



North Shore Amateur Swimming Club Inc

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HANDY FIRST HITOUT FOR NEW ZEALAND SWIMMERS

30th January 2006

New Zealand's Commonwealth Games-bound swimmers had a useful hitout on the first morning of the Australian Trials in Melbourne today.

The Kiwi contingent has been allowed to swim in the morning heats only at the trials which are also a full shakedown for the Commonwealth Games officials at the Melbourne Aquatic Centre.

Most of the swimmers went close to their target times on the first morning of competition. North Shore's Moss Burmester was the most competitive finishing second fastest in the 200m butterfly, less than a second from top Australian Travis Niederpelt.

Alison Fitch was 10th fastest and the best of the Kiwis in the 200m freestyle while her clubmates Nichola Chellingworth and Liz Coster were fifth and sixth fastest respectively in the heats of the 50m butterfly.

Helen Norfolk was sixth fastest in the 200m individual medley while West Auckland Aquatics swimmer Daniel Sharp improved his entry time considerably in the 100m breaststroke for swimmers with a disability.

Head coach Jan Cameron said he was a solid first morning for the team.

“The aim is for them to swim close to the times they achieved in our trials in December, given we are all in big work and we are training every afternoon here,” Cameron said. “It's a good opportunity for them to get up and swim well in the morning which they will need to do in March.

“Overall I was quite pleased with the efforts this morning. Some of them have some work to do but they are all on the right track.”

Cameron said the team is thrilled with the pool to be used for the Commonwealth Games.

“It is a very fast pool and looks fantastic. We had a world record on the first morning to Jade Edmestone in the 50m breaststroke, right alongside Annabelle Carey which shows the pool is great.

“It’s also good for our swimmers to see how the layout of this complex works when they are back here in March for the real thing.”

The only downside is an injury to backstroker Scott Talbot-Cameron in a final sprint trial on Friday afternoon. He injured his shoulder but has traveled to Melbourne where he is receiving treatment and hopes to compete later in the meet.

New Zealand performances, day 1 heats:

- 200m freestyle: Alison Fitch 2:01.87, 10th; Melissa Ingram 2:03.22, 20th; Hannah McLean 2:04.64, 29th; Lauren Boyle 2:04.91, 31.
- 50m backstroke: Cameron Gibson 27.77, 23rd.
- 50m butterfly: Nichola Chellingworth 27.72, 5th; Liz Coster 27.75, 6; Georgina Toomey 28.15, 9th.
- 400m freestyle: Robert Voss 4:00.45, 14th.
- 200m individual medley: Helen Norfolk 2:17.94, 6th.
- 200m butterfly: Moss Burmester 2:00.48, 2nd; Andrew McMillan 2:02.39, 9th; Dean Kent 2:03.81, 11th.
- 50m breaststroke: Annabelle Carey 33.30.
- 100m breaststroke SWD: Daniel Sharp 1:14.65, 2nd.