**BOLD - CLAIRE KEANE**

**TRANSCRIPT**

Claire - Morning Val. We're all good. Just over there on the right. That's probably a km to the first corner. Seems to be on the inside most. Oh gosh. I need to touch my toes.

Donal - You've never been able to touch your toes. That's not going to change today.

Claire - It's been a battle of a few weeks. The last five weeks have been pretty challenging. Got the ailments and the pains and aches under control. So look, we're going to give it a good shot. Just got to keep going. It's a big, it's a big trip. So the swim, look, it's a 20km swim around Keppel Island, lovely location in a tropical, tropical place. And first time it's been run as a public event, So fantastic opportunity.

Donal - Open water racing is like, the first and last time you touch your feet down is like at the start and the finish. And you're swimming for like 20 kilometres straight. You have to pack all your nutrition. You have to think like sensically like about when to have your carbohydrates and your electrolytes. And you're swimming nonstop for 5, 6, 7, 8 hours. She's had like a terrible injury to her Achilles tendon. You know, she's got asthma, which she was really worried about. That was going to affect her trip. She's been getting continuous physio on her shoulder so. She's a Maverick is how I describe her. She's a Maverick. A freak wave of like beauty and love.

Fergus - Who in their right mind would do it except someone like Claire? You know she's always been challenging herself.

Claire - Mornings girls! Morning, ladies, how are you all?

Fergus - And here she is, swimming around Great Keppel Island, 20 kilometres.

Claire - Half an hour, half an hour, half an hour. That's 2 hour feed, 2 hour feed.

Donal - How many calories do you think you'll burn today?

Claire - Oh, it's over two thousand. Just a bit of black tea, sort of tepid.

Donal - You got this.

Claire - I can do this.

Donal - You're a very hard worker. Give yourself some credit where it's due.

Claire - Yep. Good.

Claire - Okay? Give me a kiss. Alright.

Swimmer - Okay gang! Ready?

Donal - She's my hero. She's a, she's a special human. If I can be doing what she's doing at that age, I'll be pretty happy with myself.

Claire - At 10km I thought, God, this is easy. After a while I stopped saying that. I really didn't think I was going to make it because I had been so unwell. Are we there yet?

Interviewer - Nearly. You're close Claire, you're close.

Claire - Thanks to my coach and my wonderful GP. It's been a bit of a dream run, to be honest with you. Great. So I feel very happy.

Fergus - She thought she'd do 9 hours and she did 6 hours 40. She smashed it.

Claire - For me to have the family, My husband and son Fergus and Donal, was very special because it was a first for all of us to go to a big event. It was great. Made a big difference. It's fantastic to have a welcoming committee. You don't usually have that. For most people, when you do something, you're looking actually forward to the next thing. So you achieve it and then you either hang up your togs or you say, well, where's next? So you take a little rest and then you keep going. So the plan is to keep going. I think we define ourselves by not just society, but by our own concept of age. And I think if we allow a number to say, look, I'm getting old, I'm not capable of doing something. Well, I think that's it then. But I think if you say, look, I'm healthy, I'm well let's just give it socks. And it opens up extraordinary opportunities and you meet great people and you go places you never dreamed of, and you achieve way beyond your wildest imaginings. And so I think, if we all only believed that we were capable of far more than we give ourselves credit for and just went for it, I think the world would be a very different place actually.