

LAUREN TISCHENDORF SHARES A FILM ABOUT HOW SHE RECENTLY BECAME THE FIRST WOMAN TO SWIM IN A SOLO, SINGLE SESSION, CIRCUMNAVIGATING THE 32 KM'S AROUND LORD HOWE ISLAND FACING COUNTLESS SHARKS, TWO HOURS OF CURRENTS, 25-KNOT WINDS, AND 2.5 METRE SWELL, JUST A SWIM.



I JUST WENT FOR A SWIM

THE FILM INTENDS TO INSPIRE AND TO PROVIDE A HEART-WARMING, THOUGHT-PROVOKING FILM THAT HELPS ENCOURAGE YOUNG GIRLS AND WOMEN TO BE BOLD AND TO WORK TOGETHER AND ENCOURAGE THEM TO STEP BEYOND THEIR PERSONAL AND SOCIETAL BOUNDARIES.

NOW A GUINNESS BOOK OF WORLD RECORDS RECIPIENT