

They're on their way ...



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MAKING US PROUD

Our team to London ... so far



Daniel Bell, Natalie Wiegiersma, Matthew Stanley, Lauren Boyle, Hayley Palmer, Gareth Kean, Tash Hind, Penelope Marshall, Melissa Ingram, Samantha Lucie-Smith, Amaka Gessler, Glenn Snyders. Others to be added pending a FINA invitation: Steven Kent, Dylan Dunlop-Barrett, Andy McMillan, Carl O'Donnell.

After a thrilling week of the very best of New Zealand swimming at the NZ Open Championships, Swimming Auckland would like to congratulate all our swimmers who have made the cut (so far) for the London Olympics 2012.

Olympic Trials have always been a magnificent showpiece of the hard work and dedication of our swimmers – and the 2012 Olympic Trials was no exception. Not only were the major team places up for grabs,

but other selection battles and well fought personal milestones were in evidence.

Some of the week's highlights included:

Matthew Stanley (Matamata – HPC) set the tone for the week by daring to not only take one of the great Danyon Loader's records in the **400m Free**, set back at the 1996 Atlanta Olympics, but grabbing a 2012 Olympic spot in the process in a time of 3:47.67, just 1.25 inside the qualifying time. And not content to take one Danyon Loader record, Matt took the double with the **200m Free** in 1:47.57, just 0.25 under the cut.

Mens 4 x 200m Free Relay The Mens 200m Free was always going to be a thriller because of a potential relay qualification attempt. And so it was with **Steven Kent** (North Shore – HPC), **Dylan Dunlop-Barrett** (New Plymouth – HPC), and **Andrew McMillan** (Cromwell) (back from training in Oz) who took the additional relay spots. The quartet were back in the pool on Day 3 smashing the 12th fastest time last year by going 7:14.05 which would have put them 11th at the World Champs - Matthew Stanley took the lead off leg in 1:48.02, Steven Kent taking over with 1:48.67, Dylan Dunlop-Barrett splitting on a fantastic 1:48.01, and Andy McMillan anchoring on 1:49.35. They will now wait for a FINA invitation in June.

Natalie Wiegiersma (Waverley) showed why the medley traditions of Helen Norfolk and Liz van Welie are alive and well (and why they're tough down South). Having missed the FINA World Champs last year through injury, Natalie set the pool alight with a 4:41.74 in the **400IM**,

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only 0.01 inside the qualifying time. With the relief of her place in London assured, she was back in arguably her better event of the **200IM** and taking a second time in 2:13.17, just 0.19 inside the cut, but encouragingly still outside her NZ record.

Sophia Batchelor (AquaGym) proved again why she was voted the Emerging Swimmer of the Year for the second year in a row. Having set a NZ record last year in the **100m Fly**, being the first female under the minute, she smashed her own record in a stunning 58.71, but an agonising 0.01 outside the FINA A cut.

Glenn Snyders (North Shore – HPC) was a class apart in the **100m Breast** and showing why his consistent form and added maturity both in and out of the pool have placed him amongst the handful of elite breastrokers in the world who have dipped under the magical minute mark and putting him in serious contention in London. Having already qualified at FINA World Champs last year in 59.94, his 1:00.04 at West Wave was the fastest LC time ever swum in a NZ pool, and places him 3rd in the world so far this year. In the non-Olympic event of the **50m Breast**, Glenn once again demonstrated his superb controlled speed by knocking his own record by a staggering 0.31 and posting a new 27.06, ranking him currently 1st in the world so far in this event. Back in the pool a few days later his **200m Breast** of 2:11.80 was outside the cut by only 0.06, although he had already added this event to his programme in London having qualified last year and setting a NZ record at the World University Games.

Samantha Richter (North Shore) who has been impressive all season posting PBs in the freestyle sprints, shook up the non-Olympic **50 Fly** a 'fun' event, by breaking the record twice in heats and final. The first NZ woman under 27 seconds, the record now stands at 26.66.

Lauren Boyle (North Shore – HPC) just keeps getting better and better. With pre-qualification in three events and now back in New Zealand from the US for more than a year, her Olympic campaign is firmly on

track. She began her tough schedule with an impressive swim in the **400m Free** of 4:05.83, well inside the cut, but also breaking her own NZ record by 0.03. She had a tough battle in the **200m Free** with fellow trainer Tash Hind, but edging it in 1:58.28 inside the cut by 0.05. A much more comfortable swim in the **800m Free**, inside the qualifying time by 5.69 seconds, completed her Olympic programme of events. But just to firmly stamp her mark on the middle distance and distance events, Lauren took to the grueling **1500m Free** non-Olympic event in a timed final during the heats session on the final day of competition, setting a NZ record in 16:20.47. A well deserved accolade of the 2011 Swimmer of the Year Award rounded off a great season for Lauren.

