



North Shore Amateur Swimming Club Inc
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NORFOLK, BURMESTER IN FORM AT AUSTRALIAN SWIM TRIALS

1st February 2006

The North Shore pair of Helen Norfolk and Moss Burmester impressed on the third day of heats at the Australian Trials in Melbourne.

The Commonwealth Games squad is entitled to compete in the morning heats only at the trials held at the Games' venue of the Melbourne Aquatic Centre and under the same schedule as they will face in March.

Norfolk showed she has fully recovered from last year's surgery on a troublesome ankle that restricted her progress in the breaststroke particularly. The 25-year-old produced a competitive 2:39.00 in the 200m breaststroke, the ninth fastest and has given her real confidence towards her goal of a medal in the individual medley at the Commonwealth Games.

Burmester set a personal best of 52.36s in the 100m freestyle heats, while clubmate Robert Voss was just behind in 52.39s with Corney Swanepoel a further second behind.

Lanky backstroker Cameron Gibson, who stands at 2m, also impressed with a solid 2m05s in the 200m backstroke, while sprinters Liz Coster and Georgina Toomey were 15th and 16th respectively in the 100m butterfly in respectable times.

"It was another solid day for all the swimmers. Helen Norfolk was quite outstanding. This is her weakest discipline in the medley and she really dug deep and worked hard. It was a very good swim," head coach Jane Cameron said.

"Moss Burmester set a personal best and was only two seconds outside the national record in an event he does not swim often. And Cameron, who does not always handle strong competition in the middle of really big training mileage, really did well today.

"Melissa Ingram and Lauren Boyle also stood up in the 800m freestyle. It's not something either does regularly in competition so it was a good hitout for them early in the morning."

Star medley swimmer Dean Kent was sidelined with a stomach virus while Scott Talbot-Cameron, who picked up a shoulder injury in the final session before leaving for Melbourne, is back into training but is unlikely to compete this week.

The meet continues until Saturday.

New Zealand performances, day 3 heats:

- 800m freestyle: Lauren Boyle 8:59.72, 13; Melissa Ingram 9:00.01, 14.
- 100m freestyle: Moss Burmester 52.36, 38; Robert Voss 52.39, 39; Corney Swanepoel 53.66, 53.
- 100m butterfly: Georgina Toomey 1:03.19, 15; Liz Coster 1:03.26, 16.
- 200m backstroke: Cameron Gibson 2:05.46, 9.
- 200m breaststroke: Helen Norfolk 2:39.00, 12; Annabelle Carey 2:46.63, 33.