



North Shore Amateur Swimming Club Inc

www.nss.org.nz

FITCH IMPRESSES AT AUSTRALIAN SWIM TRIALS

31st January 2006

Atlanta Olympian Alison Fitch showed the way for New Zealand's Commonwealth Games swimmers on the second morning of heats at the Australian Trials in Melbourne today.

The New Zealand team is allowed to swim in the morning heats only at the trials at the Melbourne Aquatic Centre, the venue for the Commonwealth Games, with the meet run on the same schedule as they will face in March.

Fitch, 25, produced an impressive effort to be sixth fastest in the 100m freestyle, topped by 200m world record holder Lisbeth Lenton. The North Shore swimmer recorded 56.05s, the same time she produced at the New Zealand Trials in December.

A number of Kiwi swimmers went close to their December Trials times today, which is the target for the squad at this meet.

Queensland-based sprinter Nichola Chellingworth was 16th fastest in the 100m freestyle in a strong 57.04 followed by Helen Norfolk and Lauren Boyle.

Corney Swanepoel was sixth fastest in the 50m butterfly topped by veteran Michael Klim, while Hannah McLean made a welcome return after injury to be third fastest in the 100m backstroke behind Australian rivals Tayliah Zimmer and Gianni Rooney, with clubmate Melissa Ingram 11th fastest.

There were also hard-working performances by star medley swimmer Dean Kent to be 10th fastest in the heats of the 100m breaststroke, while Robert Voss (North Shore) and Andrew McMillan (Neptune, Otago) were strong in the 200m freestyle.

“The coaching team was pleased with both the effort and the results from the squad today,” head coach Jan Cameron said. “This is not easy for them. There is absolutely no atmosphere in the morning for heats and they are used to being able to come back at night, like the Australians, and swim faster with the top swimmers around them.

“While it's difficult to get excited, they have got their heads around that and they are constructing their own environment to support each other.

“Having said that we are not lacking for competition. They are producing times close to those they achieved to win events at our trials but here there are plenty of fast swimmers and plenty of quality opposition.

“It is creating everything we wanted by coming here and it is invaluable.”

New Zealand performances, day 2 heats:

- 50m butterfly: Corney Swanepoel 24.65, 6; Moss Burmester 25.07, 12.
- 100m backstroke: Hannah McLean 1:02.93, 3; Melissa Ingram 1:04.20, 11.
- 100M Breaststroke: Dean Kent 1:04.66, 10; Daniel Ryan 1:05.24, 16; Glenn Snyders 1:06.36, 24.
- 100m freestyle: Alison Fitch 56.05, 6; Nichola Chellingworth 57.04, 16; Helen Norfolk 57.18, 17; Lauren Boyle 57.31, 22; McLean 57.41, 23; Liz Coster 57.88, 33; Ingram 58.14, 34; Georgina Toomey 58.30, 39.
- 200m freestyle: Robert Voss 1:52.62, 14; McMillan 1:52.65, 15; Cameron Gibson 1:54.63, 28; Burmester 1:54.69, 29; Kent 1:56.38, 39.