



# LONDON 2012 PARALYMPIC MEDIA GUIDE



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BRITISH  
Swimming



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# MEDIA CONTACTS

## FOR MEDIA ATTENDING THE GAMES

**Gemma Field – ParalympicsGB Press Attaché**

**M:** +447917726431

**E:** [gemma.field@swimming.org](mailto:gemma.field@swimming.org)

## FOR GENERAL MEDIA ENQUIRIES

**Ruth Norfolk**

**T:** +441509640229

**M:** +447917794382

**E:** [ruth.norfolk@swimming.org](mailto:ruth.norfolk@swimming.org)

**Dave Richards**

**T:** +441509640237

**M:** +447789926136

**E:** [david.richards@swimming.org](mailto:david.richards@swimming.org)

## USEFUL WEBSITES

**British Swimming**

[www.swimming.org/britishswimming](http://www.swimming.org/britishswimming)

**ParalympicsGB Website**

[www.paralympics.org.uk](http://www.paralympics.org.uk)

**Paralympic website**

[www.london2012.com](http://www.london2012.com)

**IPC**

[www.ipc-swimming.org](http://www.ipc-swimming.org)



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# MEDIA PROTOCOL

The media protocol has been designed to help achieve an understanding between all media and those representing the ParalympicsGB Team in swimming. It aims to create opportunities for the media as well as appreciate the commitments of athletes and staff. This media protocol will be utilised leading up to and during the Paralympic Games in London.

The protocol recognises that everybody is present at a major competition to do a job – whether they are athletes, team staff or media. Each group experiences their own pressures to deliver, however, consideration of each other's circumstances, roles and responsibilities will help ensure everybody has a successful and productive experience.

## EARLY ACCESS TO ANY PARALYMPICSGB MEMBER PRIOR TO THE PARALYMPIC GAMES

Access to athletes, the NPD and coaches will be limited to open sessions at the holding camps and press conferences that may be scheduled at the ParalympicsGB holding camp.

## ACCESS TO THE NATIONAL PERFORMANCE DIRECTOR (NPD) JOHN ATKINSON DURING THE PARALYMPIC GAMES

Media requests in relation to the NPD should go through the Press Attaché. Those wishing to put a question to the NPD should provide as much warning as possible so the NPD can identify a window of opportunity to respond. If the NPD is

unable to respond in person, the Press Attaché will pass on the NPD's views. During the competition the NPD will only give views on the performances of the ParalympicsGB Swimming Team as a whole. Due to the demands of the job at hand, the NPD's time will be limited so prior notice to any requests would be greatly appreciated.

## ACCESS TO THE BRITISH COACHES DURING THE PARALYMPIC GAMES

Due to the nature of the role of a coach for Disability Swimming it may not be possible for the media to gain access to a specific coach post heats and/or finals. If a specific coach is unavailable in person then an alternative will be arranged if possible. This will be co-ordinated through the Press Attaché. Comments on the overall team performance will only be given by the Head Coach or the NPD.

## ACCESS TO ATHLETES OR TEAM STAFF DURING COMPETITION

Requests for interviews with athletes or team staff must go through the Press Attaché. Whereas media deadlines will always be considered, these interviews will be arranged at a time the athlete or coach can be made available. This is obviously due to the demands of the competition. Athletes and team coaches will only comment on their relevant performances. Overall comments will be provided by the NPD, an identified coach or via the Press Attaché.

Access to athletes and coaches will be limited to the official mixed zone, press conferences or through prior arrangements made via the Press Attaché. All athletes will be encouraged to speak to the media at this point. However, due to the need to recover by 'swimming down' in another pool immediately after an event, this time will be limited – especially between heats and finals – and it is envisaged the media will collect at a good vantage point to be informed as a group rather than as individuals.

The Press Attaché will try to obtain quotes from athletes if, for whatever reason, access to the athlete has been limited further. These will hopefully be provided before warm downs, lactate or drug testing. If it is not possible to meet these needs then interviews will have to take place following the swim down/ medal presentation.

If a swimmer has achieved a notable result their specific coach will make themselves available to the media at the end of the session. It is envisaged the Press Attaché or Team Managers will be present during interviews where possible.

## MEDIA NOT PRESENT AT THE PARALYMPIC GAMES

Not all media will be accredited for the Paralympic Games yet the Press Attaché in London and Communications Team in the UK will try to look after all enquiries via phone or email. The same protocols should be followed with all enquiries going through the Press Attaché. Athletes, staff or the NPD should never be contacted directly. Their time is limited and therefore the Press Attaché will arrange for information to be forwarded at a convenient moment.



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A close-up photograph of a swimmer in a pool. The swimmer is wearing a black swim cap and goggles, and their mouth is open as if shouting or exerting effort. Water is splashing over their head, creating a dynamic and energetic scene. The background is blurred, showing other lanes of the pool with red lane markers.

British Swimming encourages the sport to be covered by all media, present or not present. However, all media should understand that priority has to be given to those who are in attendance at the Paralympic Games. Efforts will be made to meet all requests and the Press Attaché asks that this protocol be respected at all times.

### **MISCELLANEOUS**

All media requests will be considered on their individual merits and decisions made in the best interests of the ParalympicsGB Team. Several requests for separate interviews at the same time will be dealt with in order of deadlines. Media with the tightest deadline will be dealt with first.

If photographers require access to members of the ParalympicsGB Team or non-action shots away from the competition then all requests should be made through the Press Attaché.

All media enquiries should be made to the Press Attaché.



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# LIST OF MEDAL EVENTS

## MALE EVENTS

**50M Freestyle:** S2, S4, S5, S6, S7, S8, S9, S10, S11, S12, S13

**100M Freestyle:** S2, S4, S5, S6, S7, S8, S9, S10, S11, S12, S13

**200M Freestyle:** S2, S4, S5, S14

**400M Freestyle:** S6, S7, S8, S9, S10, S11, S12, S13

**50M Backstroke:** S1, S2, S3, S4, S5

**100M Backstroke:** S6, S7, S8, S9, S10, S11, S12, S13, S14

**50M Breaststroke:** SB2, SB3

**100M Breaststroke:** SB4, SB5, SB6, SB7, SB8, SB9, SB11, SB12, SB13, SB14

**50M Butterfly:** S5, S6, S7

**100M Butterfly:** S8, S9, S10, S11, S12, S13

**150M Individual Medley:** SM3, SM4

**200M Individual Medley:** SM6, SM7, SM8, SM9, SM10, SM11, SM12, SM13

**4x100M Freestyle:** 34 Points

**4x100M Medley Relay:** 34 Points

## FEMALE EVENTS

**50M Freestyle:** S3, S5, S6, S7, S8, S9, S10, S11, S12, S13

**100M Freestyle:** S3, S5, S6, S7, S8, S9, S10, S11, S12, S13

**200M Freestyle:** S5, S14

**400M Freestyle:** S6, S7, S8, S9, S10, S11, S12

**50M Backstroke:** S2, S4

**100M Backstroke:** S6, S7, S8, S9, S10, S11, S12, S14

**100M Breaststroke:** SB4, SB5, SB6, SB7, SB8, SB9, SB11, SB12, SB13, SB14

**50M Butterfly:** S5, S6, S7

**100M Butterfly:** S8, S9, S10, S12

**200M Individual Medley:** SM5, SM6, SM7, SM8, SM9, SM10, SM11, SM12, SM13

**4X100M Freestyle Relay:** 34 Points

**4x100M Medley Relay:** 34 Points



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# LIST OF ATHLETES AND EVENTS: MEN

<b>James Anderson</b>	50m Freestyle, 50m Backstroke, 100m Freestyle
<b>Jack Bridge</b>	200m Individual Medley, 100m Backstroke, 100m Breaststroke
<b>James Clegg</b>	100m Butterfly, 100m Freestyle, 50m Freestyle
<b>Josef Craig</b>	34pt Freestyle Relay, 100m Freestyle, 50m Freestyle (TBC), 400m Freestyle
<b>James Crisp</b>	100m Backstroke, 100m Breaststroke, 34pt Freestyle Relay, 400m Freestyle, 200m Individual Medley, 100m Freestyle
<b>Graham Edmunds</b>	50m Freestyle, 100m Butterfly (TBC), 34pt Freestyle Relay, 100m Freestyle
<b>Jonathan Fox</b>	100m Backstroke, 34pt Freestyle Relay, 100m Freestyle, 50m Freestyle, 400m Freestyle
<b>Sean Fraser</b>	100m Butterfly, 34pt Freestyle Relay, 50m Freestyle, 100m Backstroke, 100m Freestyle
<b>James Hollis</b>	100m Butterfly, 100m Backstroke
<b>Oliver Hynd</b>	100m Butterfly, 400m Freestyle, 34pt Freestyle Relay, 100m Backstroke, 200m Individual Medley
<b>Sam Hynd</b>	400m Freestyle, 100m Breaststroke, 34pt Freestyle Relay, 200m Individual Medley, 100m Freestyle
<b>Sascha Kindred</b>	100m Breaststroke, 200m Individual Medley, 50m Freestyle, 50m Butterfly
<b>Aaron Moores</b>	100m Backstroke, 100m Breaststroke
<b>Andrew Mullen</b>	50m Freestyle, 50m Backstroke, 50m Butterfly
<b>James O'Shea</b>	100m Breaststroke
<b>Daniel Pepper</b>	200m Freestyle, 100m Breaststroke

<b>Morgyn Peters</b>	100m Backstroke
<b>Benjamin Procter</b>	100m Backstroke, 200m Freestyle
<b>Craig Rodgie</b>	100m Backstroke, 200m Freestyle
<b>Anthony Stephens</b>	50m Freestyle, 200m Freestyle, 50m Backstroke, 50m Butterfly, 100m Freestyle
<b>Matthew Walker</b>	50m Butterfly, 34pt Freestyle Relay, 100m Freestyle, 50m Freestyle
<b>Robert Welbourn</b>	200m Individual Medley, 100m Butterfly, 34pt Freestyle Relay, 400m Freestyle, 100m Freestyle
<b>Matthew Whorwood</b>	400m Freestyle, 200m Individual Medley, 50m Freestyle, 100m Breaststroke, 100m Freestyle
<b>Thomas Young</b>	400m Freestyle, 100m Breaststroke, 34pt Freestyle Relay, 50m Freestyle, 100m Backstroke, 200m Individual Medley, 100m Freestyle



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## LIST OF ATHLETES AND EVENTS: WOMEN

<b>Gemma Almond</b>	200m Individual Medley, 100m Butterfly, 34pt Freestyle Relay, 400m Freestyle, 100m Freestyle
<b>Jessica-Jane Applegate</b>	100m Backstroke, 200m Freestyle
<b>Claire Cashmore</b>	100m Butterfly, 100m Breaststroke, 34pt Freestyle Relay, 200m Individual Medley, 100m Freestyle
<b>Chloe Davies</b>	100m Backstroke, 200m Freestyle
<b>Heather Frederiksen</b>	400m Freestyle, 50m Freestyle, 34pt Freestyle Relay, 100m Backstroke, 100m Freestyle
<b>Rhiannon Henry</b>	50m Freestyle, 100m Freestyle, 200m Individual Medley
<b>Charlotte Henshaw</b>	400m Freestyle, 100m Breaststroke
<b>Emma Hollis</b>	400m Freestyle, 100m Breaststroke, 34pt Freestyle Relay, 200m Individual Medley, 100m Freestyle
<b>Elizabeth Johnson</b>	200m Individual Medley, 100m Breaststroke
<b>Natalie Jones</b>	400m Freestyle, 200m Individual Medley, 50m Freestyle, 50m Butterfly, 100m Freestyle
<b>Nyree Kindred</b>	100m Backstroke
<b>Harriet Lee</b>	200m Individual Medley, 50m Freestyle, 100m Breaststroke
<b>Amy Marren</b>	100m Backstroke, 34pt Freestyle Relay, 400m Freestyle, 50m Freestyle

<b>Natalie Massey</b>	100m Backstroke, 200m Freestyle, 100m Breaststroke
<b>Stephanie Millward</b>	100m Butterfly, 100m Backstroke, 34pt Freestyle Relay, 400m Freestyle, 200m Individual Medley
<b>Susannah Rodgers</b>	100m Backstroke, 50m Butterfly, 100m Freestyle, 34pt Freestyle Relay, 50m Freestyle, 400m Freestyle
<b>Hannah Russell</b>	400m Freestyle, 100m Butterfly, 100m Freestyle, 100m Backstroke, 50m Freestyle
<b>Eleanor Simmonds</b>	400m Freestyle, 200m Individual Medley, 34pt Freestyle relay, 50m Freestyle, 100m Freestyle
<b>Lauren Steadman</b>	34pt Freestyle Relay, 400m Freestyle, 50m Freestyle, 100m Freestyle
<b>Louise Watkin</b>	34pt Freestyle Relay, 50m Freestyle, 200m Individual Medley, 100m Freestyle, 100m Breaststroke



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# TEAM STAFF

## ROLE

## NAME

**NPD/Team Leader:**

John Atkinson

**Team Manager:**

Sarah Starbuck

**Sport Science & Medicine Manager:**

Catherine Gilby

**Assistant Team Manager:**

Sarah Brooksbank

**Coaches:**

Billy Pye  
Mick Massey  
Glenn Smith  
Louise Graham  
Kerry Wood  
John Stout  
Mark Rose

**Athlete Support:**

Sarah  
Brooksbank

**Coach & Athlete Support:**

Rob Aubry

**Team Doctor:**

Derek Martin

**Team Physiotherapist:**

Paul Martin

**Soft Tissue Therapist:**

Marianne Bayes

**Nurse & Support Staff:**

Lynne Sparrow

**Physiologist:**

Nicola Rowley

**Performance Analyst:**

Joe Taylor

**Press Attaché:**

Gemma Field

**Support Staff:**

Paul Wilson



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# HISTORY OF THE PARALYMPIC GAMES

The Paralympic Games originate from 1948 when a sports competition was organised for World War II veterans with a spinal cord injury in Stoke Mandeville, England. Four years later athletes from Holland joined the event and so the international Paralympic movement was born.

The first recognised Paralympic Games were held in Rome in 1960 and immediately followed the Olympics. Here, around 400 athletes from 23 countries competed in six different sports, including swimming. Today, the Games are an elite sports event for athletes from five different disability groups competing in 20 sports.

Swimming has been a part of the Games since its conception. Swimmers compete in events ranging from 50m to 400m. This differs slightly from the Olympic Games where swimmers compete in events up to 800m for women and 1500m for men.

## GREAT BRITAIN'S SWIMMING MEDALS AT PARALYMPIC GAMES

Year	Gold	Silver	Bronze
1960	11	8	5
1964	7	12	6
1968	13	7	8
1972	2	3	5
1976	13	6	6
1980	18	10	7
1984	26	33	39
1988	24	37	22
1992	22	25	17
1996	16	17	15
2000	15	24	23
2004	16	20	16
2008	11	12	18
Total	194	214	187

Great Britain are one of the strongest nations in Paralympic swimming finishing in the top four of the medal table at each of the last six Games.

Mike Kenny has won more gold medals in Paralympic swimming than any other Briton winning 16 across four Paralympics 1976-1988.

Jim Anderson will be looking to medal in his sixth Paralympic Games in a row here in London whilst Sascha Kindred will be looking to medal in his fifth consecutive Games.



