# MEDIA RELEASE

For immediate release

12 NOVEMBER 2026

## Swim with a view, swim for a legend: Coalcliff calls on ocean swimmers to take the plunge!

Ocean swimmers from across the Illawarra, Sydney and beyond are being encouraged to register now for the Dave Winner Beach to Bombie Swim on Sunday 22 November 2026 — a spectacular ocean swimming experience at one of Australia's most iconic coastal locations, celebrating an extraordinary lifesaver and the power of CPR.

Proudly supported by **Major Sponsor Equilibrium Healthcare**, the event will bring competitive and recreational swimmers together at Coalcliff Beach, with the dramatic Illawarra escarpment as its backdrop.

Organised by Coalcliff Surf Life Saving Club, the event builds on more than 15 years of Beach to Bombie swimming tradition, with a renewed focus on celebrating community, healthy living and the inspiring story of Coalcliff Life Member Dave Winner.

**And with online entry just $30, there's every reason to grab your goggles, gather your swimming mates and take the plunge!**

Coalcliff SLSC President James McFarlane says the event offers something special for anyone who enjoys ocean swimming.

"There's something pretty spectacular about swimming at Coalcliff. You've got the escarpment towering above you, the open ocean ahead and a fantastic team of volunteer lifesavers looking after everyone," Mr McFarlane said.

"Whether you're a competitive swimmer chasing a personal best or a recreational ocean swimmer looking for your next challenge, we'd love you to join us.

"It's a relatively young event in its current form, and we're keen to grow it into one of the Illawarra's must-do ocean swimming experiences. But what makes this swim really special is the remarkable man behind its name."

### A legendary lifesaver with an extraordinary story

The swim honours Coalcliff SLSC Life Member and long-serving Chief Training Officer Dave Winner, whose life was saved by the very CPR skills he spent decades teaching others.

In 2021, Dave suffered a catastrophic surfing accident at Coalcliff Beach, resulting in a spinal injury, drowning and cardiac arrest.

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Thanks to the quick actions of bystanders who knew CPR — including someone Dave had previously trained — his life was saved.

Now living with quadriplegia, Dave has turned his experience into an extraordinary mission through the Dave Winner Foundation: to train one million Australians in CPR for free by 2030.

"Dave spent decades teaching people how to save lives, never imagining those same skills would one day save his own," Mr McFarlane said.

"His resilience, determination and commitment to helping others are an inspiration to our entire club.

"This swim is our way of celebrating Dave, supporting our volunteer surf lifesaving club and reminding everyone that knowing CPR can save a life."

## A spectacular swim with serious safety support

The approximately 1.7km course takes swimmers from Coalcliff Beach out towards the iconic Bombie reef break, around the course markers and back to shore.

The event features electronic timing and comprehensive water safety provided by Coalcliff SLSC volunteers, including jet skis, inflatable rescue boats, rescue boards, rescue tubes and drone surveillance.

**Major Sponsor Equilibrium Healthcare is helping make the event possible through its support of Coalcliff SLSC and its commitment to promoting healthy, active communities.**

Equilibrium Healthcare is also a valued supporter of Coalcliff's Ocean Swim Club, helping encourage greater participation in ocean swimming, fitness and water safety.

"We're incredibly grateful to Equilibrium Healthcare for getting behind this event and supporting our club's broader commitment to community health, fitness and lifesaving," Mr McFarlane said.

Ohana Ocean Athletics and Delfina Sport are also supporting the event with prizes for competitors.

Following the swim, participants, friends and supporters are encouraged to stay, celebrate their achievements and enjoy the friendly community atmosphere.

## Register now — don't miss your chance to swim for a legend!

Coalcliff SLSC is calling on ocean swimming clubs, surf lifesavers, triathletes, fitness enthusiasts and recreational swimmers to get involved.

"Ocean swimming is about challenging yourself, enjoying our beautiful coastline and sharing the experience with others," Mr McFarlane said.

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"If you've been thinking about entering an ocean swim, this is a fantastic opportunity. It's a great location, a great community event and a great cause.

"So grab a mate, register today and come and experience the magic of Coalcliff. You'll be swimming with a view and swimming for a legend!"

## Event details

**Event:** Dave Winner Beach to Bombie Swim
**Major Sponsor:** Equilibrium Healthcare
**Date:** Sunday 22 November 2026
**Location:** Coalcliff Beach, Northern Illawarra, NSW
**Distance:** Approximately 1.7km
**Entry fee:** $30 online
**Registration opens:** 9:00am
**Race briefing:** 10:45am
**Swim starts:** 11:00am
**Presentations:** 12:00pm

**REGISTER NOW:**
https://www.onlineentry.com.au/CoalCliff_2026.aspx

**Event website:**
https://www.the-dave-winner-beach-to-bomie-swim.com/

## Media enquiries

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Interviews, photographs and further event information are available on request.

**ENDS**

## About Coalcliff Surf Life Saving Club

Coalcliff Surf Life Saving Club is a volunteer-run community organisation serving the Northern Illawarra. Recognised as the Illawarra's Patrolling Club of the Year for 2025/26, the club provides beach patrols, lifesaving training, youth development, ocean swimming and community activities, with a strong commitment to inclusion, water safety and saving lives.

Learn more at www.coalcliffslsc.com.au