

Marlins chase down provincial freestyle gold

A breakthrough performance for one Marlin standout, a successful swan song for another. Such was the story earlier this month at the Etobicoke Olympian, where the local club's oldest and youngest representatives delivered a double dose of 100m freestyle gold at the long-course summer provincial championships.

Stamping her ticket to Sunday's 13-and-under girls' final, 13-year-old Heather Aylward shattered her personal-best mark by more than a second-and-a-half.

She clocked in at 1:01.55 and moved up three spots from her preliminary round placing to finish atop the podium in her long course provincial debut.

The Marlins would enjoy a second serving of Ontario championship gold less than five minutes later, courtesy of Quincy Brozo.

Becoming just the third swimmer in club history to take part in the Olympic Trials this past spring, the 18-year-old already had 16 provincial medals on her resumé heading into the holiday weekend.

She added a fifth gold to that haul with a personal-best 58.33s effort in the 18-and-over women's 100m — eclipsing the 58.70s show-



Heather Aylward (left) and Quincy Brozo both swam to freestyle gold at the long-course provincial championships. *Champion file photos*

ing that had her sitting first after the preliminary round.

Set to compete for the perennial powerhouse University of British Columbia Thunderbirds this fall, Brozo fell just short of another medal in Etobicoke — placing fifth in the 50m free (27.12s).

Also standing out at the summer provincials, 14-year-old Marlin Madison Macor advanced to two event finals.

Her best efforts were reserved for the girls'

200m breaststroke, which she swam in 2:45.52 to break her own club record and place fourth.

A 1:19.33 finish in the 100m breaststroke was good enough for seventh.

Rounding out the club's provincial championship contingent were Graeme Aylward, Howard Chang, Caleb Colling, Matthew Guthro, Marija Ilie, Andrew Knaggs, Lucas Liberty, Julia McKenna, Emily Strohl, Stefan Tarla and Kyle Zammit.

Preisner enjoys strong finish

54. He led his sophomore year with the Golden Hurricanes.

Enjoying a "smooth, clean" race from start to finish, Preisner kept a little in the proverbial tank for the home stretch — moving up a couple of spots over the final 800m, en route to securing a new personal record.

His previous PB — 8:53.14 — came about two years ago at the junior world championships in Eugene, Oregon.

The Milton runner admits there wasn't much pressure this time around since the 8:30 Olympic standard wasn't realistically in the cards. At least, not right now.

"This is a building stone," said Preisner, who feels — with a few more years under his belt — an eight-and-a-half-minute steeplechase isn't out of the question. "My goal is continuous improvement, and this experience (at nationals) is definitely going to help."

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