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# SCHEDULE

**30 August Aquatics Centre 09:30 – 11:50**

Men's 100m Backstroke, S6: heats  
Men's 100m Backstroke, S7: heats  
Men's 50m Breaststroke, SB2: heats  
Men's 100m Butterfly, S8: heats  
Men's 100m Butterfly, S9: heats  
Men's 50m Freestyle, S5: heats  
Men's 400m Freestyle, S12: heats  
Men's 200m Individual Medley, SM10: heats  
Women's 100m Backstroke, S6: heats  
Women's 100m Backstroke, S7: heats  
Women's 100m Butterfly, S8: heats  
Women's 100m Butterfly, S9: heats  
Women's 50m Freestyle, S5: heats  
Women's 400m Freestyle, S12: heats  
Women's 200m Individual Medley, SM10: heats

**30 August Aquatics Centre 17:30 – 21:05**

Men's 100m Backstroke, S6: final, victory ceremony  
Men's 100m Backstroke, S7: final, victory ceremony  
Men's 50m Breaststroke, SB2: final, victory ceremony  
Men's 100m Butterfly, S8: final, victory ceremony  
Men's 100m Butterfly, S9: final, victory ceremony  
Men's 50m Freestyle, S5: final, victory ceremony  
Men's 400m Freestyle, S12: final, victory ceremony  
Men's 200m Individual Medley, SM10: final, victory ceremony  
Women's 100m Backstroke, S6: final, victory ceremony  
Women's 100m Backstroke, S7: final, victory ceremony  
Women's 100m Butterfly, S8: final, victory ceremony  
Women's 100m Butterfly, S9: final, victory ceremony  
Women's 50m Freestyle, S5: final, victory ceremony  
Women's 400m Freestyle, S12: final, victory ceremony  
Women's 200m Individual Medley, SM10: final, victory ceremony



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**31 August Aquatics Centre 09:30 – 11:55**

Men's 100m Backstroke, S9: heats  
Men's 100m Backstroke, S14: heats  
Men's 50m Butterfly, S7: heats  
Men's 100m Butterfly, S13: heats  
Men's 50m Freestyle, S4: heats  
Men's 50m Freestyle, S10: heats  
Men's 100m Freestyle, S11: heats  
Men's 400m Freestyle, S8: heats  
Women's 100m Backstroke, S9: heats  
Women's 100m Backstroke, S14: heats  
Women's 50m Butterfly, S7: heats  
Women's 50m Freestyle, S10: heats  
Women's 100m Freestyle, S11: heats  
Women's 400m Freestyle, S8: heats  
Women's 200m Individual Medley, SM5: heats

**31 August Aquatics Centre 17:30 – 21:05**

Men's 100m Backstroke, S9: final, victory ceremony  
Men's 100m Backstroke, S14: final, victory ceremony  
Men's 50m Butterfly, S7: final, victory ceremony  
Men's 100m Butterfly, S13: final, victory ceremony  
Men's 50m Freestyle, S4: final, victory ceremony  
Men's 50m Freestyle, S10: final, victory ceremony  
Men's 100m Freestyle, S11: final, victory ceremony  
Men's 400m Freestyle, S8: final, victory ceremony  
Women's 100m Backstroke, S9: final, victory ceremony  
Women's 100m Backstroke, S14: final, victory ceremony  
Women's 50m Butterfly, S7: final, victory ceremony  
Women's 50m Freestyle, S10: final, victory ceremony  
Women's 100m Freestyle, S11: final, victory ceremony  
Women's 400m Freestyle, S8: final, victory ceremony  
Women's 200m Individual Medley, SM5: final, victory ceremony



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**1 September Aquatics Centre 09:30 – 12:20**

Men's 100m Breaststroke, SB7: heats  
Men's 100m Breaststroke, SB8: heats  
Men's 100m Butterfly, S10: heats  
Men's 50m Freestyle, S11: heats  
Men's 50m Freestyle, S13: heats  
Men's 200m Freestyle, S2: heats  
Men's 200m Freestyle, S5: heats  
Men's 400m Freestyle, S6: heats  
Women's 100m Breaststroke, SB7: heats  
Women's 100m Breaststroke, SB8: heats  
Women's 100m Butterfly, S10: heats  
Women's 50m Freestyle, S11: heats  
Women's 50m Freestyle, S13: heats  
Women's 200m Freestyle, S5: heats  
Women's 400m Freestyle, S6: heats

**1 September Aquatics Centre 17:30 – 21:10**

Men's 100m Breaststroke, SB7: final, victory ceremony  
Men's 100m Breaststroke, SB8: final, victory ceremony  
Men's 100m Butterfly, S10: final, victory ceremony  
Men's 50m Freestyle, S11: final, victory ceremony  
Men's 50m Freestyle, S13: final, victory ceremony  
Men's 200m Freestyle, S2: final, victory ceremony  
Men's 200m Freestyle, S5: final, victory ceremony  
Men's 400m Freestyle, S6: final, victory ceremony  
Women's 100m Breaststroke, SB7: final, victory ceremony  
Women's 100m Breaststroke, SB8: final, victory ceremony  
Women's 100m Butterfly, S10: final, victory ceremony  
Women's 50m Freestyle, S11: final, victory ceremony  
Women's 50m Freestyle, S13: final, victory ceremony  
Women's 200m Freestyle, S5: final, victory ceremony  
Women's 400m Freestyle, S6: final, victory ceremony



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**2 September Aquatics Centre 09:30 – 11:40**

Men's 100m Backstroke, S11: heats  
Men's 100m Butterfly, S12: heats  
Men's 100m Freestyle, S13: heats  
Men's 200m Freestyle, S14: heats  
Men's 150m Individual Medley, SM3: heats  
Men's 150m Individual Medley, SM4: heats  
Men's 200m Individual Medley, SM7: heats  
Men's 4 x 100m Freestyle Relay, 34 points: heats  
Women's 100m Backstroke, S11: heats  
Women's 100m Butterfly, S12: heats  
Women's 50m Freestyle, S8: heats  
Women's 100m Freestyle, S13: heats  
Women's 200m Freestyle, S14: heats  
Women's 200m Individual Medley, SM7: heats

**2 September Aquatics Centre 17:30 – 20:55**

Men's 100m Backstroke, S11: final, victory ceremony   
Men's 100m Butterfly, S12: final, victory ceremony  
Men's 100m Freestyle, S13: final, victory ceremony  
Men's 200m Freestyle, S14: final, victory ceremony  
Men's 150m Individual Medley, SM3: final, victory ceremony  
Men's 150m Individual Medley, SM4: final, victory ceremony  
Men's 200m Individual Medley, SM7: final, victory ceremony  
Men's 4 x 100m Freestyle Relay, 34 points: final  
Men's 4 x 100m Freestyle Relay, 34 points: victory ceremony  
Women's 100m Backstroke, S11: final, victory ceremony  
Women's 100m Butterfly, S12: final, victory ceremony  
Women's 50m Freestyle, S8: final, victory ceremony  
Women's 100m Freestyle, S13: final, victory ceremony  
Women's 200m Freestyle, S14: final, victory ceremony  
Women's 200m Individual Medley, SM7: final, victory ceremony



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**3 September Aquatics Centre 09:30 – 12:00**

Men's 100m Backstroke, S13: heats  
Men's 50m Breaststroke, SB3: heats  
Men's 100m Breaststroke, SB11: heats  
Men's 50m Freestyle, S8: heats  
Men's 100m Freestyle, S2: heats  
Men's 100m Freestyle, S7: heats  
Men's 200m Individual Medley, SM6: heats  
Men's 200m Individual Medley, SM12: heats  
Women's 100m Breaststroke, SB11: heats  
Women's 100m Freestyle, S3: heats  
Women's 100m Freestyle, S7: heats  
Women's 200m Individual Medley, SM6: heats  
Women's 200m Individual Medley, SM12: heats  
Women's 4 x 100m Freestyle Relay, 34 points: heats

**3 September Aquatics Centre 17:30 – 21:00**

Men's 100m Backstroke, S13: final, victory ceremony   
Men's 50m Breaststroke, SB3: final, victory ceremony  
Men's 100m Breaststroke, SB11: final, victory ceremony  
Men's 50m Freestyle, S8: final, victory ceremony  
Men's 100m Freestyle, S2: final, victory ceremony  
Men's 100m Freestyle, S7: final, victory ceremony  
Men's 200m Individual Medley, SM6: final, victory ceremony  
Men's 200m Individual Medley, SM12: final, victory ceremony  
Women's 100m Breaststroke, SB11: final, victory ceremony  
Women's 100m Freestyle, S3: final, victory ceremony  
Women's 100m Freestyle, S7: final, victory ceremony  
Women's 200m Individual Medley, SM6: final, victory ceremony  
Women's 200m Individual Medley, SM12: final, victory ceremony  
Women's 4 x 100m Freestyle Relay, 34 points: final  
Women's 4 x 100m Freestyle Relay, 34 points: victory ceremony



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**4 September Aquatics Centre 09:30 – 11:50**

Men's 100m Backstroke, S8: heats  
Men's 100m Backstroke, S10: heats  
Men's 100m Breaststroke, SB4: heats  
Men's 50m Freestyle, S6: heats  
Men's 50m Freestyle, S7: heats  
Men's 100m Freestyle, S12: heats  
Men's 400m Freestyle, S9: heats  
Men's 400m Freestyle, S13: heats  
Women's 100m Backstroke, S8: heats  
Women's 100m Backstroke, S10: heats  
Women's 100m Breaststroke, SB4: heats  
Women's 50m Freestyle, S6: heats  
Women's 50m Freestyle, S7: heats  
Women's 100m Freestyle, S12: heats  
Women's 400m Freestyle, S9: heats

**4 September Aquatics Centre 17:30 – 21:05**

Men's 100m Backstroke, S8: final, victory ceremony  
Men's 100m Backstroke, S10: final, victory ceremony  
Men's 100m Breaststroke, SB4: final, victory ceremony  
Men's 50m Freestyle, S6: final, victory ceremony  
Men's 50m Freestyle, S7: final, victory ceremony  
Men's 100m Freestyle, S12: final, victory ceremony  
Men's 400m Freestyle, S9: final, victory ceremony  
Men's 400m Freestyle, S13: final, victory ceremony  
Women's 100m Backstroke, S8: final, victory ceremony  
Women's 100m Backstroke, S10: final, victory ceremony  
Women's 100m Breaststroke, SB4: final, victory ceremony  
Women's 50m Freestyle, S6: final, victory ceremony,  
Women's 50m Freestyle, S7: final, victory ceremony  
Women's 100m Freestyle, S12: final, victory ceremony  
Women's 400m Freestyle, S9: final, victory ceremony



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**5 September Aquatics Centre 09:30 – 11:45**

Men's 50m Backstroke, S2: heats  
Men's 100m Backstroke, S12: heats  
Men's 100m Breaststroke, SB5: heats  
Men's 100m Breaststroke, SB6: heats  
Men's 50m Freestyle, S9: heats  
Men's 100m Freestyle, S4: heats  
Men's 400m Freestyle, S10: heats  
Men's 200m Individual Medley, SM8: heats  
Women's 50m Backstroke, S2: heats  
Women's 100m Backstroke, S12: heats  
Women's 100m Breaststroke, SB5: heats  
Women's 100m Breaststroke, SB6: heats  
Women's 50m Freestyle, S9: heats  
Women's 400m Freestyle, S10: heats  
Women's 200m Individual Medley, SM8: heats

**5 September Aquatics Centre 17:30 – 21:10**

Men's 50m Backstroke, S2: final, victory ceremony  
Men's 100m Backstroke, S12: final, victory ceremony  
Men's 100m Breaststroke, SB5: final, victory ceremony  
Men's 100m Breaststroke, SB6: final, victory ceremony  
Men's 50m Freestyle, S9: final, victory ceremony  
Men's 100m Freestyle, S4: final, victory ceremony  
Men's 400m Freestyle, S10: final, victory ceremony  
Men's 200m Individual Medley, SM8: final, victory ceremony  
Women's 50m Backstroke, S2: final, victory ceremony  
Women's 100m Backstroke, S12: final, victory ceremony  
Women's 100m Breaststroke, SB5: final, victory ceremony  
Women's 100m Breaststroke, SB6: final, victory ceremony  
Women's 50m Freestyle, S9: final, victory ceremony  
Women's 400m Freestyle, S10: final, victory ceremony  
Women's 200m Individual Medley, SM8: final, victory ceremony



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**6 September Aquatics Centre 09:30 – 11:50**

Men's 50m Backstroke, S1: heats  
Men's 50m Backstroke, S4: heats  
Men's 50m Backstroke, S5: heats  
Men's 100m Breaststroke, SB14: heats  
Men's 100m Butterfly, S11: heats  
Men's 100m Freestyle, S8: heats  
Men's 100m Freestyle, S10: heats  
Men's 400m Freestyle, S7: heats  
Men's 200m Individual Medley, SM9: heats  
Women's 50m Backstroke, S4: heats  
Women's 100m Breaststroke, SB14: heats  
Women's 100m Freestyle, S8: heats  
Women's 100m Freestyle, S10: heats  
Women's 400m Freestyle, S7: heats  
Women's 200m Individual Medley, SM9: heats

**6 September Aquatics Centre 17:30 – 21:05**

Men's 50m Backstroke, S1: final, victory ceremony  
Men's 50m Backstroke, S4: final, victory ceremony  
Men's 50m Backstroke, S5: final, victory ceremony  
Men's 100m Breaststroke, SB14: final, victory ceremony  
Men's 100m Butterfly, S11: final, victory ceremony  
Men's 100m Freestyle, S8: final, victory ceremony  
Men's 100m Freestyle, S10: final, victory ceremony  
Men's 400m Freestyle, S7: final, victory ceremony  
Men's 200m Individual Medley, SM9: final, victory ceremony  
Women's 50m Backstroke, S4: final, victory ceremony  
Women's 100m Breaststroke, SB14: final, victory ceremony  
Women's 100m Freestyle, S8: final, victory ceremony  
Women's 100m Freestyle, S10: final, victory ceremony  
Women's 400m Freestyle, S7: final, victory ceremony  
Women's 200m Individual Medley, SM9: final, victory ceremony



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**7 September Aquatics Centre 09:30 – 12:05**

Men's 50m Butterfly, S5: heats  
Men's 50m Butterfly, S6: heats  
Men's 50m Freestyle, S2: heats  
Men's 50m Freestyle, S12: heats  
Men's 100m Freestyle, S9: heats  
Men's 400m Freestyle, S11: heats  
Men's 200m Individual Medley, SM13: heats  
Women's 50m Butterfly, S5: heats  
Women's 50m Butterfly, S6: heats  
Women's 50m Freestyle, S3: heats  
Women's 50m Freestyle, S12: heats  
Women's 100m Freestyle, S9: heats  
Women's 400m Freestyle, S11: heats  
Women's 200m Individual Medley, SM13: heats  
Women's 4 x 100m Medley Relay, 34 points: heats

**7 September Aquatics Centre 17:30 – 21:10**

Men's 50m Butterfly, S5: final, victory ceremony  
Men's 50m Butterfly, S6: final, victory ceremony  
Men's 50m Freestyle, S2: final, victory ceremony  
Men's 50m Freestyle, S12: final, victory ceremony  
Men's 100m Freestyle, S9: final, victory ceremony  
Men's 400m Freestyle, S11: final, victory ceremony  
Men's 200m Individual Medley, SM13: final, victory ceremony  
Women's 50m Butterfly, S5: final, victory ceremony  
Women's 50m Butterfly, S6: final, victory ceremony  
Women's 50m Freestyle, S3: final, victory ceremony  
Women's 50m Freestyle, S12: final, victory ceremony  
Women's 100m Freestyle, S9: final, victory ceremony  
Women's 400m Freestyle, S11: final, victory ceremony  
Women's 200m Individual Medley, SM13: final  
Women's 200m Individual Medley, SM13: victory ceremony  
Women's 4 x 100m Medley Relay, 34 points: final  
Women's 4 x 100m Medley Relay, 34 points: victory ceremony



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**8 September Aquatics Centre 09:30 – 12:15**

Men's 50m Backstroke, S3: heats  
Men's 100m Breaststroke, SB9: heats  
Men's 100m Breaststroke, SB12: heats  
Men's 100m Breaststroke, SB13: heats  
Men's 100m Freestyle, S5: heats  
Men's 100m Freestyle, S6: heats  
Men's 200m Freestyle, S4: heats  
Men's 200m Individual Medley, SM11: heats  
Men's 4 x 100m Medley Relay, 34 points: heats  
Women's 100m Breaststroke, SB9: heats  
Women's 100m Breaststroke, SB12: heats  
Women's 100m Breaststroke, SB13: heats  
Women's 100m Freestyle, S5: heats  
Women's 100m Freestyle, S6: heats  
Women's 200m Individual Medley, SM11: heats

**8 September Aquatics Centre 17:30 – 21:10**

Men's 50m Backstroke, S3: final, victory ceremony  
Men's 100m Breaststroke, SB9: final, victory ceremony  
Men's 100m Breaststroke, SB12: final, victory ceremony  
Men's 100m Breaststroke, SB13: final, victory ceremony  
Men's 100m Freestyle, S5: final, victory ceremony  
Men's 100m Freestyle, S6: final, victory ceremony  
Men's 200m Freestyle, S4: final, victory ceremony  
Men's 200m Individual Medley, SM11: final, victory ceremony  
Men's 4 x 100m Medley Relay, 34 points: final  
Men's 4 x 100m Medley Relay, 34 points: victory ceremony  
Women's 100m Breaststroke, SB9: final, victory ceremony  
Women's 100m Breaststroke, SB12: final, victory ceremony  
Women's 100m Breaststroke, SB13: final, victory ceremony  
Women's 100m Freestyle, S5: final, victory ceremony  
Women's 100m Freestyle, S6: final, victory ceremony  
Women's 200m Individual Medley, SM11: final  
Women's 200m Individual Medley, SM11: victory ceremony



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# BEGINNER'S GUIDE TO CLASSIFICATION

Swimming is the only sport that combines the conditions of limb loss, cerebral palsy (coordination and movement restrictions), spinal cord injury (weakness or paralysis involving any combination of the limbs) and other disabilities, such as Dwarfism; major joint restriction condition across classes.

