



BREAKING NEWS

Day 4: Rowland's Strategic Swim Pays Off



16/17 years 5km start

The fourth and final day of the 2025 National Open Water Championships at Busselton greeted competitors with calm waters and a comfortable 24.8°C water temperature. While the conditions were ideal for racing, the sting of the day came from the presence of stingers, adding an extra layer of challenge to the already demanding 5km event.

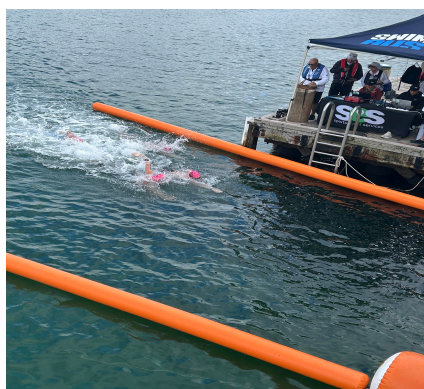
Owen Rowland took to the waters today in the 16/17 year old 5km race with a clear strategy in place. Reflecting on his performance earlier in the week during the 7.5km race, Rowland's plan was to perfect

his start—a key area for improvement identified by both himself and his coach. With a clear plan in place, he focused on using his open water skills to get the best possible start, setting the tone for the rest of the race.

Rowland executed his strategy and maintained a consistent pace across all four laps, staying strong even as the pack around him pushed forward. As the race neared its end, he fought hard, battling alongside his competitors all the way to the finish line and just managing to tap them out. The result was a personal triumph—Rowland

shaved an impressive 2 minutes and 21 seconds off his previous best, securing 18th place overall in the highly competitive 16-year-old age category.

This race marked the thrilling conclusion of a four-day championship where athletes from across the nation faced not only the challenge of distance but the unpredictable nature of open water conditions. For Rowland, it was a day of personal growth, strategic execution, and a promising glimpse of his future in the sport.



Owen Rowland - Race to the finishing line



Owen Rowland - Eyeing off his competitor



Owen Rowland & Coach Katie McFarlane