



MEDIA RELEASE

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Zimmerman the Swimmer man takes the plunge at the Sydney Harbour Swim Classic!

One of Sydney's most anticipated Ocean Swims returns this weekend with the 5th annual Sydney Harbour Swim Classic and 25 year old water boy Deke Zimmerman is thirsty for a victory.

"I have been competing in at least one ocean swim every weekend this season and to snare a first place on Sunday in Sydney's only Harbour swim would be fantastic," said Zimmerman.

"There is something amazing to be able to dive off the Man'O'War steps at the Opera House and into Sydney Harbour.

"This is something that we couldn't have imagined doing 10 years ago, but thanks to fantastic programs like Clean Up Australia Day, events like the Sydney Harbour Swim Classic and the great ocean swim network we get the chance to compete in the Harbour once a year."

A podium position will not be a walk in the park however for Zimmerman with fierce competition in the form of fellow ocean swim mates Shane Olliver and Andrew Beato who have been swapping ocean swim dais places all season.

Zimmerman fresh from conquering the 19.2 km Rottnest Island Channel swim last week will be using the Sydney Harbour Swim Classic to train for his attempt later in March to conquer 70km event which will take him from Manly Wharf to Parramatta and back to Manly.

"There is just something about rough water swimming that can be measured in a fine line between passion and pure madness," said Zimmerman.

"But if you look at the amazing number of everyday people take part in these events every weekend you have to admit there must be something to it."

Swimming also on the day will be Olympic greats Murray Rose, John Konrads and Shane Gould, who is currently racing across the Nullarbor to make the start time of 9:30am.

Starting at the steps of the Sydney Opera House, and around a course that takes the swimmers to Fort Denison and back to the Man'O'War Steps event organisers are expecting close to 700 swimmers to line up for the annual event.

Open to the general public the 1.6km Community Swim event helps to promote Clean Up Australia Day and other charity organisations plus bringing awareness to sun and water-safety issues.

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The **Sydney Harbour Swim Classic** is very much a community event and in keeping with this philosophy has partnered with the Melanoma Foundation,” said Event Director Adam Wilson.

Entries now open at: [www. www.sydneyharbourswim.com](http://www.sydneyharbourswim.com)

MEDIA INQUIRIES

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