**Classes 1-10** are allocated to athletes with a physical impairment.

**Classes 11-13** are allocated to athletes with a visual impairment.

**The Prefix S** to the Class denotes the class for Freestyle, Backstroke and Butterfly.

**The Prefix SB** to the class denotes the class for Breaststroke.

**The Prefix SM** to the class denotes the class for Individual Medley.

The range is from the athletes with a more severe impairment, S1, SB1, SM1, to those with a lesser impairment, S10, SB9 and SM10.

In any one class some athletes may start with a dive or in the water depending on their impairment. This is factored in when classifying an athlete. The following examples are only a guide - some conditions not mentioned here may also fit the following classes.

## FUNCTIONAL CLASSIFICATION SYSTEM

**S1 SB1 SM1:** Athletes in this class would usually be wheelchair users and may have a higher dependency for their every day needs. Examples: Athletes with very severe coordination problems in all four limbs or have no use of their legs, trunk, hands and minimal use of their shoulders only.

Usually only swim on their back.

**S2 SB1 SM2:** Examples: The athlete is able to use their arms with no use of their hands, legs or trunk or have severe co-ordination problems in all four limbs.

**S3 SB2 SM3:** Examples: Athletes with reasonable arm strokes but no use of their legs or trunk; athletes with severe coordination problems in all four limbs and athletes with severe limb loss to all four limbs.

**S4 SB3 SM4:** Examples: Athletes who use their arms and have minimal weakness in their hands but have no use of their trunk or legs; athletes with coordination problems affecting all four limbs but predominantly in the legs; athletes with limb loss to three limbs.

**S5 SB4 SM5:** Examples: Athletes with full use of their arms and hands but no trunk or leg muscles; athletes with moderate coordination problems.

**S6 SB5 SM6:** Examples: Athletes with full use of their arms and hands with some trunk control but no useful leg muscles; athletes with coordination problems (usually these athletes walk); athletes with major limb loss of two limbs; Achondroplasia (dwarfism < 130cm for women and 137cm for men).

**S7 SB6 SM7:** Examples: Athletes with full use of their arms and trunk with some leg function; coordination or weakness problems on the same side of the body; major limb loss of two limbs.

**S8 SB7 SM8:** Examples: Athletes with full use of their arms and trunk with some leg function; limb loss of two limbs; athletes with the use of one arm.

**S9 SB8 SM9:** Unless there is an underlying medical condition usually all of these athletes will start out of the water. Examples: Athletes with severe weakness in one leg only; athletes with very slight coordination problems; athletes with one limb loss.

**S10 SB9 SM10:** Examples: Athletes with very minimal weakness affecting the legs; athletes with restriction of hip joint movement; athletes with both feet deformed; athletes with minor limb loss of part of a limb.

**S14 SB14 SM14:** swimmers with an intellectual disability. Swimmers must have an IQ of 75 or less to meet the criteria.



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## VISUALLY IMPAIRED CLASSES

**S11 SB11 SM11:** These athletes are unable to see at all and are considered totally blind. They must wear blackened goggles if they swim in this class. They will also require someone to tap them when they are approaching a wall for turning and finishing.

**S12 SB12 SM12:** These athletes can recognise the shape of a hand and have some ability to see. There is a large range of vision ability within this class.

**S13 SB13 SM13:** Athletes who are the most sighted but are legally considered to be blind.



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## SWIMMING PROFILES: MEN

# JAMES ANDERSON



**Club:** Stirling Swim

**Coach:** Kerry Wood

**DOB:** 14/04/1963

**Born:** St. Andrews, Scotland

**Trains:** Stirling

**Lives:** Broxburn

**Occupation:** Full Time Athlete

### QUALIFIED EVENTS:

**50m Freestyle, 100m Freestyle, 50m Backstroke**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S2 50Fr Bronze, S2 100Fr Bronze, S2 50Ba Bronze

**IPC World Championships 2010:** S2 50Fr Bronze, S2 100Fr Bronze, S2 200Fr 5th, S2 50Ba Bronze

**IPC European Championships 2009:** S2 50Fr Gold, S2 100Fr 4th, S2 200Fr Bronze, S2 50Ba Silver, 20pt 4x50FR 4th, 20pt 4x50MR Silver

**Paralympics Games 2008:** S2 50Fr Bronze, S2 100Fr Bronze, S2 200Fr Silver, S2 50Ba Silver

**IPC World Championships 2006:** S2 50Fr Gold, S2 100Fr Silver, S2 200Fr Silver, S2 50Ba Silver

**Paralympics Games 2004:** S2 50Fr Gold, S2 100Fr Gold, S2 200Fr Gold, S2 50Ba Gold

**Paralympics Games 2000:** S2 50Fr Silver, S2 100Fr Silver, S2 50Ba Silver

**Paralympics Games 1996:** S2 50Fr Silver, S2 100Fr Gold, S2 50Ba Gold

**Paralympics Games 1992:** S2 50Fr Silver, S2 100Fr Silver, S2 50Ba Silver

### IN THE POOL

**How were the Paralympic trials for you?** It was a great experience being able to race in the Paralympic pool. Hopefully it will set me up for the Paralympics later in the year.

**What are your goals for the London Paralympics?** I have three events: 50m Freestyle, 100m Freestyle and the 50m Backstroke and my aim is to get on the podium in all three events.

**What has been your finest performance so far and why?** In Athens 2004 at the Paralympics I won four gold medals and in the 200m Freestyle I broke the 50m & 100m world records on the way to victory.

**What is your favourite Event?** Currently it is the 50m Backstroke as that's where I feel I have the best chance to top the podium in London.

**When was your international senior debut?** My international senior debut was at the IPC European championships in Barcelona back in 1991 when I was 28 years old.

**Who is your toughest opponent?** Dmitry Kokarev (RUS). He came to prominence winning two gold medals in Beijing and is definitely the one to beat.

### OUT OF THE POOL

**Do you have any Superstitions?** No, I'm not a superstitious person.

**Favourite way to relax?** I like to listen to music and watch sport, especially Scotland at rugby and any tennis tournaments.

**Any hobbies away from the pool?** I don't have time for hobbies away from the pool. I use my time to recover from training.

**What's the best thing you cook?** I leave all cooking to my mum who is an excellent cook.

**Best concert you have been to?** I loved Joseph and the amazing Technicolor Dreamcoat when I went to see it in both Blackpool and London.

**Who would you most like to meet?** Cliff Richard.

**What are your must watch TV programmes?** Loose Women and Casualty.

**Where is your ideal holiday destination?** I've bought a caravan in Tayport to escape and relax so I head up there any chance I get.

**Which five people would you want at your ultimate dinner party?** I enjoy family events so I would choose five members of my family.



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## SWIMMING PROFILES: MEN

# JACK BRIDGE



**Club:** Preston Swimming Club

**Coach:** Louise Graham

**Dob:** 12/05/1994

**Born:** Preston

**Trains:** Preston/Manchester

**Lives:** Preston

**Occupation:** Currently doing my A Levels in Business and Law

### QUALIFIED EVENTS:

100m Backstroke, 100m Breaststroke, 200m Individual Medley

### ACHIEVEMENTS:

IPC European Championships 2011: SB9 100Br 8th, SM10 200IM 5th

### IN THE POOL

**How were the Paralympic trials for you?** I was happy with everything apart from the 200m Individual Medley, which before the trials was probably my main event. But in London I smashed the GB record by 1.5 seconds in the 100m Breaststroke and then in Sheffield I was only 0.1 down so it was a great backup swim a month after the first trials. Training is tough in the lead up to the Games but it is brilliant and I'm really loving it.

**What are your goals for the London Paralympics?** To just improve. Qualifying for London is such a bonus for me so it will be a learning curve. As long as I am improving that is all I can ask.

**What has been your finest performance so far and why?** Breaking my British record at the trials in London was amazing as was winning the bronze medal at the European Championships in the 4x100m Medley Relay in 2011.

**What is your favourite Event?** The 100m Breaststroke because it is fast and fun.

**When was your international senior debut?** At the 2011 European Championships in Berlin. It was pretty special winning the relay medal and being part of Paralympics GB.

**Who is your toughest opponent?** Probably myself as I always try to beat myself and continue to improve.

**Best Venue?** The London Aquatics Centre is pretty special. The trials there were awesome. As soon as I walked in I just kept looking up and up and up.

### OUT OF THE POOL

**Do you have any Superstitions?** No, not really.

**Favourite way to relax?** Walking the dog or listening to music.

**Any hobbies away from the pool?** I really enjoy cricket and like to go and watch matches during the summer, mainly Lancashire and England. I also support Preston North End in football.

**What's the best thing you cook?** Chicken noodles with a lemon sauce.

**Best concert you have been to?** I went to see Deadmau5 and they were amazing.

**Who would you most like to meet?** The Rock, Dwayne Johnson.

**What are your must watch TV programmes?** I like watching sport more than anything. I enjoy the Apprentice and generally Sky Sports News.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** I would love to go back to Sri Lanka.

**Which five people would you want at your ultimate dinner party?** I think I would invite my family.



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## SWIMMING PROFILES: MEN

# JAMES CLEGG



**Club:** East Lothian Swim Team

**Coach:** Mat Trodden

**Dob:** 05/01/1994

**Born:** Stockport

**Trains:** Edinburgh

**Lives:** Edinburgh

**Occupation:** Full time athlete

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 100m Butterfly

### ACHIEVEMENTS:

International debut London 2012

### IN THE POOL

**How were the Paralympic trials for you?** London was great and very different being at a televised meet. The Pool was awesome. I did massive personal best times possibly because of the taper that I did which was longer than normal and it worked really well.

**What are your goals for the London Paralympics?** I would love to go under the minute barrier in the 100m Butterfly and to come back with a medal, you never know. The 50m and 100m Freestyle races have such tough competition so it will be interesting to see where I am at against them. It will be my first Paralympics and 2012 is a learning curve for 2016.

**What has been your finest performance so far and why?** 100m Butterfly at London trials earlier in 2012. I was so determined and won the silver medal. I was so surprised.

**What is your favourite Event?** I think it's the 100m Butterfly but I like the sprint freestyle events too.

**When was your international senior debut?** London 2012 will be. I am nervous and know I have a lot of work to do but I am so excited and want to get my name out there.

**Who is your toughest opponent?** The world record holder in the 100m Butterfly Roman Makarov (RUS) and Maksym Veraksa (UKR) in the Freestyle events.

**Best Venue?** Sheffield is my favourite venue as I think I am most comfortable there. I also enjoy racing at Sunderland.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Sleeping is my favourite thing to do. I also play the guitar when I can. I have played since I was 11.

**Any hobbies away from the pool?** I don't have a lot of time at the moment really, but I like to spend time with my friends.

**What's the best thing you cook?** I am not a great cook. Sausage, mash and gravy is my favourite.

**Best concert you have been to?** I have not been to many. I saw Blood Brothers which was good.

**Who would you most like to meet?** I don't have anyone that I can think of.

**What are your must watch TV programs?** At the moment I really like Rules of Engagement and Southpark.

**What could you not live without Laptop or Mobile?** Laptop.

**Ideal holiday destination?** I have been to Jamaica which was amazing.

**Which five people would you want at your ultimate dinner party?** My girlfriend, Ryan Lochte, Michael Phelps, Andrew Mullen and Eric Clapton.



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## SWIMMING PROFILES: MEN

# JOSEF CRAIG



**Club:** South Tyneside Swimming Club

**Coach:** Ken Nesworthy

**Dob:** 17/02/1997

**Born:** South Shields

**Trains:** Sunderland, Boldon,

**Lives:** Tyne and Wear, Primrose

**Occupation:** I am in Year 10 at school so am doing my GCSE's at the moment

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle

### ACHIEVEMENTS:

International debut London 2012

### IN THE POOL

**How were the Paralympic trials for you?** I think they went very well everything considered because they were the two biggest competitions of my life. I found a way to overcome the nerves and come through so I am delighted about being selected. Qualifying was tough as I have had a few injuries recently but now I can focus on the Games.

**What are your goals for the London Paralympics?** To really go for it and show everyone what I am made of. To win a medal would be amazing but it is my first Paralympics and I want to get stuck in.

**What has been your finest performance so far and why?** Qualifying for the Paralympics is my highlight so far but breaking the 1500m Freestyle world best time in Sunderland by 12 seconds was amazing.

**What is your favourite Event?** I think my favourite is the 100m Freestyle. It isn't the one I am best at at the moment but I really think I can do a lot more in that event in the future.

**When was your international senior debut?** It will be the London Paralympics! This is my dream come true.

**Who is your toughest opponent?** I have had some great races with Dave Roberts over the years and I am trying to catch up with Jonathan Fox.

**Best Venue?** London Aquatics Centre. The whole experience was amazing. It is completely different to anything I have seen before.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Playing my Playstation or going out with friends.

**Any hobbies away from the pool?** Between swimming and school I don't get much time at the moment so any spare time I get I like to spend with my friends.

**What's the best thing you cook?** I am not Jamie Oliver but I can do a good roast dinner.

**Best concert you have been to?** I don't really have any time.

**Who would you most like to meet?** Muhammad Ali, such an icon, he had to overcome so much.

**What are your must watch TV programmes?** Nothing in particular. I watch the news and history programmes mainly.

**What could you not live without Laptop or Mobile?** My laptop.

**Ideal holiday destination?** It would have to be somewhere hot and sunny like Greece or Spain.

**Which five people would you want at your ultimate dinner party?** Mum, Dad and a few friends from school.



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## SWIMMING PROFILES: MEN

# JAMES CRISP



**Club:** City of Sheffield  
**Coach:** Russ Barber  
**Dob:** 11/10/1982  
**Born:** Nottingham  
**Trains:** Sheffield  
**Lives:** Sheffield  
**Occupation:** Full time athlete

### QUALIFIED EVENTS:

**100m Freestyle, 400m Freestyle, 100m Backstroke, 100m Breaststroke, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S9 100Fr 10th, S9 400Fr Bronze, S9 100Ba Gold, SM9 200IM Silver, 34Pt 4x100FR Bronze, 34Pt 4x100MR Bronze

**IPC World Championships 2010:** S9 400Fr Bronze, S9 100Ba Silver, SM9 200IM 4th

**IPC World Championships 2006:** S9 400Fr Gold, S9 100Ba Bronze, S9 100Fly 5th, SM9 200IM Bronze, 34pt 4x100MR Silver

**Paralympics Games 2004:** S9 50Fr 20th, S9 100Fr 11th, S9 400Fr Silver, S9 100Ba Silver, SB8 100Br Silver, S9 100Fly 8th, SM9 200IM Bronze, 34pt 4x100MR 4th

**Paralympics Games 2000:** S9 100Fr Bronze, S9 400Fr Bronze, S9 100Ba Gold, S9 100Fly Silver, SM9 200IM Gold, 34pt 4x100FR Gold, 34pt 4x100MR Silver

### IN THE POOL

**How were the Paralympic trials for you?** I did solid swims across both but I wasn't overly happy with the times. However, I did what I needed to do in qualifying for the team and my performances have given me an idea of what sort of things I need to work on before the summer.

