



North Shore Amateur Swimming Club Inc

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BURMESTER HOPING TO FIND MORE GLORY IN MELBOURNE



24th March 2007

Ace butterfly exponent Moss Burmester returns to the city where he scored gold at a year ago with a much tougher mission when the 12th Fina World Swimming Championships begin in Melbourne tomorrow.

Burmester won a gold medal in the 200m butterfly in Melbourne at the Commonwealth Games but knows he will have to improve on that performance if he is to achieve his goals in what is shaping as the biggest and most competitive championships.

There are more than 1200 competitors for the pool competition alone with tomorrow morning's heats, originally planned for the traditional two hours, likely to take more than four hours to complete.

Burmester (North Shore) believes he is in better shape than at the Commonwealth Games but says with a cautionary note that he needs to be when he comes up against the world's best in his main event on Wednesday.

"I am happy with my preparation. It's all gone well and my key sets have all been better this year than last year," Burmester said. "The final training camp was great and now it's about resting and getting the mind focused on the job ahead."

The world swimming championships have moved from the Commonwealth Games venue at Albert Park to the Rod Laver Arena which can accommodate 13,000 spectators perched around the 50m drop-in pool.

"The atmosphere is going to be incredible. The pool looks great. We had our first look at it on Thursday and it looks really fast." Burmester is ranked sixth in the 200m butterfly but says rankings mean nothing at the championships. "I'd like to think I could make a final. But that's really out of my hands.

"My focus is on improving – going faster than I did in Melbourne last year. I want to continue to improve my time at every major meet. If my best makes a final, well great. I can only control my own performance."

He starts his campaign with the heats of the 50m butterfly with clubmate Corney Swanepoel tomorrow.

"It's a loosener for me. I've not done much speed work but it's a chance to get into the meet and get a feel of the water."

Eight New Zealanders are in the pool for individual competition tomorrow including the heats of the 400m freestyle with Michael Jack (West Auckland Aquatics), Robert Voss (North Shore), Helen Norfolk (North Shore) and Melissa Ingram (North Shore). Burmester and Swanepoel are in the heats of the 50m butterfly while the North Shore pair of Glenn Snyders and Dean Kent both compete in the heats of the 100m breaststroke.

The best chance for advancement for the New Zealanders is in the women's 4x100m freestyle relay. While a spot in the finals for both the women and men is a long shot, the key target for the New Zealand women in particular will be a top-12 performance which will earn automatic qualification for the Beijing Olympics.

The championships continue until next Sunday with heats starting at 10am each morning local time (12 noon NZ time) and finals from 7pm (9pm).

New Zealanders competing tomorrow are:

Sunday 25 March

Men	400m	freestyle	Michael	Jack,	Robert	Voss
Men	50	butterfly	Moss	Burmester,	Corney	Swanepoel
Women	400m	freestyle	Helen	Norfolk,	Melissa	Ingram
Men	100m	breaststroke	Glenn	Snyders,	Dean	Kent
Women's	4x100m	freestyle relay	H McLean,	A Fitch,	L Boyle,	H Norfolk
Men's	4x100m	freestyle relay	C Gibson,	R Voss,	M Herring,	M Jack