



North Shore Amateur Swimming Club Inc
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SWANEPOEL SUPERB IN FINAL DAY OF OLYMPIC SWIM TRIALS



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Corney Swanepoel was back to his brilliant best on the final day of the Absolute Insurance Olympic Trials at Waitakere City today.

Swanepoel, 22, regained his New Zealand record in another gigantic battle with his North Shore clubmate Moss Burmester in the 100m butterfly, both going under the qualifying time again for the Beijing Olympics at the West Wave Aquatic Centre.

The pair went under the qualifying mark in the heats last night but Burmester topped the qualifiers in 52.37s, taking Swanepoel's national record in the process.

But Swanepoel led throughout, holding off Burmester's storming finish, to win in 52.21s and reclaim the New Zealand record.

"I didn't want him (Burmester) to have the record for very long," Swanepoel said. "I was really excited with that swim. Getting that qualifying time last night and now getting the record back – I've definitely done everything I wanted to achieve this week.

"The camaraderie with Moss is great and our competitive nature in training has definitely helped us both become better swimmers.

"It's been tough waiting around to do my swim but I've just tried to stay in my own little world.

“I was looking at it as the same preparation that I will be looking at for the semifinals at Beijing which means that if I want to make it into the finals means I will need to step up from the heats at night.”

Melissa Ingram produced another outstanding qualifying performance to win the women’s 200m backstroke in 2:10.06, less than half a second slower than her brilliant effort in the heats last night when she lowered Anna Simcic’s 1991 mark.

“It was a very good swim although I was a little disappointed I could not go faster than last night. But last night was such a huge personal best time for me that go get close to it again this morning was really good.

“I felt really good in warm up today. It’s all learning and it’s all great preparation for Beijing.”

Hayley Palmer (North Shore) backed up her win in the 100m freestyle by claiming the 50m freestyle final in 25.70s, just outside the New Zealand record and Olympic qualifying time.

Helen Norfolk completed a remarkable programme with her fifth title in winning the 800m freestyle to complete her hard-working championship.

A men’s time trial of William Benson (North Shore), Orinoco Faamausili-Banse (Laser Mt Eden), Cameron Gibson (North Shore) and Mark Herring (West Auckland) clocked 3m 17.45s. This time will be submitted to FINA as potential qualification for the 4x100m freestyle relay. The top 12 countries from last year’s world championship have already qualified with the final.