

<b>Swimmer Profile</b>	
<b>Name:</b> Matthew Harford	<b>Age:</b> 15
<b>Club:</b> Ashburton Swim Team	<b>Coach:</b> Shane Jones
<b>About</b>	
<b>Greatest achievement in swimming:</b> Four gold medals in first long course national age group championships. Nine medals in total.	
<b>Major goals for the next 2 years:</b> Make a national representative swim team.	
<b>What is your pre-race ritual?</b> Keep focussed and not overthink the race.	
<b>If you could only eat one thing for the rest of your life what would it be?</b> Tortellini pasta.	
<b>Who or what inspires you and why?</b> Ryan Lochte	
<b>School/University/subjects/company/position?</b> St Andrews College, Christchurch	