



North Shore Amateur Swimming Club Inc

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COSTER IMPRESSES WITH OCEANIA RECORD SWIM

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North Shore swimmer Liz Coster splashed her way to a record win at the Oceania championships in Cairns tonight. Coster, 23, set a new championship record in winning the 50m backstroke on a quiet penultimate night of competition.

The world championship finalist won in 29.57s, just 5/10ths of a second outside her personal best set at the worlds in Montreal last year. This broke her own Oceania championship record.

“Given this time of year, at this meet and with Liz in full training during the event, it is a very good performance,” Swimming New Zealand director of coaching Clive Rushton said. “It was the swim of the night.

“Liz and her coaches have been concentrating more on her backstroke recently and it is showing dividends. It is very encouraging looking ahead to the Pan Pacific Championships next month and on to the world championships in Melbourne next March.”

Her clubmate Glenn Snyders gained the other victory for the New Zealanders tonight with a win in the final of the 50m breaststroke. The 19-year-old clocked 28.99s to win the final, just 1/10th of a second off the time he set at the Commonwealth Games.

“Like the rest of the team, Glen has trained through this meet. So to be on his best with this load is outstanding. He is starting to show the benefit of his international experience over the last two years and is developing well.”

Their Melbourne Games team-mate Lauren Boyle (West Auckland Aquatics) grabbed a bronze medal in the 400m freestyle while North Shore’s Jessie Blundell won bronze in the 50m backstroke behind her clubmate Coster.

The New Zealand quartet of Boyle, Joyce Wiegersma, Penelope Marshall and Isabella Franks took silver in the women’s 1x100m freestyle relay.

The pool programme is completed tomorrow with Corney Swanepoel (50m butterfly), Snyders (200m breaststroke), Boyle (50m and 200m freestyle) and Dean Kent (200m individual medley) all expected to challenge for wins.

New Zealand placegetters, day 4 finals Oceania Championships:

400m freestyle: Lauren Boyle (West Auckland Aquatics) 4:19.20, 1.

50m backstroke: Liz Coster (North Shore) 29.57, 1 (championship record); Jessie Blundell (North Shore) 30.39, 3.

50m breaststroke: Glenn Snyders (North Shore) 28.99, 1.

4x100m women's freestyle relay: New Zealand (L Boyle, J Wiegersma, P Marshall, I Franks) 3:57.61, 2.