

I am a regular 3 times a week ocean swimmer at South Curl Curl beach in Sydney. I have participated in a number of adventure and ocean swims over several years. I never swim with a wetsuit even through winter when the water temps drops to about 16/17c. I came across ice mile swimming about 12 months ago when one of my friends expressed an interest in it. From there I joined in on the journey.

Getting access to really cold water in Sydney is very difficult unless you live in the mountains or regional NSW. To cater for this limitation I started ice bathing soon after I decided to attempt an ice mile swim. I ice bath three times a week, do swim squad twice a week and ocean swim three times a week. I do most of this activity with a swim group called the Rip Dippers. It's not just about the event but about the journey and the fabulous friendships I've made through swimming. When I'm not swimming I'm spending time with family, trying to surf and walking my beautiful cattle dog Fergus.