Womens 4 x 200m Free Relay As in the Mens 200m Free, the Womens 200m Free was also hotly anticipated. Having already qualified the team for London last year at the FINA World Champs, the team make-up was still up for grabs with a very strong field in the final. With rumours that the selectors were taking an alternate swimmer, the honours went to **Lauren Boyle, Tash Hind (Capital – HPC)** in an impressive 1:58.69 but outside the FINA A cut, **Amaka Gessler (Motueka – HPC)** posting 2:00.07, the newcomer **Samantha Lucie-Smith (Capital – HPC)** who just missed out last year but this time grabbing the 4th spot in 2:00.12, and **Penelope Marshall (North Shore – HPC)** taking the alternate spot in 2:00.23. They will be looking at improving on their 8th place at World Champs last year.

Gareth Kean (Capital – HPC) was on great form all week demonstrating his maturing development and also with pre-qualifications under his belt, he too showed that he was an exciting prospect in London. The **100m Back** lived up to its billing on the programme as one to watch, with **Daniel Bell (North Shore)** wanting to take back his title, and Kurt Bassett showing good speed for his favoured 200m Back. But Gareth's time of 53.58 in the heats and comfortably under the qualifying standard by 0.82 set the benchmark. Not to be outdone, Daniel Bell was there to do the business proving why he has the best starts and

turns in the business, doing what was needed but finishing second in the final in 54.39 to Gareth's 53.84, but more importantly, just 0.01 inside the cut for London. Gareth cemented his London programme in the **200m Back** in a tussle with Kurt Bassett, but coming away comfortably in 1:57.15, inside the cut by 1.33 and breaking his own NZ record.

Daniel Bell's battles weren't over with the **100m Fly** in hot contention. Again, with a potential medley relay spot up for grabs providing that the fly and freestyle swimmers could post FINA B times, the 100 Fly was a winner takes all event. In the end, Daniel posted a B time in the heats and confirmed his spot on the **Mens 4 x 100m Medley Relay** by winning the final, but not without a tough battle with Paul Benson and Corney Swanepoel. In the end taking the title and spoils by only 0.06.

Carl O'Donnell (North Shore – HPC) put the disappointment of missing the last few seasons without a medley relay team by taking out the honours in the **100m Free**. More importantly, by posting a B time of 50.11 he assured his place on the medley relay team qualifying attempt.

Mens 4 x 100m Medley Relay The FINA B times of **Daniel Bell** in the 100m Fly and **Carl O'Donnell** in the 100m Free assured their places in the team, and thus allowed a potential relay attempt. But it was left to **Gareth Kean** and **Glenn Snyders** to blast this team into contention for London. And they didn't disappoint. Gareth left his best until last with a NZ record in the lead off 100m Back leg of 53.32. Not to be outdone, Glenn split on an incredible 59.07; Daniel on the fly leg in 53.45; and Carl anchoring in 49.25. The time of 3:35.09 would have put them in 6th at last year's FINA World Champs. Very encouraging for London.

Womens 4 x 100m Free Relay With a Commonwealth medal in 2010, last year's FINA World Champs was a disappointing 13th place that put them outside automatic selection for London. However, with the same configuration of **Tash Hind**, **Penelope Marshall**, **Amaka Gessler** and **Hayley Palmer** (North Shore), this time they not only put themselves in

contention for a FINA invitation by bettering the 12th fastest time by almost 2 seconds but also in the process broke their own NZ record in a time of 3:41.10.

Hayley Palmer showed why you can never write-off a champion. Coming back from being hospitalized with glandular fever at last year's FINA World Champs, Hayley posted some brave swims during the week. As the record holder in the 100m Free she pushed her way into the 4 x 100m Free Relay by finishing 3rd of the New Zealanders in the 100 Free (won by Penelope Marshall in 55.54 and a big PB for her), outside her best, but good enough. However, it was in the **50 Free** that she stunned in a time of 25.27 - exactly the Olympic qualifying mark.

Melissa Ingram (North Shore – HPC) had to wait all week to remind us of her class in the **200m Back**. Having already pre-qualified, nevertheless she still needed to prove her form, and she too didn't disappoint. Showing some good speed throughout the week in the 100 Back and 50 Back, and a solid swim in the 200 Free, Melissa was in great form coming into the end of week for her favoured 200m Back. With the young Sophia Batchelor also keen to take an Olympic spot, the 200m was nevertheless Melissa's from start to finish in a time of 2:10.56, just 0.28 inside the mark, but never looking in any doubt that her NZ record of 2:09.13 is vulnerable this year.

Kane Radford (Swim Rotorua – HPC), still in heavy training for his Olympic qualifying attempt for Open Water in Portugal in two month's time, showed his class and competitive streak by taking the 1500m Free leading from the front in a very classy field. Eyeing another one of Danyon Loader's records, Kane took the title and bragging rights in 16:20.47, and in a new NZ Record.

