

Swimmer Profile

Name: Laura Quilter

Age: 23

Club: North Shore Swimming Club

Coach: Thomas Ansorg

About

Greatest achievement in swimming:

4th in the 4x100 freestyle relay at the 2014 Commonwealth Games or winning my first ever national medal (Age group or open) in an event over 100m metres! Won gold in the 200 freestyle at NZ Short Course Championships last year, 13 years after my first competition.

Major goals for the next 2 years:

Qualification to the Olympic Games
Qualification to the World Short Course Championships

What is your pre-race ritual?

Bit of Flume in the ear to chill my nerves.

If you could only eat one thing for the rest of your life what would it be?

Oats and Weetbix! -with Greek Yoghurt and berries of course

Who or what inspires you and why?

Penny Slack. She's a senior public swimmer that has just recently moved away from Auckland. She was swimming three times a week at 83 years old, predominantly self-taught and a radiantly positive soul! I will miss her company around AUT Millennium.

School/University/subjects/company/position?

Massey University: Final year studying a bachelor of communication.

Marketing Co-ordinator at AUT Millennium