

<b>Swimmer Profile</b>	
<b>Name:</b> Flynn Sinclair	<b>Age:</b> 15
<b>Club:</b> Murihiku Swimming Club	<b>Coach:</b> Jeremy Duncan
<b>About</b>	
<b>Greatest achievement in swimming:</b> 4 <sup>th</sup> in the 200 fly at NZSC, winning medals at South Islands	
<b>Major goals for the next 2 years:</b> Top 3 at NZSC, Top 5 at NAGS, Top 3 at TRI Nationals	
<b>What is your pre-race ritual?</b> Always eat a certain type of lolly - Berry-Bliss lollies	
<b>If you could only eat one thing for the rest of your life what would it be?</b> Custard square	
<b>Who or what inspires you and why?</b> Javier Gomez Noya-Because he rips up the world triathlon stage and is the 4-time world champion in ITU Triathlon	
<b>School/University/subjects/company/position?</b> Yr 11 at Southland Boys High School	