**What are your goals for the London Paralympics?** I qualified for Beijing but had shoulder surgery so missed out on the Paralympics in 2008. So firstly I need to make sure I get to London. Once there I want to win medals and add to my collection.

**What has been your finest performance so far and why?** I have a few. Winning two individual gold medals in Sydney 2000 was special as they were my first Paralympic titles. Also the 400m Freestyle at the world championships in 2006. Apparently it was a great race to watch and I won the gold medal and it sort of put me back on track.

**What is your favourite Event?** 100m Backstroke. It's the one I train for and the one I get most nervous for.

**When was your international senior debut?** Back in 1997 at the European championships in Spain. I was only 14.

**Who is your toughest opponent?** Myself. I don't think about what anyone else does in the pool as I can't control what anyone else does.

**Best Venue?** It is between the pool in Sydney and the London Aquatics Centre. Sydney had a great atmosphere and I cannot wait to see London when it is completely full.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Just spending time with friends and my girlfriend.

**Any hobbies away from the pool?** I like to play a bit of golf.

**What's the best thing you cook?** Chilli con carne is my best.

**Best concert you have been to?** I saw Faithless in Nottingham and they were amazing.

**Who would you most like to meet?** Either Muhammad Ali or Marco Van Basten.

**What are your must watch TV programmes?** I have just finished watching the Homeland series which was really good. I watch a lot of films more than TV.

**What could you not live without Laptop or Mobile?** Mobile because I am rubbish with computers.

**Ideal holiday destination?** I really like the US, so Florida.

**Which five people would you want at your ultimate dinner party?** I would invite my five closest friends.



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## SWIMMING PROFILES: MEN

# GRAHAM EDMUNDS



**Club:** Swansea HPC  
**Coach:** Billy Pye  
**Dob:** 22/09/1974  
**Born:** Reading  
**Trains:** Swansea  
**Lives:** Swansea  
**Occupation:** Full time athlete

### QUALIFIED EVENTS:

**50m Freestyle, 100m Freestyle, 100m Butterfly**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S10 50Fr Bronze, S10 100Fr 7th, S10 100Fly 10th

**IPC World Championships 2010:** S10 50Fr 6th, 34pt 4x100FR Bronze

**IPC European Championships 2009:** S10 50Fr Bronze, 34pt 4x100FR Gold

**Paralympics Games 2008:** S10 50Fr 8th, S10 100Fr 7th, 34pt 4x100FR Gold, 34pt 4x100MR 5th

**IPC World Championships 2006:** S10 50Fr 6th, S10 100Fr 16th, 34pt 4x100FR Gold

**Paralympics Games 2004:** S10 50Fr 6th, S10 100Fr 11th, 34pt 4x100FR Gold

### IN THE POOL

**How were the Paralympic trials for you?** To get the opportunity to swim in the pool for London was awesome. It gave us all the chance to see what things will be like during the Games.

**What are your goals for the London Paralympics?** To swim best performances in every swim that I have. I would like to get to the final in the 50m Freestyle and get as close to the final in the 100m Freestyle as I possibly can. Hopefully that will put me in contention for the relay team again.

**What has been your finest performance so far and why?** Both relay gold medals at the Paralympics were amazing. In Athens I wasn't expecting it, whilst in Beijing I remember wanting it more than anything else. I think in terms of an actual swim probably the 100m Freestyle in Beijing as that performance got me into the relay squad which went on to win the gold medal.

**What is your favourite Event?** I prefer the 50m Freestyle as it's an all out sprint. You just do it and don't have to worry about holding on or pacing.

**When was your international senior debut?** The 2004 Athens Paralympics and winning a gold medal on my birthday. I don't think you can get a better international debut!

**Who is your toughest opponent?** Myself. I am never happy with my swims and always strive to do better next time.

**Best Venue?** The Watercube in Beijing was stunning both inside and out. I loved it.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Watching films or playing on the Playstation 3. I like games like Fallout 3 and Call of Duty.

**Any hobbies away from the pool?** I am quite into computers and seem to be the person people call to fix theirs if they go wrong.

**What's the best thing you cook?** I do a roast dinner every week.

**Best concert you have been to?** I love the Reading Festival as you get so many bands both old and new.

**Who would you most like to meet?** Dave Grohl.

**What are your must watch TV programmes?** I am currently into Family Guy, Justified and Hawaii Five-0.

**What could you not live without Laptop or Mobile?** Laptop.

**Ideal holiday destination?** Of the places I have been Canada was amazing. I would like to go to an island in the middle of nowhere with clear blue seas.

**Which five people would you want at your ultimate dinner party?** Dave Grohl, Kate Beckinsale, Jennifer Aniston, Denise Richards and Natasha Henstridge.



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## SWIMMING PROFILES: MEN

# JONATHAN FOX



**Club:** Newquay Cormorants/  
Manchester HPC

**Coach:** Mick Massey

**Dob:** 30/05/1991

**Born:** Plymouth

**Trains:** Manchester

**Lives:** Manchester

**Occupation:** Swimmer

### QUALIFIED EVENTS:

**50m Freestyle, 100m Freestyle, 400m Freestyle,  
100m Backstroke**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S7 50Fr Silver,  
S7 100Fr Gold, S7 400Fr Gold, S7 100Ba Gold,  
34Pt 4x100FR Bronze, 34Pt 4x100MR Bronze

**IPC World Championships 2010:** S7 50Fr 7th, S7 100Fr 6th,  
S7 400Fr Bronze, S7 100Ba Gold

**IPC European Championships 2009:** S7 50Fr Silver,  
S7 100Fr Silver, S7 400Fr Gold, S7 100Ba Gold,  
34pt 4x100FR Gold

**Paralympic Games 2008:** S7 50Fr 8th, S7 100Fr 5th,  
S7 400Fr 9th, S7 100Ba Silver

**IPC World Championships 2006:** S7 400Fr 5th, S7 100Ba 5th

### IN THE POOL

**How were the Paralympic trials for you?** I had good solid performances in London. It was great to get a Paralympic qualifying time in my first event as it took the pressure off.

**What are your goals for the London Paralympics?** My goals are to be at my very best in all of my events and to get best times. Hopefully this will be good enough to win two gold medals in my main events, the 100m Backstroke and 400m Freestyle, but I will not be taking anything for granted.

**What has been your finest performance so far and why?** The IPC European Championships 2011 in Berlin. In my two main events the, 100m Backstroke and 400m Freestyle, I won gold and achieved new world records in both.

**What is your favourite Event?** The 100m Backstroke. It has always been my strongest event, but I have been working hard on the 400m Freestyle since moving up to Manchester High Performance Centre.

**When was your international senior debut?** In 2006 when I competed at the IPC World Championships in Durban, South Africa.

**Who is your toughest opponent?** Mihovil Spanja (CRO) competes in my two main events. Overall, there are many great swimmers in my S7 class so I am expecting real tough competition in London.

**Best Venue?** At the moment it is the Water Cube in Beijing, but I am sure when the London Aquatics Centre is full with GB supporters at the Paralympics it will be even better than that.

### OUT OF THE POOL

**Do you have any Superstitions?** The only one I have is actually in the pool. Prior to any race I must wipe the starting block with my hand.

**Favourite way to relax?** Driving and listening to music. I would love to drive around the Nürburgring in Germany.

**Any hobbies away from the pool?** The history of the Titanic fascinates me. I also like reading, going to the cinema and snooker.

**What's the best thing you cook?** I do a mean spaghetti carbonara.

**Best concert you have been to?** Rise Against at Bristol O2 in 2011 with my brother Frazer.

**Who would you most like to meet?** Bear Grylls would be great, but not for lunch!

**What are your must watch TV programmes?** Top Gear. I never miss an episode. I even went to the 1997 Motor Show in London to see the guys from Top Gear. I am a self-confessed petrol head.

**What could you not live without Laptop or Mobile?** Definitely my mobile phone.

**Ideal holiday destination?** Australia. I fell in love with it after I was lucky enough to attend a British Swimming training camp at the Gold Coast in 2007. I would love to go back.

**Which five people would you want at your ultimate dinner party?** Jeremy Clarkson, Richard Hammond and James May obviously. Plus Bear Grylls and Will Smith.



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## SWIMMING PROFILES: MEN

# SEAN FRASER



**Club:** Manchester HPC  
**Coach:** Mick Massey  
**Dob:** 30/04/1990  
**Born:** Edinburgh  
**Trains:** Manchester  
**Lives:** Manchester  
**Occupation:** Full time athlete

### QUALIFIED EVENTS:

**50m Freestyle, 100m Freestyle, 100m Backstroke, 100m Butterfly**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S8 50Fr 6th, S8 100Ba 5th, S8 100Fly 4th, 34Pt 4x100FR Bronze

**Commonwealth Games 2010:** S8 100Fr Silver, S9 50Fr 6th.

**IPC World Championships 2010:** S8 400Fr 4th, S8 100Ba 4th, S8 100Fly 6th

**IPC European Championships 2009:** S8 50Fr Bronze, S8 100Fr 4th, S8 400Fr Bronze, S8 100Ba Bronze

**Paralympic Games 2008:** S8 50Fr 9th, S8 100Fr 10th, S8 100Ba Bronze, S7 100Fly 8th, 34pt 4x100MR 5th

### IN THE POOL

**How were the Paralympic trials for you?** In London I swam reasonably well winning the 100m Freestyle and taking second in the 50m Freestyle. My times were close to personal best times too. I was disappointed not to qualify individually but delighted to get on to the team so I can't complain. I have managed to get the longest block of training in without injuries or setbacks this year.

**What are your goals for the London Paralympics?** Having been on the podium in Beijing four years ago I want to get back there in London. I will be aiming for best times and to try and enjoy it.

**What has been your finest performance so far and why?** Winning the silver medal at the Commonwealth Games in 2010 in Delhi as I had dislocated my knee in June that year. It was a great experience, amazing to be able to represent Scotland.

**What is your favourite Event?** 100m Backstroke is my best event but I think I prefer the Freestyle as it is the event I am improving the most in.

**When was your international senior debut?** Beijing in 2008. I didn't really know what to expect to be honest and it was such a great honour competing in front of 18,000 people.

**Who is your toughest opponent?** There are so many in Great Britain, the strength and depth we have now is on the up.

**Best Venue?** The pool in Beijing. It was huge, a fast pool and I won a medal in my debut.

### OUT OF THE POOL

**Do you have any Superstitions?** Not really. I have one motto though, 'if you believe you can achieve'.

**Favourite way to relax?** Spending time with my friends and socialising.

**Any hobbies away from the pool?** I like adrenaline. I enjoy playing football, paintballing and would love to have a go at sky diving again. I am a Celtic fan and when I lived in Scotland I used to go and watch them as much as I could. Now I am living in Manchester and I have been to watch Manchester City a few times.

**What's the best thing you cook?** I can make a few things actually. The best I think is a beef meatloaf.

**Best concert you have been to?** I have no idea.

**Who would you most like to meet?** Andy Murray.

**What are your must watch TV programmes?** The Big Bang Theory is the main thing at the moment. I like to watch as much sport as I can and enjoy comedies like Family Guy and The Cleveland Show.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** I would love to go to Australia and visit Melbourne and the Gold Coast.

**Which five people would you want at your ultimate dinner party?** Andy Murray, Alicia Keys, Megan Fox, Henrik Larsson and one of my friends.



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## SWIMMING PROFILES: MEN

# JAMES HOLLIS



**Club:** Epping Forest

**Coach:** Lee Richards

**Dob:** 27/06/1994

**Born:** Harlow

**Trains:** Epping Forest

**Lives:** Theydon Bois

**Occupation:** I am currently in the last year of my A-Levels. I am doing Physics, Maths and PE

### QUALIFIED EVENTS:

100m Backstroke, 100m Butterfly

### ACHIEVEMENTS:

IPC European Championships 2011: S10 100Fly 4th, 34Pt 4x100MR Bronze

### IN THE POOL

**How were the Paralympic trials for you?** They were really good. The last race of the second trials in Sheffield was my event, the 100m Butterfly, and I broke the British record. My aim was to beat the minute barrier at one of the trials so I am really pleased to have done it.

**What are your goals for the London Paralympics?** To swim at a home Paralympics will be amazing. The aim is to push the British record lower again in the 100m Butterfly.

**What has been your finest performance so far and why?** The final of the 100m Butterfly in Sheffield at the trials this year. I became the first man from GB to swim under the 1 minute.

**What is your favourite Event?** The 100m Butterfly, no question. I have always done it and just carried on from there. It's the one I am best at.

**When was your international senior debut?** The 2011 European Championships in Berlin where I did the relay and 100m Butterfly. I won a medal in the relay and finished fourth in the Fly. I was surprised to have qualified and so pleased with my swims.

**Who is your toughest opponent?** Andre Brasil (BRA) who is the world record holder in my main event is the target and my aim is to go quicker than him. So until I reach those levels I am my toughest opponent.

**Best Venue?** Since I have been swimming Sheffield has been a favourite. But the nicest pool is the London Aquatics Centre.

### OUT OF THE POOL

**Do you have any Superstitions?** I don't think so.

**Favourite way to relax?** I like to chill out, sit back and listen to music.

**Any hobbies away from the pool?** With school and training I don't have a lot of time. I try to see my friends as much as I can.

**What's the best thing you cook?** Steak and jacket potato is my favourite meal.

**Best concert you have been to?** The Lion King was amazing. I saw it when I was quite young and went again recently.

**Who would you most like to meet?** Michael Phelps. He has changed swimming so much and I would love to do the same for disability swimming.

**What are your must watch TV programmes?** The Big Bang Theory, Top Gear and Formula 1 are the main ones at the moment.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** We went on a training camp to South Africa and it looked amazing. I would love to go back and explore.

**Which five people would you want at your ultimate dinner party?** Michael Phelps, Jeremy Clarkson, Bill Bailey, Jenson Button and Mark Cavendish.



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## SWIMMING PROFILES: MEN

# OLIVER HYND



**Club:** Nova Centurion

**Coach:** Glenn Smith

**Dob:** 27/10/1994

**Born:** Kirkby

**Trains:** Mansfield

**Lives:** Kirkby

**Occupation:** Finished AS Levels in 2012.  
I only took Biology this year

### QUALIFIED EVENTS:

**400m Freestyle, 100m Backstroke, 100m Butterfly, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S8 100Fr 5th, S8 400Fr Silver, S8 100Ba Bronze, S8 100Fly 7th, SM8 200IM Gold

### IN THE POOL

**How were the Paralympic trials for you?** The first race went well. I got the qualifying time on day one but then I broke my wrist on day two! Recovery has been good though and I was out of the water for three weeks so I didn't have much time to prepare for the second trials. But in Sheffield I got a qualifying time in the 200m Individual Medley which was a little bit surprising.

**What are your goals for the London Paralympics?** To keep getting faster in all of my events and get some personal best times. It will be really special to compete at home in front of that many people.

#### What has been your finest performance so far and why?

I think the 200m Individual Medley at the Sheffield trials considering what had happened and how long I had to prepare. The time I did is still the top ranked swim in the world this year so it was pretty cool.

**What is your favourite Event?** The 400m Freestyle. It's the event that I have always done and I've grown to like it I think.

**When was your international senior debut?** At the European championships Berlin 2011. I really enjoyed it and swam well. It was a good experience for me.

**Who is your toughest opponent?** Me and the clock.

**Best Venue?** The London Aquatics Centre. The sheer size of it is the biggest I have seen and what it represents means so much.

