

Swimmer Profile

Name: Laura Quilter	Age: 22
Club: North Shore	Coach: Thomas Ansorg
About Laura	
Greatest achievement in swimming: 4 th in the 4x100 freestyle relay at the 2014 Commonwealth Games Semi Final in the 50m Butterfly at the 2014 Commonwealth Games Current National Champion in the 50m butterfly and 50m freestyle Oceania Champion 100m backstroke	
Major goals for the next 2 years: Qualification to the 2015 World Championships and 2016 Rio Olympic Games	
Interests: Beach Volleyball, daily flat challenges (E.G. handstand walking, explosive V sits, speed eating dry Weetbix), daily naps, body surfing at Wainui beach when I'm at home in Gisborne.	

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School/University/subjects/company/position?

Third year communications student at Massey University and swim instructor at Northern Arena. I've actually been studying for four years but only chew through two papers a semester because of training.

What New Zealander inspires you the most & why?

My flatmate Brett Newall because he has a sparkling attitude towards his profession and his work ethic is exceeded by none. It also helps that his nutrition game is on point, chicken, broccoli and kumara keeps me fuelled! #teambrett