

## **Ocean swimmer vows to overcome sea sickness.**

Dargaville accountant Kathryn de Bruin is hoping that when she takes the plunge in the State Pahia Classic Ocean Swim on December 3rd it will be third time lucky!

The 42yr old is determined to overcome the sea sickness that ruined her last attempt at completing the swim which is the second event in the nationwide six swim State NZ Ocean Swim Series ([www.oceanswim.co.nz](http://www.oceanswim.co.nz)).

“Two years ago I had done all the hard yards for training and a fortnight before the event I got an infection in my ankle and ended up on crutches. I was unable to do anything let alone swim which was totally devastating after all my hard work,” she said.

After much research and talking to others who have also suffered she will be wearing wrist bands that put pressure on the underside of the wrist and will try chewing on ginger before she takes the plunge with an expected crowd of 800 other swimmers.

'This is what works for people who swim the English Channel "she says "and I am determined not to let the swell get to me again."

De Bruin is training in the local high school pool but loves the ocean the best and is hoping her sea legs won't fail her this time!

Whilst there is certainly a very strong elite field, organizers are equally proud of the increasing numbers of recreational swimmers like De Bruin who have signed up for this seasons events.

“My vision is for New Zealanders of all ages and swimming abilities to come together to rise to their personal challenge and increase their general fitness. That's what this series is all about,” says Scott Rice, State NZ Ocean Swim Series Event Organiser.