### OUT OF THE POOL

**Do you have any Superstitions?** Not really no.

**Favourite way to relax?** Watching television.

**Any hobbies away from the pool?** I like to hang around with my friends or go to the cinema. I like football and support Manchester United. I like tennis and enjoy watching Wimbledon.

**What's the best thing you cook?** I don't really do any cooking although I should probably learn.

**Best concert you have been to?** I went to see Drake not that long ago and it was really good.

**Who would you most like to meet?** Michael Phelps, so I could pick his brains on a few things.

**What are your must watch TV programs?** I like Dexter at the moment, American Dad and The Big Bang Theory.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** Anywhere hot where I can lay on the beach really.

**Which five people would you want at your ultimate dinner party?** Michael Phelps, Rihanna, Sheldon from the Big Bang Theory, Drake and Cristiano Ronaldo.



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## SWIMMING PROFILES: MEN

# SAM HYND



**Club:** Swansea HPC

**Coach:** Billy Pye

**Dob:** 03/07/1991

**Born:** Sutton

**Trains:** Swansea

**Lives:** Swansea

**Occupation:** Full Time athlete

### QUALIFIED EVENTS:

**100m Freestyle, 400m Freestyle, 100m Breaststroke, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S8 100Fr 4th, S8 400Fr Gold, SB8 100Br 5th, SM8 200IM Bronze, 34Pt 4x100MR Bronze

**IPC European Championships 2009:** S8 100Fr 5th, S8 400Fr Gold, SB8 100Br 6th, SM8 200IM Gold, 4x100FR 5th, 4x100MR Silver

**Paralympic Games 2008:** S8 50Fr 11th, S8 100Fr 6th, S8 400Fr Gold, SB8 100Br 5th, SM8 200IM Bronze, 34pt 4x100MR 5th

### IN THE POOL

**How were the Paralympic trials for you?** The trials in London was such a great experience simply to race at the pool and see where everything is going to be. Swimming wise it wasn't perfect but I qualified on day one. At the second trials I swam faster in my events so overall I was very happy.

**What are your goals for the London Paralympics?** To just do the best that I can do. If I swim out of my skin and do my best, I will be pleased.

#### What has been your finest performance so far and why?

Winning the 400m Freestyle in Beijing. I was nervous to start with but everything just went to plan. My splits were bang on from what my coach and I had planned so it was a great performance.

**What is your favourite Event?** 400m Freestyle. It's the one I am best at. I really like middle and long distance swimming as I am not a great sprinter.

**When was your international senior debut?** At the Paralympics in Beijing. The holding camp was fine but going into the village and venue was daunting. Once I was in the pool though I just got on with the job.

**Who is your toughest opponent?** Myself and my little brother! The hardest person to beat is yourself as you race your best time. It's strange going on training camps with Ollie and doing sets together. We can get a bit competitive!

**Best Venue?** Beijing Water Cube. The look of it from the outside was spectacular. I also won gold there, my first senior gold medal.

### OUT OF THE POOL

**Do you have any Superstitions?** No, none at all.

**Favourite way to relax?** Going for a walk with one of the dogs or just watching television. I also like spending time with my girlfriend or playing the Xbox or Playstation. Call of Duty is my favourite game at the moment.

**Any hobbies away from the pool?** I don't have a great deal of time really. We are quite into our dogs as we enter them into shows, so can be busy with that. We have four dogs at the moment!

**What's the best thing you cook?** A Sunday roast. You can't beat it.

**Best concert you have been to?** I saw Lee Evans live in Cardiff earlier in 2012. I would go again.

**Who would you most like to meet?** Rowan Atkinson

**What are your must watch TV programs?** I enjoy The Walking Dead and watch a lot of stand-up comedy like Michael McIntyre and Lee Evans.

**What could you not live without Laptop or Mobile?** I think they are on equal par.

**Ideal holiday destination?** I really liked the Maldives, the Islands were amazing.

**Which five people would you want at your ultimate dinner party?** I think I would invite five chefs so they can cook for me and give me some tips.



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## SWIMMING PROFILES: MEN

# SASCHA KINDRED



**Club:** Leominster Kingfishers

**Coach:** Emma Patrick

**Dob:** 13/12/1977

**Born:** Munster, Germany

**Trains:** Leominster

**Lives:** Hereford

**Occupation:** Full time athlete

### QUALIFIED EVENTS:

**50m Freestyle, 100m Breaststroke,  
50m Butterfly, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC World Championships 2010:** S6 50Fly Silver,  
SM6 200IM Gold

**IPC European Championships 2009:** S6 100Ba 4th,  
SB7 100Br Gold, S6 50Fly Gold, SM7 200IM Gold,  
20pt 4x50MR Silver

**Paralympic Games 2008:** S6 50Fr 9th, SB7 100Br Gold,  
S6 50Fly Bronze, SM6 200IM Gold

**IPC World Championships 2006:** SB7 100Br Gold,  
S6 50Fly Bronze, SM6 200IM Gold

**Paralympic Games 2004:** SB7 100Br Gold, S6 50Fly 6th,  
SM6 200IM Gold, 20pt 4x50FR Bronze, 20pt 4x50MR 6th,  
34pt 4x100MR 4th

**Paralympic Games 2000:** S6 100Fr 9th, SB7 100Br Gold,  
SM6 200IM Gold, 20pt 4x50FR Bronze, 34pt 4x100MR Silver

**Paralympic Games 1996:** S7 50Fr 25th, S7 100Fr 25th,  
SB7 100Br Silver

### IN THE POOL

**How were the Paralympic trials for you?** In London I did the qualifying times so it took the pressure off and I went to Sheffield and swam slightly faster. Being able to swim in the Paralympic pool will give me an advantage over my rivals and getting a feel of the size of the pool in London and the surroundings was amazing. I can't wait for the summer.

**What are your goals for the London Paralympics?** To perform personal best times in all of my events. Hopefully they will be good enough for the top spot on the podium.

**What has been your finest performance so far and why?** Winning the 200m Individual Medley at the World Championships in 2002. I did a seven second PB and broke the world record. That year I got voted male world swimmer of the year.

**What is your favourite Event?** The 200m IM as it gives me all the strokes to swim so you get a variety. Backstroke is my least favourite though.

**When was your international senior debut?** Back in 1994 at the world championships in Malta.

**Who is your toughest opponent?** Myself. I can be quite hard on myself if I don't perform as well as I know I can.

**Best Venue?** The Sydney Paralympic venue. It was the first 15,000 plus arena I had swum in and it was full every night. I won my first Paralympic gold medal there.

### OUT OF THE POOL

**Do you have any Superstitions?** No not away from the sport.

**Favourite way to relax?** I like going to the cinema and enjoy eating good food. I watch as much sport on television that I can and playing with my daughter is great.

**Any hobbies away from the pool?** My daughter, I love family life.

**What's the best thing you cook?** Macaroni Ham. I was brought up on it.

**Best concert you have been to?** Leona Lewis was incredible. I also won tickets to the Britain's Got Talent tour a few years ago and that was amazing.

**Who would you most like to meet?** Luol Deng the British Chicago Bulls player.

**What are your must watch TV programmes?** I enjoy quite a few like Touch and Dexter. I always watch A Question of Sport too and I was on it after the Beijing Paralympics and was on the winning team!

**What could you not live without Laptop or Mobile?** Laptop.

**Ideal holiday destination?** Las Vegas. It's great and I have been a couple of times.

**Which five people would you want at your ultimate dinner party?** My wife, David Beckham, Luol Deng, Alex Ferguson and my Mum.



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## SWIMMING PROFILES: MEN

# AARON MOORES



**Club:** Trowbridge

**Coach:** Sarah Paton

**Dob:** 16/05/1994

**Born:** Swansea

**Trains:** Trowbridge

**Lives:** Trowbridge

**Occupation:** Starting a Mechanics course after Paralympics

### QUALIFIED EVENTS:

100m Backstroke, 100m Breaststroke

### ACHIEVEMENTS:

London 2012 International Debut

### IN THE POOL

**How were the Paralympic trials for you?** All my swims went well apart from my Breaststroke DQ! I got really close to my Backstroke best in London and achieved the qualifying time which was great. Then in Sheffield at the second trials I broke the British record.

**What are your goals for the London Paralympics?** To try and win my main event, the 100m Backstroke.

**What has been your finest performance so far and why?** In Sheffield at the trials this year breaking the 100m Backstroke British record. I was so focused and had been really practicing my turns and underwater phase. Everything went really well and I was so pleased.

**What is your favourite Event?** My favourite is Breaststroke, I have always liked it since I was little but I think I am better at Backstroke.

**When was your international senior debut?** London Paralympics will be. I am very excited to compete at home. Having my first games in London is pretty good.

**Who is your toughest opponent?** Marc Evers (NED) on the Backstroke is the one to watch and fastest in the world so far this year.

**Best Venue?** London Aquatics Centre, it was really nice that everything was brand new. The pool seemed fast and everyone there was so helpful.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Watching a film or working on my car. I like to go see my friends too.

**Any hobbies away from the pool?** I really like playing football and basketball when I can but not a lot at the moment. I spend a lot of time working on my car, working on the bodywork mainly and sorting out the stereo. I am looking forward to learning about the engine side of things at college in September, I play the Xbox too.

**What's the best thing you cook?** I am not a chef but I do some nice Hungarian dishes.

**Best concert you have been to?** I have not really been to any concerts.

**Who would you most like to meet?** I have never really thought about it, Michael Phelps maybe.

**What are your must watch TV programs?** I like watching Russell Howard's Good News, Family Guy and Friends. I watch a lot of sport on television. All things Olympics and football.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** I would like to go to Budapest in Hungary to visit my family. One day I would like to go travelling around the world as you don't really get to go out when you go on training camps.

**Which five people would you want at your ultimate dinner party?** I would just invite my family as that would be really nice.



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## SWIMMING PROFILES: MEN

# ANDREW MULLEN



**Club:** Ren 96  
**Coach:** Andy Jackson  
**Dob:** 29/11/1996  
**Born:** Glasgow  
**Trains:** Paisley  
**Lives:** Glasgow  
**Occupation:** Student at High School

### QUALIFIED EVENTS:

50m Freestyle, 50m Backstroke, 50m Butterfly

### ACHIEVEMENTS:

IPC European Championships 2011: S5 50Fly Silver, SM5 200IM Bronze, S5 100Fr 7th

### IN THE POOL

**How were the Paralympic trials for you?** I swam well in London and achieved personal bests in all of my events including breaking the British record in the 50m Butterfly, but it was just outside the qualifying time. The venue was huge and a good experience to see what it will be like prior to the Games. At the Sheffield event, I swam well again and made the qualifying time in the 50m Butterfly, lowering the GB record for the second time. I was so pleased to have got the time. 2012 has gone really well training wise so I was happy with all my swims.

**What are your goals for the London Paralympics?** To win a medal would be amazing.

**What has been your finest performance so far and why?** My 50m Butterfly at the Sheffield trials as it was the biggest swim I had ever done and I performed well.

**What is your favourite Event?** 50m Butterfly. I just like sprinting. You have to get everything right to make it a good race. Fly is my favourite stroke, so this event works well for me.

**When was your international senior debut?** 2011 IPC European championships in Berlin. It was a great debut and I won a silver medal in the 50m Butterfly and a bronze in the 200m Individual Medley.

**Who is your toughest opponent?** Daniel Dias from Brazil.

**Best Venue?** Either Sheffield or Berlin.

### OUT OF THE POOL

**Do you have any Superstitions?** No I don't believe in superstitions.

**Favourite way to relax?** Listening to music.

**Any hobbies away from the pool?** Playing the Xbox and going out with my friends. I support Celtic and Miami Heat in the NBA, so I enjoy watching sports.

**What's the best thing you cook?** I'm not a very good cook so I tend to leave the cooking to someone else.

**Best concert you have been to?** The Game who is a rapper.

**Who would you most like to meet?** Michael Phelps.

**What are your must watch TV programs?** Sport programs mainly, particularly NBA Basketball.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** California.

**Which five people would you want at your ultimate dinner party?** Ryan Lochte, Michael Phelps, Kobe Bryant, Floyd Mayweather and Mac Miller.



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## SWIMMING PROFILES: MEN

# JAMES O'SHEA



**Club:** Barnet Copthall

**Coach:** Rhys Gormley

**Dob:** 12/02/1978

**Born:** Newcastle

**Trains:** Barnet

**Lives:** Barnet

**Occupation:** Full time athlete.

### QUALIFIED EVENTS:

100m Breaststroke

### ACHIEVEMENTS:

London 2012 International Debut

### IN THE POOL

**How were the Paralympic trials for you?** I struggled at the London trials because the taper process didn't agree with my body and I became ill, so I was disappointed with my swims there. However, the trials in Sheffield went really well. I went out a bit too hard in the heats though. Maybe I focused too much on my time rather than my technique. I got it right in the final though with a 1.5 second PB. I was delighted to have the qualifying time.

**What are your goals for the London Paralympics?** You are in it to win it. I would love to win a medal.

**What has been your finest performance so far and why?** Probably a swim in training after the trials this year. I clocked 43 seconds in the training pool without a dive in the 50m Breaststroke. It taught me so much about over trying it. Technique is so important.

**What is your favourite Event?** The 100m Breaststroke as it is the event I have qualified in for the Paralympics.

**When was your international senior debut?** My first international event was at the Berlin Open in June 2012. The Paralympics will be my first main event though. I live in London and my goal was always to make the team.

**Who is your toughest opponent?** World champion Pedro Rangel (MEX).

**Best Venue?** The London Aquatics Centre is amazing and I cannot wait to see what it is going to be like for the Games.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** I like to watch television and listen to music. I also enjoy Tai Chi and Chi Gong.

**Any hobbies away from the pool?** I am trying to write a book at the moment. Something similar to the style of Terry Pratchett.

**What's the best thing you cook?** I don't do a great deal of cooking because I enjoy raw food as it is the law of nature. I really like eating Durian.

**Best concert you have been to?** The Prodigy at Brixton Academy back in the 90s. It was amazing.

**Who would you most like to meet?** I like meeting interesting people, no one in particular though. I really like meeting people from different cultures.

**What are your must watch TV programs?** I watch a lot of sport and history documentaries. I studied history and politics so I always like to keep up to date with everything.

**What could you not live without Laptop or Mobile?** Laptop.

**Ideal holiday destination?** I think I would like to go to Brazil. I have been to South America before but not there. I have actually been to 42 countries around the world.

**Which five people would you want at your ultimate dinner party?** I would have five of my closest friends from around the world.



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## SWIMMING PROFILES: MEN

# DAN PEPPER



**Club:** Manchester HPC

**Coach:** Mick Massey

**DOB:** 02/03/1989

**Born:** Stockport

**Trains:** Manchester HPC

**Lives:** Poynton, Cheshire

**Occupation:** Full time athlete, although I do some coaching at both Marple SC and Stockport Metro

### QUALIFIED EVENTS:

200m Freestyle, 100m Breaststroke

### ACHIEVEMENTS:

**IPC European Championships 2011:** S14 200Fr Gold, SM14 100Br Silver

**IPC World Championships 2010:** S14 200Fr Gold, SB14 100Br Gold

**IPC European Championships 2009:** S14 100Fr Gold, SB14 100Br Gold, SM14 200IM Gold

### IN THE POOL

**How were the Paralympic trials for you?** I was a little disappointed with my performance because things had seemed to be going well in training but I didn't seem to be able to transfer that into my races. I'm hoping to get some racing in before the Games to sort that out.

**What are your goals for the London Paralympics?** My main goals for the Games are to retain my position as world champion in the S14 200m Freestyle and 100m Breaststroke. There is a lot of competition in S14 events so it will be tough.

**What has been your finest performance so far and why?** My finest performances were at the 2010 World Champs in Eindhoven where I won two events, however I was also pleased with my 2011 performances at Europeans in Berlin. I won the 200m Freestyle came second in the 100m Breaststroke and both swims were PBs and new British records.

