

Media Release : 22nd December 2018

Rhys Mainstone Crowned the 2018 Open Water State Champion

The Swimming WA 2018 Open Water State Championships was held on a hot 38 degree West Australian morning, with not a cloud in sight; at the Champion Lakes Regatta Centre on 22 December.

257 Swimmers from over 26 SWA Clubs took part in the Open Water Swim, an increase of 23 from last year's event, with Swimmers competing aged between 12 – 59 years of age. The Championships also featured a team-of-four from Japan, with an athlete ranked 5th in Japan in Open Water Swimming competing at the event.

Some Swimmers vying for a spot at the National Open Water Championships held at Brighton Beach on Australia Day in 2019.

Rhys Mainstone came home first in the 10km course and was crowned the 2018 State Open Water Champion after a strong swim; in a time of 2:00:28. While **Kelsey Eastwood** was the first women to cross the line in the 10km course recording a time of 2:13:48.9.

After the usual briefing, the races kicked-off at 8:00am in three-minute intervals, with all Swimmers in the water from 8.06am.

2.5km distance

James Harris of UWA West Coast was the first male Swimmer to finish the 2.5km course in a time of 34:35.7, with **Jessica Cake** of Tuart Hill Swim Club finishing in first place for the women, in a time of 37:02.0

5km distance

Fresh off the World Open Water Swimming Championships in Abu Dhabi (UAE); **Nicholas Rollo** from Perth City edged out first by a tight five (5) seconds during the 5km State

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Championship race in a time of 57:59.5 while **Sacha Downing** also of Perth City was the first women to cross the line, recording a time of 1:04:31.0

7.5km distance

William Thorley crossed the finish line after 1:33:28.8; five minutes ahead of second after six laps of the course at Champion Lakes Regatta Centre. After a grueling 1:50:53.9 **Camille Talbot** of Perth City was the first women to cross the line in the 7.5km course.

10km distance

After a massive eight (8) laps of the course at Champion Lakes Regatta Centre **Rhys Mainstone** from UWA West Coast smashed the field by over five minutes in the 10km SWA State Championships in a time of 2:00.28 to become the Men's 2018 State Champion. **Kelsey Eastwood** of Perth City swam strongly during the 10km race, recording a time of 2:13:48.9 and become the Women's 2018 10km State Champion.

Further results can be found at https://wasetiming.com.au/live_event/

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