

Leederville IGA

# Brett shines in brine

**OPEN WATER GOLD FOR MT LAWLEY TEEN**

**Nikki Hutchinson**

A Mt Lawley swimmer has come away with two gold medals after competing in the recent 2013 Australian open water swimming championships in Lake Macquarie, NSW.

Brett Fielding won both the boys 15 years 10km event with a time of 2:05:05.94 and the boys 15 years 5km event in 1:03:09.40.

The Wesley College Year 10 student said he was amazed and very proud of what he had achieved in swimming and open water swimming, but was still training hard for the upcoming national age swimming competition in Adelaide from April 8.

The 15-year-old trains nine times a week for two hours each session, as well as a core strength workout once a week, and dreams of one day competing in the Olympics.

Brett said he started learning to swim when he was three years old, and by eight had started aqua training and racing.

"I first started competing in open water events when I was 13 for a new and challenging type of swimming," he said.

He said the hardest aspect of open water competition was the ever-changing conditions.

"Some races may be calm and flat, others choppy and rough. These changing conditions impact the way the race is swum and can completely change the outcome," Brett said. "The most challenging part is the proximity of the competitors next to you. In a pool you're separated by lane ropes; with open water you're right next to them. This brings the challenge of tactically swimming amongst competitors, together with the endurance needed for such long events."

The swimmer, who is coached by Ian Mills at the Perth City Swimming Club, said he enjoyed the friendships he had made with other athletes, which made racing much more exciting.

He said while it was difficult to juggle school and swimming, through organisation and determination he managed to stay on top of his studies as well as continue his swimming career.

"After I complete my studies, I want to become a scientist and to make an impact on the scientific world," he said.

His father John said both he and Brett's mother Kathryn were proud of his achievements, and would continue to support him on his swimming journey.

"Brett is extremely dedicated to his sport and self-motivated. The results he has achieved are a direct reflection on all the hard work he puts in," he said.



Brett Fielding is relishing the challenge of open water competition.  
Picture: Mattias Wikstrom (2013)

## RECENT ACHIEVEMENTS

- 2013 Swimming WA state open and age LC Championships, January 21-26  
Gold, boys 15 years 1500m freestyle in 16:21.33  
Gold, boys 15 years 400m freestyle in 4:11.66
- 2013 BHP Billiton aquatic super series open water challenge, January 19  
Gold, boys 13 to 17 years 5km event in 0:59:37.11
- 2012 NSW state open water swimming championships, December 12  
Gold, boys 15 years 10km in 2:06:18  
Gold, boys 15 years 5km in 1:02:22