**What is your favourite Event?** I always used to say the 100m Breaststroke but now it's 50/50 between that and the 200m Freestyle. The 200m Medley isn't an event for S14s which is a shame because I like swimming it.

**When was your international senior debut?** My international debut was when I was 14 in Hong Kong at the INAS-FID World Championships.

**Who is your toughest opponent?** I would say Marc Evers (NED) in both events and Dan Fox (AUS) in the 200m Freestyle. Closer to home Ben Procter, Craig Rodgie and Aaron Moores.

### OUT OF THE POOL

**Do you have any Superstitions?** I do have to follow certain routines before I race which are really obvious to people watching me who know me well.

**Favourite way to relax?** I like to relax by watching television, listening to music and chilling with my friends.

**Any hobbies away from the pool?** I enjoy surfing and camping. I have always been involved with scouts so I like to do as many activities as I can.

**What's the best thing you cook?** I don't do a lot of cooking but make a good egg and bacon sandwich, healthy fajitas and pasta with a tomato and basil sauce. I have just asked my mum to show me how to make an omelette.

**Best concert you have been to?** I am going to see Michael McIntyre in October so am looking forward to that.

**Who would you most like to meet?** I would most like to meet Lewis Hamilton in the hope that he'll let me go round the track in his car.

**What are your must watch TV programmes?** I like to watch programmes which don't take any thinking so the American shows which are on during the day. I also always watch Top Gear.

**Where is your ideal holiday destination?** My ideal holiday destination would be somewhere hot and sunny with great surf, like Australia or Hawaii

**Which five people would you want at your ultimate dinner party?** My mate Craig, my girlfriend Harriet, my elder sister Jo, Keith Lemon and Lewis Hamilton.



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## SWIMMING PROFILES: MEN

# MORGYN PETERS



**Club:** Millfield

**Coach:** Euan Dale

**Dob:** 20/08/1996

**Born:** High Wycombe

**Trains:** Millfield

**Lives:** Millfield

**Occupation:** I am in my last year of school so doing GCSEs this year

### QUALIFIED EVENTS:

100m Backstroke

### ACHIEVEMENTS:

London 2012 International Debut

### IN THE POOL

**How were the Paralympic trials for you?** It was a great experience for me being able to swim in the pool. There was no pressure on me in London as I had only been training for four months so I wasn't thinking about qualifying.

**What are your goals for the London Paralympics?** I am delighted to get this opportunity of competing at a home Paralympics. My target is to improve my personal best times and focus on the 100m Backstroke event.

### What has been your finest performance so far and why?

When I was 12 or 13 I qualified for the able bodied Nationals in the 100m Backstroke after I won at the South East Regionals.

**What is your favourite Event?** 100m Backstroke as I do swim it the most and it's the one I seem good at. I like swimming butterfly but am not as good in that!

### When was your international senior debut?

London 2012. For future Paralympics this will be a rehearsal. Having the crowd cheering for you will be such a great experience, as will being in the village environment.

**Who is your toughest opponent?** James Crisp in the 100m Backstroke. It helps me having someone in the UK that I can target.

**Best Venue?** The London Aquatics Centre. The water felt good, it felt quick. The way the venue looks is really cool and the lights were so bright. It was such a great experience.

### OUT OF THE POOL

**Do you have any Superstitions?** Not that I can think of.

**Favourite way to relax?** Watching television or playing golf. I have a handicap of 16 and I like to play regularly when I am not at school.

**Any hobbies away from the pool?** With my GCSE's and swimming I don't really have a lot of time at the moment for anything.

**What's the best thing you cook?** Something not too fancy so probably spaghetti bolognese.

**Best concert you have been to?** Lee Evans live in Cardiff last year was brilliant.

**Who would you most like to meet?** Michael Phelps would be cool.

**What are your must watch TV programs?** Mock the Week, Family Guy or South Park. Something to make me laugh.

**What could you not live without Laptop or Mobile?** Laptop.

**Ideal holiday destination?** Somewhere hot. Madeira is nice.

**Which five people would you want at your ultimate dinner party?** Jimmy Carr, Cheryl Cole, Michael Phelps, Usain Bolt and Frankie Boyle.



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## SWIMMING PROFILES: MEN

# BEN PROCTER



**Club:** Manchester HPC

**Coach:** Mick Massey

**Dob:** 11/03/1990

**Born:** Oldham

**Trains:** Manchester

**Lives:** Cornwall/Oldham

**Occupation:** Full Time athlete. I am a volunteer coach with local club too.

### QUALIFIED EVENTS:

200m Freestyle, 100m Backstroke

### ACHIEVEMENTS:

**IPC European Championships 2011:** S14 200Fr Bronze, S14 100Ba Silver

**IPC World Championships 2010:** S14 200Fr Bronze, S14 100Ba 5th

**IPC European Championships 2009:** S14 100Fr Silver, S14 100Ba Silver, SM14 200IM Silver

### IN THE POOL

**How were the Paralympic trials for you?** They were okay but there was room for improvement after finishing second in the 200m Freestyle. The facilities and venue in London were amazing and it gives me the motivation to come back in the summer and turn that second into a first.

**What are your goals for the London Paralympics?** I would love to win the 200m Freestyle event. That will be my focus. I also want to get onto the podium in the 100m Backstroke.

**What has been your finest performance so far and why?** I won the top Junior award at the 2007 and 2008 Nationals which was a great honour. Winning nine medals at the Global Games in 2009 was also special as was winning medals for Great Britain at the last two European and last world championships.

**What is your favourite Event?** The 100m Freestyle.

**When was your international senior debut?** I think it was back in 2005 at the INAS FID.

**Who is your toughest opponent?** My teammate Dan Pepper and Daniel Fox from Australia.

**Best Venue:** The London Aquatics centre because of the atmosphere. It was a privilege to compete there. I also like Sheffield as it is my comfort zone.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Watching football, I support Manchester United, or going fishing.

**Any hobbies away from the pool?** I watch as much sport as I can and like to body board when I have the time.

**What's the best thing you cook?** I think either pasta or shortbread.

**Best concert you have been to?** The rock band Rise Against were great.

**Who would you most like to meet?** Sir Alex Ferguson.

**What are your must watch TV programmes?** Anything football or rugby league related. I enjoy Wildlife programmes too.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** It would be Australia without a doubt.

**Which five people would you want at your ultimate dinner party?** Dan, Jon and Nat Massey, Wayne Rooney, Lewis Hamilton and my Uncle Andrew.



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## SWIMMING PROFILES: MEN

# CRAIG RODGIE



**Club:** Edinburgh University

**Coach:** Chris Jones

**Dob:** 09/11/1989

**Born:** Dunfermline

**Trains:** Edinburgh

**Lives:** Fife

**Occupation:** Full time athlete

### QUALIFIED EVENTS:

200m Freestyle, 100m Backstroke

### ACHIEVEMENTS:

**IPC European Championships 2011:** S14 200Fr 4th, S14 100Ba 4th

**IPC European Championships 2009:** S14 100Ba Gold

### IN THE POOL

**How were the Paralympic trials for you?** It was a great experience and the atmosphere was fantastic at both events. London went well as I got a personal best in the 200m Freestyle in the heats but was just outside the qualifying time. However, I dipped under the time in the final with another best time and was delighted. It was also a Scottish record. I missed out on the time needed in the 100m Backstroke so this was my focus in Sheffield. I had a good heat swim taking me through to the final and felt a little pressure knowing it was my last chance to get the qualification time so was nervous. In the final I had a great swim getting the qualifying time, a PB and Scottish record.

**What are your goals for the London Paralympics?** To reach a final and hopefully go on to win a medal.

#### What has been your finest performance so far and why?

Winning gold in the 100m Backstroke at the 2009 IPC European Championships in Iceland.

**What is your favourite Event?** 100m Backstroke. Over the years I have had many successful swims in the event and I'm still improving.

**When was your international senior debut?** The 2009 IPC European Swimming Championships in Iceland.

**Who is your toughest opponent?** Whoever I am racing in the pool at the time.

**Best Venue?** My favourite has to be Sheffield as I have competed there on so many occasions and the atmosphere is always great.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Listening to Radio 5 Live.

**Any hobbies away from the pool?** I really like watching football and I am a season ticket holder at Dunfermline Athletic FC.

**What's the best thing you cook?** Something nice and easy like eggs on toast.

**Best concert you have been to?** T in the Park.

**Who would you most like to meet?** Sir David Jason.

**What are your must watch TV programs?** Anything football related like Match of the Day and the Football League Show. I really like Only Fools and Horses too.

**What could you not live without Laptop or Mobile?** Mobile.

**Where is your ideal holiday destination?** I would like to visit Australia.

**Which five people would you want at your ultimate dinner party?** Ryan Lochte, Sir David Jason, Peter Kay, Jose Mourinho and Rob Brydon.



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## SWIMMING PROFILES: MEN

# ANTHONY STEPHENS



**Club:** Swansea Performance

**Coach:** Billy Pye

**Dob:** 09/07/1986

**Born:** Reading

**Trains:** Swansea

**Lives:** Swansea

**Occupation:** Full time athlete

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 200m Freestyle,  
50m Backstroke, 50m Butterfly

### ACHIEVEMENTS:

**IPC European Championships 2011:** S5 50Fr 4th,  
S5 100Fr Silver, S5 200Fr Silver, S5 50Ba Silver, S5 50Fly Bronze

**IPC European Championships 2009:** S5 50Fr Silver,  
S5 100Fr Silver, S5 200Fr Silver, S5 50Ba Gold, S5 50Fly Gold,  
20pt 4x50MR Silver

**Paralympic Games 2008:** S5 50Fr 6th, S5 100Fr 4th,  
S5 200Fr Bronze

**IPC World Championships 2006:** S5 50Fr Bronze,  
S5 100Fr Bronze, S5 200Fr Gold, S5 50Ba 4th, S5 50Fly 7th,  
20pt 4x50MR Bronze

**Paralympic Games 2004:** S5 50Fr Bronze, S5 100Fr Bronze,  
S5 200Fr Silver, S5 50Ba 7th, SM5 200IM 5th,  
20pt 4x50FR Bronze, 20pt 4x50MR 6th

### IN THE POOL

**How were the Paralympic trials for you?** It didn't go to plan because I didn't hit the times that we wanted. However, we've looked over what happened and we are working on it.

**What are your goals for the London Paralympics?** I've won a medal at every major champs I've competed at in the last 10 plus years so I would like to keep that run going.

#### What has been your finest performance so far and why?

Winning the 200m Freestyle at the World Championships in 2006. I was injured leading into the event and my main rival from Spain had been ill. With neither of us in top condition it turned into a race of who wanted it more so I was delighted with the win.

**What is your favourite Event?** 50m Freestyle as I enjoy the balls out aggression you have to have for the event.

**When was your international senior debut?** I first competed with the British team in 2001 at the European championships in Stockholm.

**Who is your toughest opponent?** Sebastian Rodriguez (ESP).

**Best Venue?** I love racing in Sheffield although The Cube in Beijing was also a great pool to compete in.

### OUT OF THE POOL

**Do you have any Superstitions?** Not really. I have a couple of rituals I do before a race but nothing out of the pool.

**Favourite way to relax?** Taking the Harley out for a ride. I like to go camping with my two chihuahuas.

**Any hobbies away from the pool?** I like to restore and modify classic cars and motorcycles. I quite like tattoos and piercings too.

**What's the best thing you cook?** I will have a go at cooking anything.

**Best concert you have been to?** I love the Reading Festival.

**Who would you most like to meet?** Either Slash from Guns n Roses or Valentino Rossi.

**What are your must watch TV programmes?** At the moment Sons of Anarchy and Family guy.

**What could you not live without Laptop or Mobile?** I need both in my life!

**Ideal holiday destination?** I have always wanted to visit Hawaii and I would like to ride Route 66 on a Harley.

**Which five people would you want at your ultimate dinner party?** Slash, Frankie Sandford, Bob Marley, Kat Von D and Danneel Ackles.



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## SWIMMING PROFILES: MEN

# MATTHEW WALKER



**Club:** Marple Swimming Club

**Coach:** Mick Massey

**Dob:** 25/04/1978

**Born:** Stockport

**Trains:** Manchester

**Lives:** Marple

**Occupation:** Full time athlete

### QUALIFIED EVENTS:

**50m Freestyle, 100m Freestyle, 50m Butterfly**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S7 50Fr Gold

**IPC World Championships 2010:** S7 50Fr Gold, S7 100Fr 4th, S7 50Fly Silver, 34pt 4x100FR Bronze

**IPC European Championships 2009:** S7 50Fr Gold, S7 100Fr Gold, S7 50Fly Gold, SM7 200IM Silver, 20pt4x50FR 4th, 34pt 4x100FR Gold

**Paralympic Games 2008:** S7 50Fr Silver, S7 100Fr Bronze, S7 50Fly Silver, SM7 200IM Bronze, 34pt 4x100FR Gold

**IPC World Championships 2006:** S7 50Fr Bronze, S7 100Fr Bronze, SB7 100Br 5th, 34pt 4x100FR Gold

**Commonwealth Games 2006:** MD 50Fr Bronze, MD 100Fr 5th

**Paralympic Games 2004:** S7 50Fr Silver, S7 100Fr Silver, S7 50Fly 6th, SM7 200IM 4th, 34pt 4x100FR Gold

**Paralympic Games 2000:** S7 50Fr Silver, S7 100Fr 4th, SB7 100Br Bronze, S7 50Fly 9th, 34pt 4x100FR Gold

### IN THE POOL

**How were the Paralympic trials for you?** They were pretty reasonable. I qualified in London in the 50m Freestyle and it was the fastest time in the world this year. It was such a great buzz to be swimming in the pool. To then go faster again at the Sheffield trials was great.

**What are your goals for the London Paralympics?** To swim as well as I can in all of my events and hopefully get the gold medal in the 50m Freestyle. I have won gold at the World Championships, Europeans and Commonwealth Games so can hopefully complete the set.

**What has been your finest performance so far and why?** The one that stands out the most was Eindhoven in 2010 in the 50m Freestyle. I won gold and became World Champion.

**What is your favourite Event?** 50m Freestyle. It's a splash and dash. It's over so quickly and I have done this event throughout my career. I focus on Freestyle now.

**When was your international senior debut?** 1997 in Spain at the European Championships. It was an outdoor pool and it was pitch black when we swam because the flood lights were not that good! I won bronze in the 100m Breaststroke.

**Who is your toughest opponent?** There are a lot of people out there now. Matt Levy (AUS) is tough as are the US swimmers. Also there are always people who come out of nowhere each year.

**Best Venue?** Beijing was amazing, but I think London will top that in the summer.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Watching sport on television or doing something that will keep me calm. I enjoy all sports; golf, cricket, rugby, football, everything.

**Any hobbies away from the pool?** I like to keep myself busy. I am a Cub leader in Marple and I also coach at Marple swimming club. I really enjoy giving something back to the club that supported me.

**What's the best thing you cook?** Anything on the grill really.

**Best concert you have been to?** I enjoy musicals. Wizard of Oz was the last one that I saw and I really enjoyed the Jubilee concert on the television.

**Who would you most like to meet?** No one that I can think of to be honest.

**What are your must watch TV programs?** I don't really have anything, I mainly just watch what is on.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** Somewhere sunny.

