

## **PRESS RELEASE**

### **13<sup>th</sup> FINA WORLD SWIMMING CHAMPIONSHIPS – ROME, ITALY**

Day 5 of the 13th FINA Swimming World Championships being held in Rome, Italy brought Jamaica's Natasha Moodie into action. Swimming in the Women's 100 M Freestyle, Moodie swam in lane 7 of heat 11 (of 17). Moodie's reaction time of .75 seconds got her off to a good start and she turned at the 50 M wall in a respectable split time of 27.29 but her stroke never really looked relaxed as she seemed to shorten her stroke in an attempt to increase her speed. Moodie finished the heat in 8th place timing a personal best time of 57.71.

Moodie was not openly disappointed with her time but expressed mild frustration at not getting the improvements she had hoped for from the changes made to her summer training program. Moodie had been looking very comfortable in training, and it was generally felt that Jamaica's Coach Janelle Atkinson-Wignall's 100 M Freestyle National Record of 57.21 was in jeopardy. In assessing her own performance, Moodie felt that she was never able to get into her "easy speed" stroke and that by the 40 M mark, she was disturbed that she was not staying with the swimmers in the middle of the pool. Coach Atkinson-Wignall believes that Moodie's current form is more suited for a fast time in the 50 M Freestyle which will be swam on Saturday morning.

Amanda Wier (USA) led the semi final qualifiers with a time of 53.20, followed by Australia's Lisbeth Trinkett (53.49 and Ranomi Kromowidjojo of the Netherlands (53.61).

Jamaica will enjoy four swims on Friday (day 6) as Brad Hamilton will swim the 100 M Butterfly and 50 M Freestyle. Jonathan will join Hamilton in the 50 M Free while Kendese Nangle will compete in the Women's 50 M Butterfly.

Submitted by John Eyre