

The Interislander Capital Classic, 2020

As far as Wellington races go, the 2020 Interislander Capital Classic was swum in smooth seas. The triangular course was swim in an anti-clockwise direction this year, with a leg of nearly 1km from Oriental Bay Beach to the Pt Jerningham lighthouse, a 1600m slog back towards the city and a third leg of about 800m back to the finish on Freyberg beach.

The promise of absolute calm was messed up by some lumpy seas after the lighthouse. Luke Kelly of Nelson defended his title with a determined finish, coming in 18 seconds ahead of Wellington's Luke Kuggeleijn.

Abbey Smale and last year's series champion Sierra Thomas, both of Nelson, took the top two women's spots, finishing seventh and ninth overall.

A total of 460 swimmers completed the 3.3km course, with 1km, 500m and shorter options also on offer.

The 20 Nelson swimmers in the 3.3km course went away with a swag of 14 age group medals, winning seven gold, five silver and two bronze, with another three just missing out, taking fourth spot.