote the swimming world record books in the late 1950s and early 1960s, and at the age of 15 set literally dozens of world records.

John, who now lives in Noosa, competes in the swim every year and will hold a three-hour clinic to teach swimmers the techniques of a champion at Noosa Blue Resort pool on Friday, May 21.

Information on the Noosa Blue Water Swim can be found at www.usmevents.com.au or by phoning 5449 0711.