

BALMORAL SWIM WILL HELP PUT AN END TO CHILDHOOD CANCER

Sunday April 5 2020

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The Balmoral Swim is a unique open water swim held within the beauty of Sydney Harbour, making it a safe event for all comers. Whether you are a seasoned veteran or a newcomer to ocean swimming, we have a swim option for you.

The event is in its 30th year and is organised by volunteers, most of whom are members of the Balmoral Beach Club. However the entire local community get behind the event to make it happen. From Mosman Council, to HMAS Penguin, to the Balmoral Sea scouts, all supported by our sponsors; Gold - Audi Mosman, Dexus & URM, Silver - Jeckra & Medilab,

Bronze - Edney Ryan and Oceanswims.com. Community engagement continues to grow. This year internationally acclaimed artist Ken Done has generously designed swimsuits which capture the unique Balmoral landscape (see design images below). Also check out the winners podium constructed by Mosman Men's shed. We will also have a fun selfie wall to help all competitors spread the word about the work Children's Cancer Institute.

The Balmoral Swim has raised more than \$1,000,000, since 1990 and this year hopes to raise \$350,000.

The Children's Cancer Institute is the only independent medical research institute in Australia wholly dedicated to childhood cancer and every dollar received from the government and granting bodies to support direct research costs must be matched with a dollar raised by the community.

"By holding this event the Balmoral Swim is helping us undertake the medical research we know will uncover a cure for childhood cancer," says Children's Cancer Institute's Executive Director, Prof Michelle Haber.

"Fundraising events like the Balmoral Swim enable us to continue this critical research - and demonstrate what can be achieved when communities unite for a common cause."

This year all funds will go toward the Zero Childhood Cancer program. The most exciting childhood cancer research initiative ever undertaken in Australia. This world-class program brings together all major Australian clinical and research groups working in childhood cancer to offer Australia's first ever personalised medicine program for children with high-risk or relapsed cancer.

Date: Sunday 5th April 2020

Time: 7am - 1pm

Location: Balmoral Beach, The Esplanade Mosman NSW

The Events: Over 1000 swimmers will charge into the pristol waters of Sydney Harbour for the the Balmoral swim and participate in the following events:

5km swim around the bay (part of NSW leaderboard competition)

NEW 2km swim around the bay

1km swim around the island

School's Team Challenge Relay (4 x 200m)

Corporate Team Challenge

200m Junior Swim - under 12yrs

NEW Community relay (4 x 200M)

Opportunities: Photo/filming and interview opportunities with: Event Ambassadors

2 time Olympian Elka Whalan 4 time Olympian Thomas Whalan English Channel swimmer Emily Miers Event participants

And if you are not a swimmer you can still be part of the fun and festivities on the day. Enjoy entertainment from a detachment of the Royal Australian Navy Band, playing in the Rotunda. Visit the mock laboratory from the Children's Cancer Institute. Or indulge in numerous food stalls.

Join the fight to help beat childhood cancer by getting involved or asking people to sponsor you. Online entries, information and donations can be made at balmoralswim.com.au

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