



IN THE SWIM

Our company made a huge splash at the NSW Corporate Games, thanks to the great efforts of our swim team.

The team won four gold medals, three silver and four bronzes, helping our company to take out Division 7 for the games.

Team captain Phil Jackson says that as with previous years, the number of swimmers was relatively small in number but big in enthusiasm.

"It's surprising that more Nestlé employees do not participate in this team building exercise," he says.

Both the women's freestyle relay and mixed medley relay teams tasted victory, with the men's freestyle relay team coming 7th.

The swim team comprised staff from the Blacktown and Blayney factories, Rhodes, and PURINA in North Ryde.

The team was supported by UNCLE TOBYS, who supplied the uniforms.

Congratulations to all the swimmers: Simone White, Emma Brookfield, Louise Vansleve, Justin Hicks, Nathen Pereira and to individual medallists Jasmyne McCabe, Bridget Rael, Steve Brown, Ryan Hollis, Greg Bones and Phil Jackson.



TRIATHLON TRIUMPH

The corporate competitive spirit came out recently, for the hugely popular and arduous Sydney BRW Triathlon.

Fifteen employees from the CPW division at Rhodes Head Office competed in the event in April, including Neil Hodding CPW Regional Director.

"Most of us were first timers and it was quite a challenge," says Rae Fanning, Senior Brand Manager, CPW.

The triathlon involved a 4km swim in the harbour, an 8km cycle and a 4km run.

Rae says it was a great team building exercise, and there was lots of support for the team members, who were decked out in UNCLE TOBYS uniforms.

"It was a real feel good event. Everyone loves UNCLE TOBYS and people recognise the brand so we had lots of people cheering us on."

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MARATHON EFFORT

Through helping cancer sufferers, Megan Hudson found she was also helping herself.

Eighteen months ago, Megan Hudson considered herself neither a runner nor a swimmer – but all that has since changed.

In May, Megan finished her first half-marathon, and has also notched up a 2.7km ocean swim.

Her sporting transformation is due to Can Too, a group that encourages people to achieve goals they never thought possible. In exchange, its participants raise thousands of dollars for Cure Cancer Australia.

"The first training session I couldn't actually do the 50-metre lap of the training pool," says Megan, who is Nestlé Customer Operations Executive, Convenience & Speciality.

Twelve weeks later Megan had completed a one-kilometre ocean swim in Sydney in 34 minutes. She has since notched up a 1km swim in Sydney Harbour, a 9-km run around Sydney, a 2.7-kilometre swim from Palm to Whale Beach, and the half-marathon.

In addition to the fitness and philanthropic benefits, Megan says Can Too has helped her with depression.

"Just being surrounded by positive people, but also the endorphins that exercise brings has a massive effect," Megan says.

Megan has new challenges in her sights – climbing Africa's highest mountain, Mt Kilimanjaro, next year. www.cantoo.org.au