

MEDIA RELEASE – 22 JULY 2007

NQ WING CHUN KUNG FU ACADEMY RIVER FESTIVAL CHALLENGE SWIMS

SUNDAY 22 JULY 2007 – 1.6 kilometres and 500 metres

English Channel swimmer **Penny Palfrey** is still unbeaten in open-water swimming this year, as she again beat the boys as well as the girls in the **Inaugural NQ Wing Chun Kung Fu River Festival Challenge Swim** over the shorter-than-usual distance of 1.6 kilometres on Sunday.

If there are faster swimmers around, they have not risen to the challenge of taking on the 45 year-old Penny, as she enters her final preparation for her second crossing of the **English Channel** next month. She was over six minutes ahead of her nearest female competition, Rats of Tobruk Masters swimmer, **Colleen Ashfield**, with 13 year-old Margaret Mary's student **Jordan Trill** third.

Remarkably, Jordan was the only swimmer under 25 years of age and the only member of a major non-masters swim to enter the 1.6 kilometre swim, reflecting the lack of support of open water swimming from the major Clubs and from young swimmers. Where will our open water swimmers come from to compete in future Olympics?

Male winner, 27 year-old **Tyson Reeves** finished just 40 seconds ahead of **Greg Woodward** with Rats of Tobruk Masters swimmer **John Barrett** coming in third. Tyson is currently in intensive training for the Coolangatta Gold in September and his swimming is just one aspect of his hard training for this mutli-discipline event.

Nine year-old **Hayden Trill** braved the cool Ross River water to win the 500 metre swim.

Cool weather with cloudy skies led to cool water in this new swim-course for the Inaugural NQ Wing Chun Kung Fu Academy River Festival Challenge Swims. The generous sponsorship allowed all proceeds to go to the Heart Foundation. All swimmers received a t-shirt and the high standard of trophies was gave swimmers wonderful mementos of this Inaugural event.

Swimmers from as far as Bateman's Bay in NSW and Brisbane appreciated the 'warm winter water, even if Cairns veteran, 77 year old Thelma Bryant and many of the locals thought that 'warm' was gilding the lily.

The next open-water swim is just next week - Race 3 of the Smith & Elliott Strand Swim Series on **Sunday 29th July**, at the **altered time of 9 AM**, starting and finishing at the same venue, Strand Park Beach next to Picnic Bay SLSC.

The Smith & Elliott Strand Swim Series is the prelude to the **Port of Townsville Magnetic Island Solo Swim** and the **Austax Relay Swim** on **18 August**. **Entry forms are now available** [online at www.magneticislandswim.com or ring 0417 078192] – entries postmarked Monday 16th July for the solo race and the relay race will be considered, while late entries may be considered if contact is made with organisers as soon as possible. So ring 0417 078192 or email info@magneticislandswim.com ASAP to register you interest and get your entry form.

Prospective Island swimmers need to compete in one of the Smith & Elliott Strand Swims to be considered for a place in this world-unique event, unless special exemption is granted.

Full NQ Wing Chun Kung Fu Academy River Festival Challenge Swims results follow -

**NQ WING CHUN KUNG FU ACADEMY RIVER FESTIVAL CHALLENGE SWIMS
1.6 Kilometres and 500 metres - 22 July 2007**

Overall Major Placings – 1.6 kilometre swim

	Male	Female
First	Tyson Reeves	Penny Palfrey
Second	Greg Woodward	Colleen Ashfield
Third	John Barrett	Jordan Trill

Category Winners – 1.6 kilometre swim

	Male	Female
13 – 14 years		Jordan Trill
18 – 29	Tyson Reeve	Colleen Ashfield
30 – 39	Matthew Talbot	Candy McLaren
40 – 49	John Barrett	Penny Palfrey
50 – 59	Chris Palfrey	Sue Creece
60 – 69	Les King	Hazel Wilton
70 - 99		Thelma Bryan

Overall Finishing Order

1	Penny Palfrey	21.02
2	Tyson Reeve	23.28
3	Greg Woodward	24.07
4	John Barrett	24.32
5	Chris Palfrey	25.13
6	Colleen Ashfield	27.12
7	Bruce Muller	27.23
8	Jordan Trill	27.42
9	Tony Croft	28.02
10	Candy McLaren	29.02
11	Matthew Talbot	29.32
12	Paul Mulcahy	30.10
13	Will Oxley	30.35
14	Greg Messer	30.55
15	John Jones	31.34
16	Les King	32.48
17	Zane Hicks	33.38
18	Donna James	33.45
19	Warren Payne	34.07
20	Sue Creece	34.49
21	Christian Sorrenson	35.21
22	Hazel Wilton	39.40
23	Thelma Bryan	43.47

Overall Major Placings – 500 metre kilometre swim

1	Hayden Trill	8.49
2	Julie Smith	9.13
3.	Shane Smith	DNF