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**Media Release**

## ***CAPELL AND HURST PREPARE FOR ENGLISH CHANNEL RECORD ATTEMPT***

Best mates and Australian champion long distance swimmers, Brendan Capell and Ky Hurst, are continuing their grueling training regime as they prepare for an attempt to break the world record for the fastest crossing of the English Channel in late August this year.

Brendan has the record in his sights while Ky will be his pacemaker, entering the water after three hours and every alternative hour during the 34km journey from Dover in England to Calais, France.

After an illustrious career that has included being a member of the Australian team for the past seven World Open Water Swimming Championships, Brisbane based Brendan has always dreamt of success in the Channel renowned as being the pinnacle in the sport of Marathon Swimming.

In 2004 at just 20 years of age, in a sport that is dominated by performers in their early thirties, Brendan became the first Australian male to be crowned World 25km Champion and the youngest ever internationally to do so. In 2005, he backed-up to win a World Championship silver medal losing his title by a mere two seconds after five hours of racing.

Crossing the English Channel is an established Australian legacy due to the achievements of Australia's very own King of the Channel Des Renford who crossed 19 times and prominent sporting identity and marathon swimmer Susie Maroney.

The current record holder is Petar Stoychev from Bulgaria who set a time of six hours and 57 minutes in 2007. Brendan is training more than 80km a week as he prepares for his attempt in August –when the water will be cold 14-16 degrees.

“Brendan and I have swum together in many races and after so much competition throughout our careers this is a great challenge to be able to share as mates and really is the experience of a lifetime.” said Ky. After a successful return to Ironman racing this year, Ky is using this trip to build his fitness for next season and the 10km London Olympic Trials, scheduled for next February. Whilst in the UK the boys will also compete in the Great Swim Series, comprising a number of one mile races around the United Kingdom that attract the world's best distance swimmers.

Brendan will also swim the FINA Grand Prix event from Capri to Napoli in Italy during early June (36km), while also planning to cross the iconic strait of Gibraltar in late July swimming from Spain to Morocco.

This channel event and the upcoming series are vehicles that the boys are hoping to promote the work of the Black Dog Institute (which Brendan and Ky are youth ambassadors for in their 'Exercise your Mood Program') This is a not-for-profit charity focusing on depression and namely a program to promote the positives of regular exercise in alleviating depression. Depression and mood disorders are an increasing concern with 1 in 5 Australians experiencing depression over their lifetime.

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