



# BREAKING NEWS

## Day 2 - Relay Ready: Despite Tough Conditions



Sheldon Williams, Owen Rowland, Aoife Malone, Freya Bowyer, Coach Katie McFarlane

In today's Mixed Open 4x1.5km Relay, held under challenging conditions, the Breakers team consisting of Owen Rowland, Aoife Malone, Freya Bowyer and Sheldon Williams, finished a commendable 16th out of 21 teams. Considering the fierce competition, which included swimmers with experience on Junior Australian teams and even Olympic levels, their

performance stood out as a solid achievement. The race was held in tough weather, with the water temperature recorded at 24.3°C and choppy waves making it difficult to maintain a consistent pace. Adding to the challenge, stingers were reported in the water, requiring swimmers to stay vigilant and focused throughout the event. Despite these obstacles, the relay team held

their own against some of the best athletes in the sport.

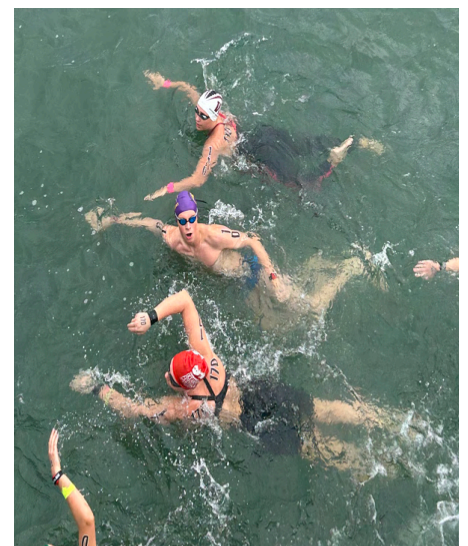
Each member of the team contributed to the overall result, with Rowland and Malone setting a strong pace in the early legs, while Bowyer and Williams pushed through the final stretches to maintain a good position for the club.



Freya Bowyer



Aoife Malone



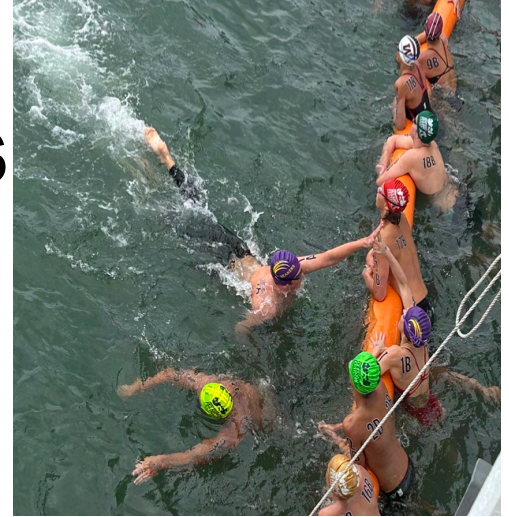
Sheldon Williams



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## High-Five Handoff: Relay Team Meters Changeovers

One aspect of the race stood out for the relay team was their smooth, efficient changeovers. These well-executed handoffs played a pivotal role in maintaining their momentum and keeping them competitive in a field filled with seasoned athletes. The team's strategy centred around seamless transitions, and it was clear that each swimmer knew the importance of a quick and precise exchange. As the swimmer neared the end of their leg, their teammate would position themselves in the water with their hand held high ready for the transition.



Leg 1: Changeover between Rowland and Malone



Leg 2: Changeover between Malone and Bowyer



Leg 3: Changeover between Bowyer and Williams

## Team Lunch: Building Unity Beyond the Relay



The Breakers swimmers wrapped up their day with a team lunch at Shelter Brewing Co. Bonding over food and laughter. Moments like these, outside the pressure of competition, are what swimmers remember most, building a strong sense of camaraderie and team culture. The day continued with an afternoon swim at the Jetty, where the swimmers focused on preparation for the upcoming community swim tomorrow.

