

# Helen NORFOLK

**Current Club:** North Shore  
**Previous Clubs:** AquaGym Swim Team  
**Current Coach:** Jan Cameron  
**Previous Coaches:** Brett Naylor  
Glen Findlay  
**Date of Birth:** 27/08/81  
**Place of Birth:** Christchurch  
**Personal Bests:** 400 IM – 4.44.65  
200 Free – 2.00.38



**2005**  
400 IM – 4.47.79  
200 Free – 2.00.38

**2004**  
400 IM – 4.44.65  
200 Free – 2.01

**2003**  
400 IM – 4.49  
200 Free – 2.02

**2002**  
400 IM – 4.50.53  
200 Free – 2.03

**New Zealand Records:** 200m freestyle 2:00.38  
200 IM 2:15.71

**Commonwealth Ranking:** 200IM – 3<sup>rd</sup>  
400IM – 7<sup>th</sup>

**World Ranking:** 400 IM – 39<sup>th</sup>  
200 Free – 32<sup>nd</sup>

## **NZ Rep Teams:**

- 2005 Montreal World Champs
- 2005 World University Games
- 2004 Athens Olympics
- 2004 Fiji Oceania Games
- 2003 Barcelona World Champs
- 2003 Yokohama Pan Pacific Games
- 2001 Fukuoka World Champs
- 2000 Sydney Olympics
- 2000 Christchurch Oceania Games
- 1999 Sydney Pan Pacific Games
- 1998 Kuala Lumpur Commonwealth Games
- 1997 Fukuoka Pan Pacific

## **Best Performances:**

- 2005 Montreal World Champs (9<sup>th</sup>)
- 2004 Athens Olympics ( top 16)
- 2000 Christchurch Oceania Games (Gold, 2 x Silver)
- World University Games (3 x Silver)

## **Academic:**

- Massey University – Psychology