**Which five people would you want at your ultimate dinner party?** I would just invite family and friends.



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## SWIMMING PROFILES: MEN

# ROBERT WELBOURN



**Club:** Swansea Performance

**Coach:** Bud McAllister

**Dob:** 11/06/1987

**Born:** Chesterfield

**Trains:** Swansea

**Lives:** Swansea

**Occupation:** Full time athlete

### QUALIFIED EVENTS:

**100m Freestyle, 400m Freestyle, 100m Butterfly, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S10 50Fr 4th, S10 100Fr Silver, S10 400Fr Gold, S10 100Fly 5th, SM10 200IM Bronze, 34pt 4x1FR Bronze

**Commonwealth Games 2010:** S10 100Fr Bronze

**IPC World Championships 2010:** S10 100Fr 5th, S10 400Fr Bronze, S10 100Fly 7th, 34pt 4x1FR Bronze

**IPC European Championships 2009:** S10 50Fr 5th, S10 100Fr Bronze, S10 400Fr Gold, SM10 200IM Bronze, 34pt 4x100FR Gold, 34pt 4x100MR Silver

**Paralympic Games 2008:** S10 100Fr 4th, S10 400Fr Silver, S10 100Fly 12th, SM10 200IM 7th, 34pt 4x100FR Gold, 4x100MR 5th

**IPC World Championships 2006:** S10 50Fr 13th, S10 100Fr 4th, S10 400Fr Silver, SM10 200IM 4th, 34pt 4x100FR Gold

**Paralympic Games 2004:** S10 50Fr 11th, S10 100Fr 5th, S10 400Fr Silver, S10 100Ba 9th, 34pt 4x100FR Gold, 34pt 4x100MR 4th

### IN THE POOL

**How were the Paralympic trials for you?** I am really happy to have qualified and I went under the qualifying time at both trials which was great. The second trials were pleasing as I had gone back into heavy training, so to be able to do the times I did in Sheffield was positive.

**What are your goals for the London Paralympics?** Naturally I want to do best times in all of my events. I have been working harder than I ever have before in training leading up to the Games.

**What has been your finest performance so far and why?** The 4x100m Freestyle Relay in Beijing. That relay team was the same as in Athens 2004 where we won also. A lot of people had written us off in 2008 and the four of us always believed that we could retain our title so went out there to prove people wrong. We had the same order, same result and a world record!

**What is your favourite Event?** The 400m Freestyle is the one that I am best at so I enjoy that the most.

**When was your international senior debut?** 2004 Paralympics was my first major championships.

**Who is your toughest opponent?** Andre Brasil (BRA) always seems to get the better of me over 400m. If we had a 450m race I would beat him.

**Best Venue?** Beijing Water Cube, the scale of it. The atmosphere inside was a new experience for me it was amazing.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Listen to music, watch TV, or chill out with friends

**Any hobbies away from the pool?** I don't really have much time. If I am not swimming I am generally too tired from swimming! I love anything to do with cars so just driving around. My Dad has a 1960's Triumph Vitesse which we are trying to restore which is good fun.

**What's the best thing you cook?** I am not the world's best cook. I have a slow cooker so I am trying lots with that but not sure of my best recipe yet.

**Best concert you have been to?** I went to Reading Festival in 2011 which was really enjoyable.

**Who would you most like to meet?** No one really.

**What are your must watch TV programs?** I like The Big Bang Theory, Top Gear and Hot Rod.

**What could you not live without Laptop or Mobile?** Laptop.

**Ideal holiday destination?** I have always wanted to go to Australia so hopefully after the Paralympics I will go and visit some friends who live on the Gold Coast.

**Which five people would you want at your ultimate dinner party?** Boris Johnson, Will Smith, James May, Winston Churchill and Jennifer Aniston.



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## SWIMMING PROFILES: MEN

# MATTHEW WHORWOOD



**Club:** Swansea HPC

**Coach:** Billy Pye

**Dob:** 7/12/89

**Born:** Truro

**Trains:** Swansea

**Lives:** Swansea

**Occupation:** I am a student at Swansea University doing Mechanical Engineering part time

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle, 100m Breaststroke, 200m Individual Medley

### ACHIEVEMENTS:

**IPC World Championships 2010:** S6 100Fr 5th, S6 400Fr Silver, SB6 100Br 6th, SM6 200IM 4th

**IPC European Championships 2009:** S6 100Fr 4th, S6 400Fr Bronze, SB6 100Br Bronze, SM6 200IM Bronze, 20pt 4x50MR Silver

**Paralympic Games 2008:** S6 50Fr 11th, S6 100Fr 6th, S6 400Fr Bronze, SB6 100Br Bronze, SM6 200IM 4th

**IPC World Championships 2006:** S6 50Fr 7th, S6 100Fr 7th, S6 400Fr Silver, SB6 100Br 5th, SM6 200IM Silver

### IN THE POOL

**How were the Paralympic trials for you?** I qualified at the first trials in my first event so I am really pleased. It was great to get the job done in London as I planned to taper for the first trials. The 400m Freestyle was our focus in training and I achieved a personal best so I'm very happy.

**What are your goals for the London Paralympics?** My focus will be the 400m Freestyle. I want to win a medal and hopefully be at the top of the podium.

### What has been your finest performance so far and why?

In Eindhoven at the World Champs in 2010. In the 400m Freestyle I got in and had an awesome race and won a silver medal. I made a PB in the final and did really well coping with the pressure.

**What is your favourite Event?** I would say the 400m Freestyle is my strongest but I would like to think I am a sprinter at heart though as I love doing the 50m Freestyle the most.

**When was your international senior debut?** The 2006 World Championships in South Africa was my first time to shine and I came away with two medals.

**Who is your toughest opponent?** Anders Olsson (SWE) is the world record holder over 400m Freestyle in the S6. He is a really nice guy and I have competed against him since I came into the senior team.

**Best Venue?** Beijing was awesome. It was the best experience I have had to date.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Watching films as it allows me to escape.

**Any hobbies away from the pool?** University takes up a lot of my time but I like to go out with friends and watch television.

**What's the best thing you cook?** Lasagne is my dish!

**Best concert you have been to?** Probably the Royal Cornwall Show when I was a kid if that counts?

**Who would you most like to meet?** Tony Stark (Iron Man).

**What are your must watch TV programmes?** I really like Hustle, Family Guy and Grand Designs.

**What could you not live without Laptop or Mobile?** Laptop.

**Ideal holiday destination?** I would love to go on a safari holiday so somewhere like Kenya.

**Which five people would you want at your ultimate dinner party?** Tony Stark, my girlfriend, Michael McIntyre, Tom Jones and Delia Smith.



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## SWIMMING PROFILES: MEN

# THOMAS YOUNG



**Club:** City of Manchester  
**Coach:** Mark Rose  
**Dob:** 03/05/1991  
**Born:** Lake District  
**Trains:** Manchester  
**Lives:** Manchester  
**Occupation:** Full time athlete

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle,  
100m Backstroke, 100m Breaststroke,  
200m Individual Medley

### ACHIEVEMENTS:

**IPC European Championships 2011:** S8 400Fr Bronze,  
S8 100Ba 4th, SB7 100Br Gold, SM8 200IM 5th

**IPC World Championships 2010:** S8 400Fr Gold,  
S8 100Ba Bronze, SB7 100Br 4th, SM8 200IM Bronze

**IPC European Championships 2009:** S8 100Ba Silver,  
SM8 200IM Bronze, 34pt 4x100MR Silver

### IN THE POOL

**How were the Paralympic trials for you?** I was very happy with my swims despite not hitting best times. I had only recently moved to Manchester two months before the trials so the plan was to simply just qualify and I did. My new coach wanted to see how I coped with the pressure, so I was really pleased to have qualified at the first attempt in London.

**What are your goals for the London Paralympics?** To win gold in the 400m Freestyle and 100m Backstroke.

**What has been your finest performance so far and why?** In Newport in 2010. The qualifying times for the World Short Course Championships were out of my grasp but everything came right on the day and I did a three second PB in the 100m Backstroke.

**What is your favourite Event?** The 100m Backstroke because I missed out on qualifying for Beijing by just a small amount in that event, so that is my focus now.

**When was your international senior debut?** European Championships in 2009 in Iceland. I was really nervous and didn't know what to expect.

**Who is your toughest opponent?** Sam and Oliver Hynd. Having world class swimmers in Britain really pushes me on.

**Best Venue?** Eindhoven. It was my first big competition in 2010 and the pool was fast and the venue seemed really big.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Laying down and watching 24 on television.

**Any hobbies away from the pool?** When I get the time I like golf, cricket, walking the dog and just driving.

**What's the best thing you cook?** Lasagne is my best.

**Best concert you have been to?** I am going to see Rhod Gilbert soon so hopefully that will be it.

**Who would you most like to meet?** Jeremy Clarkson.

**What are your must watch TV programmes?** At the moment I like 24 and also Top Gear and Homeland.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** I would really like to go to the Seychelles.

**Which 5 people would you want at your ultimate dinner party?** Lee Evans, Jeremy Clarkson, Rhod Gilbert, Gordon Ramsey and Barack Obama.



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## SWIMMING PROFILES: WOMEN

# GEMMA ALMOND



**Club:** Swansea Performance

**Coach:** Billy Pye

**Dob:** 14/04/1993

**Born:** Shrewsbury

**Trains:** Swansea

**Lives:** Swansea

**Occupation:** Studying at Swansea University

### QUALIFIED EVENTS:

100m Freestyle, 400m Freestyle, 100m Butterfly, 200m Individual Medley

### ACHIEVEMENTS:

IPC European Championships 2011: S10 100Fr 4th, S10 400Fr 4th, S10 100Fly 5th, SM10 200IM Bronze

### IN THE POOL

**How were the Paralympic trials for you?** Better than I could have imagined as I qualified and broke the British records in the 200m Individual Medley and the 100m Butterfly. I had been focusing on the 200m Individual Medley so much, so to do a four second PB was not only a great feeling but also a relief to see I had qualified and all the focus on one event had paid off. Both records were in reach but I didn't really expect it and it was a shock to get them.

**What are your goals for the London Paralympics?** Ultimately to PB in all my events, to make finals and swim the best that I can whilst enjoying the experience.

#### What has been your finest performance so far and why?

I have two. Firstly winning the bronze medal at the IPC European championships last year in the 200m Individual Medley because it was my first major medal. Secondly, qualifying for London 2012 this year at the London Aquatics Centre in March as I achieved my dream and broke the British record.

**What is your favourite Event?** 200m Individual Medley.

**When was your international senior debut?** IPC European Championships in Berlin 2011.

**Who is your toughest opponent?** I don't have just one; I see every competitor as a tough opponent who I should challenge myself against.

**Best Venue?** My favourite pool is the one in Berlin because I have swam there three times and always done well.

### OUT OF THE POOL

**Do you have any Superstitions?** No not really but I always have to have my nails painted before I race.

**Favourite way to relax?** Just socialising with friends and family, listening to music or sleeping!

**Any hobbies away from the pool?** I used to play two instruments but don't have as much time for anything away from university outside of resting and training.

**What's the best thing you cook?** I've learnt to cook most things and my cooking skills have increased hugely since being at university. I make sauces and most things from scratch particularly spaghetti bolognese and stir fry.

**Best concert you have been to?** I've actually never really been to one but there are a lot of people I want to see though.

**Who would you most like to meet?** J.K. Rowling.

**What are your must watch TV programmes?** I always preferred films but some of my university flat mates got me into the final season of One Tree Hill this year. I also enjoy shows like Britain's Got Talent.

**What could you not live without Laptop or Mobile?** Mobile!

**Ideal holiday destination?** Anywhere that has places to relax but also a lot to see or do, somewhere cultured. Ideally in the future, when I have the time or retire from swimming I want to do a travelling holiday and visit everywhere!

**Which five people would you want at your ultimate dinner party?** Michael Phelps, Bear Grylls, David Walliams, the Queen and Lady Gaga.



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## SWIMMING PROFILES: WOMEN

# JESSICA-JANE APPLGATE



**Club:** UEA City of Norwich

**Coach:** Alex Pinniger

**Dob:** 22/08/1996

**Born:** Great Yarmouth

**Trains:** Norwich

**Lives:** Great Yarmouth

**Occupation:** Full time student taking my GCSEs this year in English, Maths and Photography and I am doing a BTEC in science

### QUALIFIED EVENTS:

200m Freestyle, 100m Backstroke

### Achievements:

London 2012 International Debut

### IN THE POOL

**How were the Paralympic trials for you?** In the London trials I got a gold medal, a Paralympic qualifying time and a British record in the 200m Freestyle so I was really pleased. Then at the second trials in Sheffield I won the 200m Freestyle and got a qualifying time in the 100m Backstroke. So both trials were good.

**What are your goals for the London Paralympics?** I hope to enjoy them and I would love to win a medal.

**What has been your finest performance so far and why?** The London trials because it was the first time I have qualified for any major event and I got a British record in the 200m Freestyle. It was scary but exciting.

**What is your favourite Event?** I like the sprint events so the 50m Freestyle and 50m Butterfly but they are not Paralympic events in the S14 category unfortunately.

**When was your international senior debut?** I've competed in the last three British Internationals but am yet to race abroad. I will get that opportunity at the German Open in Berlin at the end of June.

**Who is your toughest opponent?** Marlou van der Kulk (NED).

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Laying on the sofa with my dog. I have a Staffordshire bull terrier which we rescued about 10 years ago named Ziggy.

**Any hobbies away from the pool?** I like doing nail art. I do my friends nails at my swimming club and on training camps. I also like photography and would love to have a go at underwater photography at some point.

**What's the best thing you cook?** A Pot Noodle, my mum does all the cooking.

**Best concert you have been to?** Never been to one.

**Who would you most like to meet?** Michael Phelps and Ryan Lochte.

**What are your must watch TV programmes?** I don't get to watch a great deal of television but I do like Waterloo Road and Eastenders.

**Ideal holiday destination?** I really like going to visit my uncle in Malaga.

**Which five people would you want at your ultimate dinner party?** My mum, dog, Auntie and Uncle and Jenny. It is my 16th Birthday while I'm at the Paralympics so when I come home my Auntie is having a party for me and I want everyone there for that.



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PRINT



## SWIMMING PROFILES: WOMEN

# CLAIRE CASHMORE



**Club:** City of Leeds  
**Coach:** Dave Calleja  
**Dob:** 21/05/1988  
**Born:** Redditch  
**Trains:** Leeds  
**Lives:** Leeds  
**Occupation:** Full Time Swimmer

### QUALIFIED EVENTS:

**100m Freestyle, 100m Breaststroke, 100m Butterfly, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S9 100Fr 4th, SB8 100Br Silver, S9 100Fly Bronze, SM9 200IM Bronze, 34PT 4x100FR Gold, 34PT 4x100MR Gold

**IPC World Championships 2010:** S9 50Fr 6th, S9 100Fr 4th, SB8 100Br Silver, 34Pt 4x100FR Silver, 34pt 4x100MR Silver

**IPC European Championships 2009:** S9 50Fr Bronze, SB8 100Br Bronze, S9 100Fly 5th, 34pt 4x100FR Gold

**Paralympic Games 2008:** S9 100Ba 6th, SB8 100Br Bronze, S9 100Fly 8th, SM9 200IM 4th

**IPC World Championships 2006:** S9 100Fr 10th, S9 100Ba 8th, SB8 100Br Silver, SM9 200IM 7th, 34pt 4x100MR Silver

**Paralympic Games 2004:** S9 50Fr 5th, S9 100Fr 9th, S9 100Ba Bronze, S9 100Fly 8th, SM9 200IM Bronze, 34pt 4x100FR 6th

### IN THE POOL

**How were the Paralympic trials for you?** I didn't swim brilliantly at either trials but did enough to qualify. I am looking to perform better in the summer when I normally perform my best. To qualify for my third Paralympics and seeing my name on the team is amazing, especially with it being in London.

**What are your goals for the London Paralympics?** To swim better than I have ever swum before. You never know who is going to appear from nowhere so as long as I swim to the best of my ability I cannot ask for more. I am very excited.

**What has been your finest performance so far and why?** The 100m Individual Medley from the World Short Course in Rio 2009. I won the gold medal in a world record time. There was a thunder storm so the race was delayed for an hour and a half so there was a lot of waiting around.

**What is your favourite Event?** 100m Breaststroke is my main event and focus.

**When was your international senior debut?** In 2004 in Athens. I was like a rabbit in headlights. I took everything in my stride and really enjoyed it. I had no pressure on me and literally swam out of my skin and won two bronze medals.

