

Melbourne 2006 Commonwealth Games
16th to 21st March 2006, Melbourne, Australia



DIARY NOTE

Saturday 18 March

Day 3

Another fantastic night of drama in the pool. The women's 4x200m freestyle relay was something else. There were some big calls by the team. Firstly that Ali Fitch withdrew from the final of the 100m freestyle to give the relay her best shot.

They talked through the order which changed from their 8:05 NZ record at the world championships. Lauren Boyle, who has been setting personal bests with every swim, moved to the lead-off position. It was felt that she would treat it like another 200m race – and she did the perfect job.

How amazing was it to see Helen Norfolk take it to the Aussies and hit the lead, with her and Ali pushing up to medal contention. Melissa Ingram knew she needed a biggie coming home because the Canadian was an 800m swimmer. And she had just enough. It was fantastic. Ali Fitch said it made the decision to withdraw from the 100m the right one, and great for Helen who missed out on the 2002 Games in Manchester.

Cameron Gibson really pulled out the stops with a mighty effort for his big fella swam his fastest time for four years. It may not be his favourite event but it's his best. He vowed to sleep with it on!!! And he won his bet with coach Jan Cameron – who honoured it by joining the team to do the haka.

The haka after the Kiwi medals has been really popular with the sell-out crowds at the Melbourne Aquatic Centre.

Three medals down. More fast swimming to come.