

Spruce Grove's National Champ

York Underwood
Rep/Examiner Staff

A month ago we were lamenting about local swimmer, Gail McGinnis, "only" breaking one provincial record at her swim meet in Calgary. The word "only" is placed sarcastically because she did break three provincial records the previous year. She is ranked as Canada's top masters swimmer in the 45-49 age category, but last year she failed to register for nationals. That mistake was not made this year.

"I'm going to nationals May long weekend and I'm hoping to do faster there," said McGinnis in April. "I have some more quality swim workouts. I have to make sure I'm working on those energy systems that I'll be using in nationals."

McGinnis must have figured everything out. She competed in Ottawa on the May long weekend and came home with six gold medals and one silver medal in her individual events. She also joined the Edmonton Masters Swim Club as an associate member so she could compete in relay races.

McGinnis joined seven relay teams at the 2013 Canadian Masters Championships. She won five gold medals, one silver medal and one bronze medal.

In the 4x50 mixed free relay, McGinnis' team was in fourth place for most of the race -- only to catch up and pass everyone for the gold in the final minutes.

For all of her individual events, McGinnis swam incredibly well -- scoring a personal best time in three out of the seven individual races that she did.

In the 4x50 womens' free relay, her team missed the Canadian record by only two-tenths of a second.

McGinnis is in the top 10 in the world for her age category; however, one of her relay teams did something that transcends age categories.

On the 4x100 womens' free relay, McGinnis and her teammates from the Edmonton Masters Swim Club broke the world record for that race. Not just in their age category, but also in every age category.

McGinnis continues to surpass even her own expectations. She's truly a world champion and a great ambassador for Spruce Grove.

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Supplied
Gail McGinnis with her world record breaking relay team. The team broke the world record in the 4x100 womens' free relay for all age categories at the 2013 Canadian Masters Championship in Ottawa.

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