



MEDIA RELEASE

March 3, 2006

Roy says you're never too old!

At the graceful age of 68, Roy Swan of Woollahra is in training for this weekend's Sydney Harbour Swim Classic.

First plunging into the world of rough water swimming 5 years ago the sport has taken hold of Roy who competes almost every weekend up and down the coast of Sydney.

But there more to it than that!

In 2001 at the age of 63 Roy decided that it was time to get involved in the surf lifesaving movement and completed his bronze medallion along side his son and daughter at Bondi Bathers Surf Lifesaving Club.

A mean feat that is usually undertaken by the younger folk aged between 15 and 25 years. Roy is now into his fifth year of patrols with only 5 more to go before he can take up position as a reserve active.

Every week Roy takes to the water 4 times at 5am to train in a swim squad at the local Cranbrook School, he also swims with the Masters Club at Coogee Randwick every Saturday.

Tuesday afternoon however is reserved for a couple of beers and a rest up on Wednesday.

"I am looking forward to my Harbour swim this weekend but I have I feeling that on the start line there good be a few more fellows a little older than me," said Roy.

"It keeps me fit and active and as far as I am concerned you're never too old."

"That's the beauty of these swims."

Roy will be lining up on Sunday amongst a forecasted 700 other rough water swimmers and will be keeping an eye out for the youngest of the crew who currently enter the field at the age of 13 years, making an age difference of 55 years.

The 1.6km community swim will see competitors start at the Man'O'War Steps of the Sydney Opera House and follow a course that takes them to Fort Denison and back to the Man'O'War steps.

Entries now open at: [www. www. sydneyharbourswim.com](http://www.sydneyharbourswim.com) On-line entries close on Friday March 3 at 7pm however entry will be available on the day before 8:30am.

MEDIA INQUIRIES

Anna Wallin, H2O Communications, 0408 632 657 or email anna.wallin@ozemail.com.au

THE MELANOMA
FOUNDATION



PULSAR
it's all in the details


SYDNEY PORTS
FIRST PORT, FUTURE PORT



 Botanic Gardens Trust
SYDNEY



THE MELANOMA
FOUNDATION



PULSAR
it's all in the details


SYDNEY PORTS
FIRST PORT, FUTURE PORT

