

# Ironman great Craig Riddington has launched a swimming device that he claims could ‘absolutely change the shape of swimming’

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Craig Riddington’s children Willem, 8, and Nate, 11, giving Swimfasset a go. Picture: Braden Fastier

Fastier

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IRONMAN legend Craig Riddington has created a device that he boldly claims ‘could absolutely change the shape of swimming’.

The Seaforth resident has spent the past three years creating Swimfasset, a simple, but effective stroke-training device that he claims will overwhelmingly improve your ability to swim.

Mr Riddington, a surf lifesaving legend who has also represented Australia in the swimming pool, said Swimfasst had already received positive feedback from Olympic swim stars Tom Fraser-Holmes and Grant Hackett.



Ironman Craig Riddington with his Swimfasst device. Picture: Braden Fastier

The flotation device ensures people don't drop their elbows, instead putting more emphasis on forearms to power through the water.

While attached to the device, swimmers move through the water using a technique similar to doggy paddling.

Swimfasst – which comes in three age-based models – forces people to keep their elbows up through locking them into a sleeve.

Mr Riddington said Both Olympians praised the device with Fraser-Holmes saying he felt it would help with his breaststroke and butterfly and Hackett saying he could feel it in his hands and forearms, which was an indicator to him of what the device was trying to achieve.

### **Craig Riddington's Swimfasst device**

Mr Riddington – the founder of Surf Educate Australia – said the device was suitable for helping all, but it would be of particular benefit for the everyday swimmer.

“The average punter is the one who will benefit the most from it,” Mr Riddington said.

“There’s nothing like this in the world.

“Everyone who has put it on has said the same thing: ‘Wow, I can feel what it’s like to be a swimmer’.

“The muscle memory (from using Swimfassst) will eventually lead to a change from a hacker to a decent swimmer.”

Mr Riddington said the intention was for people to use it periodically during their swim sessions in order to get their bodies used to an improved swimming technique when needed.

Narrabeen swimmer Paul Bailey, 53, has been using the device for a week and has already noticed a huge difference in his swimming ability.

“It’s superb, it’s absolutely superb ... I think you could use the word ‘revolutionary’,” Mr Bailey said.



Ironman Craig Riddington with Willem and Nate. Picture: Braden Fastier