

## **Go O'Doherty!**

1/12/08

12 year old Lauren O'Doherty, led Lane Cove's first ever team at last week's NSW Open Water Swimming Championships and came home with her first state medal.

In windy conditions, O'Doherty demonstrated her steeliness by claiming the Bronze in the 5 kilometre race held at the Sydney International Regatta Centre in Penrith.

She smashed her previous best time, which had already qualified her for the National Open Water Championships, to be held in Sydney in April.

Her three team mates, Monique Bain (14), Chanel Lai (13) and Jennie Sung (15), also performed strongly recording personal bests and qualifying for the National Age 5km race next year.

Coach, Scott Farnell, was delighted with the performance of his charges.

"The girls have trained well since the start of the season and it's thrilling to see the work paying off," he said.

He added "we sat down and spoke about the race before hand and how they should swim it – and the girls did exactly as they said they would."

Lane Cove's emergence onto the open water scene reflects the club's growing strength and depth. Over the past two and a half years it has become one of the state's most exciting up and coming clubs.

The girls will join the rest of the Lane Cove team next Saturday for the final day of the Northern Suburbs District Championships.

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