

<b>Swimmer Profile</b>	
<b>Name:</b> Lauren Harrower	<b>Age:</b> 15
<b>Club:</b> North Shore Swimming Club	<b>Coach:</b> Dan Feisst
<b>About</b>	
<b>Greatest achievement in swimming:</b> Qualifying 6 New Zealand Open (2016) events, receiving 5 medals at Auckland Age Groups 2015, Making the finals at NAGs and Springs 2015.	
<b>Major goals for the next 2 years:</b> To medal at National event, (Nags or Springs).	
<b>What is your pre-race ritual?</b> Often listening to some music or chatting with teammates.	
<b>If you could only eat one thing for the rest of your life what would it be?</b> Pasta.	
<b>Who or what inspires you and why?</b> Lauren Boyle inspires me because she constantly strives to perform to the best of her abilities, which has allowed her to stand at the top of the podium on the world stage, and break many records all representing New Zealand in long distance freestyle events.	
<b>School/University/subjects/company/position?</b> Year 11 at Rangitoto College. I take Science extension, Maths acceleration, English extension, Geography extension, and economics.	