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Olympian Cate Campbell's new ocean swim challenge at Manly Beach

Olympic hopeful Cate Campbell says one of her favourite haunts is Manly, where she is training to compete in another sport.

Julie Cross, Manly Daily
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Olympic hopeful Cate Campbell says she has a lot to learn about ocean swimming, after revealing she loves to go for a dip in Manly when she's not training in the pool.

The 27-year-old from Turrumurra who hopes to qualify for Tokyo 2020 said she even competed in the 1km Cole Classic in Manly last year.



Swimmer Cate Campbell with her medals from the 2016 Rio Olympics. Picture: Adam Taylor

She was the sixth placed female, with her sister and rival Bronte coming third.

Campbell admitted it was very different from her usual 50m or 100m pool races.

“In the pool you don’t have the waves or the wind or all the other people in the water,” she said.

“In the ocean you are constantly getting your feet tapped by other swimmers.

“Then when you think you’re out in front you get the body surfers who are behind you but catch a wave and go zooming by.

“That’s hard for the competitor in me.

“I have a lot to learn.”



Cate Campbell is an inspiration for those taking up ocean swimming. Picture Troy Snook.

The gold and silver winner at the Rio 2016 Olympics said Manly Beach had become a “bit of a favourite” for her and she is currently a Can Too Foundation ambassador supporting others training for ocean swims and other challenges.

The organisation trains all levels, from beginners to more experienced athletes, for different challenges in Australia and overseas.

Campbell said her recent brush with cancer — a mole on her arm was found to be stage one melanoma — is another reason to support Can Too Foundation, with all funds raised going to cancer research.



Olympic swimming champion Cate Campbell with Annie Crawford, founder of the Can Too Foundation, at Manly Beach. Picture: Troy Snook

The next goal swim event is at Balmoral on April 5.

Currently 780 swimmers are registered in the ocean swim season challenge with \$537,978 already raised towards that \$1 million target this year.

Annie Crawford, founder of Can Too Foundation said Campbell was an inspiration because while she is a fantastic swimmer she had found swimming in the ocean challenging.

“Can Too is all about challenging yourself, taking yourself out of your comfort zone and that’s what Cate is doing which is why she’s such a good ambassador,” Ms Crawford said.

Go to cantoo.org.au.