

25 January 2012

### **AUCKLAND MAN WEIGHS UP WIN AGAINST GREAT LOSS**

Amongst the 900 swimmers plunging into Wellington Harbour tomorrow in the State Capital Classic Swim will be an Aucklander counting his losses since taking up serious swim training less than 12 months ago.

40yr old Gerard Elwell from Mt Eden, is still basking in the glory of a silver medal win in his age group (40-49yrs) at the State Epic Swim in Taupo on 15 January but that win has also seen him incur substantial loss.

“Looking down the barrel of 40 I wanted to shift some serious kilos and increase my fitness and swimming has been the perfect thing. I feel so much healthier and happier,” he said. Elwell, a university lecturer has lost over 25kgs and says that his asthma has also improved dramatically.

"It's no secret that swimming is a great way to keep fit and lose a few stubborn kilos. What many people aren't aware of is the far reaching general health benefits of which Gerard's a prime example," says Scott Rice, Event Director State NZ Ocean Swim Series.

“Gerard's a winner before he even starts the State Capital Swim,” says Kevin Hughes, General Manager, State Personal Insurance.

Elwell will be rubbing shoulders in the 3.3km event with some of Australasia's top ocean swimmers including race favorite, Queenslander Melissa Gorman who has already secured a spot in the Australian Olympic team.

Other swim distances include the 1km, 300m or the State Ocean Kids 200m.

The State Capital Classic is the third event in the six swim nationwide series ([www.oceanswim.co.nz](http://www.oceanswim.co.nz)).

-ends-

For more information please contact:

Lisa Powlesland – 021 890984 / [lisa@powleslandpr.co.nz](mailto:lisa@powleslandpr.co.nz) /Powlesland PR