

WA series primes Gan for Spain title bid

SURF LIFESAVING

Maclain Bruce

LONDON 2012 Olympian and surf lifesaver Heidi Gan is primed for a big summer as she looks to qualify for July's World Swimming Championships in Barcelona.

The long-distance swimmer

will use next weekend's Surf Life Saving WA's Ocean Swim Series to launch her qualification bid for Spain.

Gan represented Malaysia at the London Games and will race for City of Perth Surf Life Saving Club in the eight-round long-distance swim series, hosted at surf clubs through-

out WA. Australian-raised Gan was eligible to represent Malaysia through her parents and surprised even herself with 16th place in the London Olympics 10km marathon swim.

"I went to the Olympics without any expectations for only my second international competition, the first being the

Olympic trials," she said. "I was really happy with my results. I exceeded my expectations and learnt so much against the world's best."

Gan has planned a busy build-up to the Australian Surf Life Saving Championships. "I'm scheduled to do as many

sessions as possible in the lead-up to the practice series to get a feel for the water and work on my stroke, burst speed which is important to our longer aerobic swims. To our surprise, we did really well during the week," she said.

"City's a great club and the main reason I joined was to compete in really good teams, learn about surf lifesaving and race at next year's Aussie."

+ 70 DECEMBER 16, 2012 **Sunday Times** HOME DELIVERY - CALL 1800 198 051