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MEDIA RELEASE



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For immediate release

Dash & Splash is back at BRAC in 2018

The Broome Recreation and Aquatic Centre's popular Dash & Splash series is back to challenge Broome residents and help them stay in shape in 2018.

Shire of Broome Manager Sport and Recreation, Casey Zepnick, said the Dash & Splash was now in its seventh year and the three-event 2018 summer series would kick off on Friday 2 March.

"Each event involves a run and a swim over short or long courses, with categories for men, women, juniors and teams," Mr Zepnick said.

"We've revamped the distances, with the long course now a 4km run and a 400m swim and the short course a 2km run and 200m swim, to provide options for everyone from beginners looking to have a go and improve their fitness, through to serious competitors."

Events start at 5pm and will be held on Friday 2 March, Friday 6 April and Friday 4 May.

Entry is \$15 per event or \$30 for the series for adults, and \$10 per event or \$20 for the series for juniors.

Entry forms are available from BRAC, online at www.broome.wa.gov.au or by emailing brac@broome.wa.gov.au.

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