**Who is your toughest opponent?** Natalie Du Toit (RSA) and Olesya Vladykina (RUS).

**Best Venue?** The Water Cube in Beijing was the most stunning pool I have ever seen.

### OUT OF THE POOL

**Do you have any Superstitions?** Not really.

**Favourite way to relax?** Spending time with family or listening to music.

**Any hobbies away from the pool?** I like going shopping.

**What's the best thing you cook?** I do a very nice pork dish stuffed with apricots and nuts.

**Best concert you have been to?** I think the Lion King.

**Who would you most like to meet?** Usain Bolt.

**What are your must watch TV programmes?** One Tree Hill and Gossip Girl.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** I would love to go to the Maldives and to go back to Brazil. We competed there a couple of years ago but did not have much exploring time.

**Which five people would you want at your ultimate dinner party?** Nelson Mandela, Usain Bolt, The Queen, Seth Cohen from the OC and Peter Kay.



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## SWIMMING PROFILES: WOMEN

# CHLOE DAVIES



**Club:** Trowbridge ASC

**Coach:** Sarah Paton

**Dob:** 15/12/1998

**Born:** Midsomer Norton

**Trains:** Trowbridge

### QUALIFIED EVENTS:

200m Freestyle, 100m Backstroke

### ACHIEVEMENTS:

London 2012 International Debut

### IN THE POOL

**How were the Paralympic trials for you?** Good. London was amazing and I was really pleased with the Freestyle but got quite nervous. I love swimming at Ponds Forge where I managed to go quicker on my Freestyle and my Backstroke.

**What are your goals for the London Paralympics?** To try and do my best. I hope to get to a final and possibly medal but can only do my best.

**What has been your finest performance so far and why?**

Getting the 100m Backstroke British record in Sheffield at the International Disability meet.

**What is your favourite Event?** 100m Backstroke.

**When was your international senior debut?** I am still 13 but I competed at the International Disability meet this year in April, In Sheffield. The Paralympics will be my first one in a team.

**Who is your toughest opponent?** The Clock/Stopwatch.

### OUT OF THE POOL

**Do you have any Superstitions?** Not really.

**Favourite way to relax?** Listening to music/TV.

**Any hobbies away from the pool?** I like walking my dogs Jess and Meg. I don't have a lot of time for much else.

**What's the best thing you cook?** I baked a lovely cake in Food Tech - it was amazing.

**Best concert you have been to?** The X factor Tour last year.

**Who would you most like to meet?** Ed Sheeran.

**What are your must watch TV programmes?** CSI Miami/New York, The X factor, Britain's Got Talent and the Voice.

**What could you not live without Laptop or Mobile?** Mobile.

**Where is your ideal holiday destination?** Somewhere hot with blue sea and a pool to relax.

**Which 5 people would you want at your ultimate dinner party?** It can be anyone. My best friends, Will Crudgington, Paige Fellows, James Elmer, Sophie Sutton and Ed sheeran.



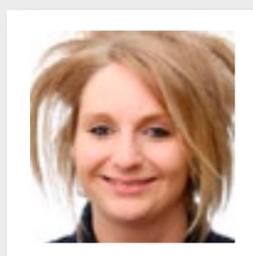
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## SWIMMING PROFILES: WOMEN

# HEATHER FREDERIKSEN



**Club:** City of Salford

**Coach:** John Stout

**Dob:** 30/12/1985

**Born:** Billinge

**Trains:** Broughton/Salford

**Lives:** Lowton

**Occupation:** Full time swimmer

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle,  
100m Backstroke

### ACHIEVEMENTS:

**IPC European Championships 2011:** S8 50Fr Silver,  
S8 100Fr Gold, S8 400Fr Gold, S8 100Ba Gold, 34Pt 4x100MR Gold

**IPC European Championships 2009:** S8 50Fr Gold,  
S8 100Fr Gold, S8 400Fr Gold, S8 100Ba Bronze, S8 100Fly Gold,  
SM8 200IM Silver, 34pt 4x100MR Gold

**Paralympic Games 2008:** S8 50Fr 7th, S8 100Fr Silver,  
S8 400Fr Silver, S8 100Ba Gold, SM8 200IM Bronze

### IN THE POOL

**How were the Paralympic trials for you?** They were difficult for me because I had been suffering from severe migraines in the lead up to the event which meant I was not able to train. However, I was pleased to be able to qualify in four events in at the London trials so now I can look forward to the summer.

**What are your goals for the London Paralympics?** To win a medal in my events.

**What has been your finest performance so far and why?** The 100m Freestyle at the North West Regional Championships 2012 because I had not been training due to the migraines and still managed to break the British record so I was so happy.

**What is your favourite Event?** I haven't really got one, but if I had to choose then it would be the 100m Backstroke.

**When was your international senior debut?** Able bodied I was 14 years old and it was at the Open Water World Championships in Hawaii. Disability swimming it was at the German Open in Berlin in 2007.

**Who is your toughest opponent?** I would say probably Jessica Long from USA.

**Best Venue?** Sheffield because the water is cold and I always seem to swim quite well there.

### OUT OF THE POOL

**Do you have any Superstitions?** Not really.

**Favourite way to relax?** Sleeping.

**Any hobbies away from the pool?** Not particularly, but I like to go shopping. I like to watch Bolton Wanderers when I can.

**What's the best thing you cook?** Chicken pasta bake.

**Best concert you have been to?** Don't tend to go to concerts.

**Who would you most like to meet?** No one comes to mind.

**What are your must watch TV programs?** The usual soaps, Coronation Street, Emmerdale and Eastenders.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** Hawaii.

**Which five people would you want at your ultimate dinner party?** My family as I don't get to see them all as often as I would like.



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## SWIMMING PROFILES: WOMEN

# RHIANNON HENRY



**Club:** City of Manchester

**Coach:** Mark Rose

**Dob:** 20/05/1987

**Born:** Bridgend, South Wales

**Trains:** Manchester

**Lives:** Manchester

**Occupation:** Full time swimmer

### QUALIFIED EVENTS:

**50m Freestyle, 100m Freestyle, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S13 50Fr Silver, S13 100Fr Gold, SM13 200IM Gold

**IPC World Championships 2010:** S13 50Fr 4th, S13 100Fr Bronze, S13 400Fr Silver, S13 100Fly Gold

**Paralympic Games 2008:** S13 50Fr 7th, S13 100Fr 7th, S13 400Fr 5th, S13 100Fly 5th

**IPC World Championships 2006:** S13 50Fr 7th, S13 100Fr 5th, S13 400Fr 4th, S13 100Fly Bronze, SM13 200IM 5th

**Paralympic Games 2004:** S13 50Fr 6th, S13 100Fr 4th, S13 400Fr Bronze, S13 100Ba 6th, S13 100Fly Bronze, SM13 200IM 4th

**IPC World Championships 2002:** S13 50Fr 4th, S13 100Fr Bronze, S13 400Fr Silver, S13 100Fly Silver, SM13 200IM Bronze, 4x100FR Gold, 4x100MR Gold

### IN THE POOL

**How were the Paralympic trials for you?** The target was the first trials and to focus on getting qualifying times at the earliest opportunity then to try and keep the performances going until the second trials in Sheffield. It was great to know that my taper worked for the first trials as I did my best times there. It was nice to be able to go to London and get a feel for everything there ahead of the Paralympics. Just to know how long it takes to do little things like the time it takes to go from the race pool to swim down pool really helps.

**What are your goals for the London Paralympics?** I want to enjoy the experience. It will be my third Paralympics and I want to get personal best times and do the best that I can do, then I will be happy. Anything else would be a bonus.

**What has been your finest performance so far and why?** In Eindhoven in 2010 at the World Championships. I won the 100m Butterfly and beat my main rival who beat me in Beijing 2008.

**What is your favourite Event?** 100m Butterfly or 100m Freestyle. I think these are my strongest events, I prefer the sprints.

**When was your international senior debut?** 2001 in Stockholm at the European Championships. It has gone so fast, can't believe it was 11 years ago. I remember it quite well.

**Who is your toughest opponent?** Valerie Grand-Maison (CAN), Kelly Becherer (USA), and myself.

### OUT OF THE POOL

**Do you have any Superstitions?** No I don't think so.

**Favourite way to relax?** I like to walk the dog, watch television and listen to music.

**Any hobbies away from the pool?** I don't really have that much time but I would probably say shopping is my favourite hobby.

**What's the best thing you cook?** Salmon risotto I think.

**Best concert you have been to?** Justin Timberlake was very good live and the Stereophonics at the Millennium Stadium were great.

**Who would you most like to meet?** Tom Jones. I would love to see him live.

**What are your must watch TV programmes?** There are too many to list. At the moment it is 24, Prison Break and Friends.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** Travelling around South America would be great for a couple of months or Route 66 in the US.

**Which five people would you want at your ultimate dinner party?** Tom Jones, Prince William, Kate Middleton, Prince Harry and my Nan.



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## SWIMMING PROFILES: WOMEN

# CHARLOTTE HENSHAW



**Club:** Nova Centurion  
**Coach:** Glenn Smith  
**Dob:** 16/1/1987  
**Born:** Mansfield  
**Trains:** Mansfield  
**Lives:** Mansfield  
**Occupation:** Full time athlete

### QUALIFIED EVENTS:

400m Freestyle, 100m Breaststroke

### ACHIEVEMENTS:

**IPC European Championships 2011:** S8 400Fr 5th, SB6 100Br Silver, SM8 200IM 4th

**IPC World Championships 2010:** SB6 100Br Silver, SM8 200IM 8th

**IPC European Championships 2009:** S8 400Fr 4th, SB6 100Br Gold, SM8 200IM 4th

**Paralympic Games 2008:** SB6 100Br 4th

### IN THE POOL

**How were the Paralympic trials for you?** My times were not where I wanted them to be but they are both top three ranked in the world this year. Having qualified I can look ahead to the Paralympics now and focus on a few things ahead of the summer.

**What are your goals for the London Paralympics?** I want to improve on my performances from trials. As long as I prepare as well and as hard as I can I will be happy. I would love to get onto the podium especially after finishing fourth in Beijing.

**What has been your finest performance so far and why?** The heats at the World Championships in 2010. I was out on my own in the heat and broke my own world record by over a second. It made me feel like I actually belong on the world stage.

**What is your favourite Event?** 100m Breaststroke is my main event and enjoy racing it the most.

**When was your international senior debut?** It was the Paralympics 2008. It was pretty daunting but it has helped me being thrown in at the deep end. I started competing at the biggest stage possible so I think it has prepared me well for the next cycle.

**Who is your toughest opponent?** Liz Johnson, it is great having someone world class from Great Britain. US swimmer Mallory Weggemann is also tough.

**Best Venue?** The Beijing pool. It was great and the largest pool I have swum in.

### OUT OF THE POOL

**Do you have any Superstitions?** No. Although I always unplug sockets.

**Favourite way to relax?** Listening to music and going to the theatre. I really enjoy going to London and watching a show. It allows me to escape.

**Any hobbies away from the pool?** The theatre is very important to me. I used to play the piano. I like spending time with my friends and family and enjoy a pub quiz.

**What's the best thing you cook?** I am pretty good at Chilli. It's something quick rather than complicated.

**Best concert you have been to?** Does a show count? My favourite is Les Miserables and I have seen it a couple of times. I really enjoyed the Kerry Ellis concert.

**Who would you most like to meet?** Would love to have met Judy Garland, such a great story.

**What are your must watch TV programmes?** The American shows Smash and ER.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** It would be New York or a city break. I don't like just sitting on a beach.

**Which five people would you want at your ultimate dinner party?** Judy Garland, Stephen Fry, Steve Redgrave, Nicole Kidman and David Beckham.



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## SWIMMING PROFILES: WOMEN

# EMMA HOLLIS



**Club:** Loughborough University

**Coach:** Ian Armiger

**Dob:** 20/01/1992

**Born:** Harlow, Essex

**Trains:** Loughborough

**Lives:** Loughborough

**Occupation:** I am a student at Loughborough University currently in the second year of my Geography degree

### QUALIFIED EVENTS:

**100m Freestyle, 400m Freestyle, 100m Breaststroke, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S8 100Fr Bronze, S8 400Fr Silver, SB7 100Br Bronze, S8 100Fly Bronze, SM8 200IM Silver

**IPC European Championships 2009:** S8 100Fr Bronze, SB7 100Br Silver, S8 100Fly Bronze, SM8 200IM Bronze

### IN THE POOL

**How were the Paralympic trials for you?** The trials went very well for me. All of my races were on target and very close to my personal best times. I qualified in the 400m Freestyle and enjoyed my 100m Freestyle races. 2012 overall has been great so far. The build up to the Games is very exciting and I've been working really hard. As Loughborough is highly involved in the games the atmosphere around the university has been incredible.

**What are your goals for the London Paralympics?** I'm aiming for personal best times across the board and anything extra is a bonus.

**What has been your finest performance so far and why?** The European Championships in Berlin in 2011 were amazing. I swam all personal best times and finished the event with two silver and three bronze medals.

**What is your favourite Event?** The 400m Freestyle as I really like the distance.

**When was your international senior debut?** In 2009 at the European Championships in Iceland. What a wonderful country, perfect for a geographer.

**Who is your toughest opponent?** It depends on the race but overall the S8 category is very strong.

**Best Venue?** The London Aquatics Centre is phenomenal but I do love Sheffield as it feels like home.

### OUT OF THE POOL

**Do you have any Superstitions?** Not particularly. My bathroom mirror has been broken for ages.

**Favourite way to relax?** A long hot bubble bath. I also like to have nights in with great food, great company and a good movie.

**Any hobbies away from the pool?** I love my degree and working in the Student Union. I also enjoy running and sometimes turn my hands to something arty. In the future, I would love to renovate an old house in the countryside.

**What's the best thing you cook?** I make a good roast dinner and chicken pie. My boyfriend's recipe for spaghetti bolognese is also pretty good!

**Best concert you have been to?** I saw Franz Ferdinand in 2009. They were awesome.

**Who would you most like to meet?** I would love to meet Nelson Mandela. I find him so inspiring.

**What are your must watch TV programmes?** I am a huge Friends fan and do love a bit of Desperate Housewives every now and again.

**Ideal holiday destination?** I'm absolutely desperate to go back to Iceland sometime soon. I would love to tour around the island and see the Northern Lights again, they were amazing.

**Which 5 people would you want at your ultimate dinner party?** Maggie Smith, Nelson Mandela, Stephen Fry, Rowan Atkinson, and Martin Luther King Jr.



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## SWIMMING PROFILES: WOMEN

# LIZ JOHNSON



**Club:** University of Bath/Manchester HPC

**Coach:** Mick Massey

**Dob:** 03/12/1985

**Born:** Newport

**Trains:** Manchester

**Lives:** Manchester

**Occupation:** Full time swimmer

### QUALIFIED EVENTS:

100m Backstroke, 200m Individual Medley

### ACHIEVEMENTS:

**IPC European Championships 2011:** SB6 100Br Gold, S6 50Fly 7th, SM6 200IM 6th

**IPC World Championships 2010:** SM6 100Br Bronze, SM6 200IM 6th

**IPC European Championships 2009:** S6 50Fr 6th, S6 100Ba 5th, SB6 100Br Silver

**Paralympic Games 2008:** S6 50Fr 8th, SB6 100Br Gold, S6 50Fly 12th

**IPC World Championships 2006:** S6 50Fr 8th, SB6 100Br Gold, S6 50Fly 7th, SM6 200IM 4th, 20pt 4x50FR Gold

**Paralympic Games 2004:** SB6 100Br Silver, S6 50Fly 9th

### IN THE POOL

**How were the Paralympic trials for you?** I didn't swim as well as I hoped to have done but still got a world class time and nominated for the team which was the focus. I am still on target for the summer though and you have to be in it to win it. The performances from trials have allowed me to make a few tweaks which will be good.

**What are your goals for the London Paralympics?** To swim faster than I have ever swam before. So I can walk away and know that I have not left anything in the locker room.

**What has been your finest performance so far and why?** Winning 100m Breaststroke gold in Beijing, 2008. I remember the relief I felt when I realised that I won. It was such a great reward knowing that everything I had put into it had been worth it.

**What is your favourite Event?** The 100m Breaststroke unless we could invent a 25m Breaststroke?

**When was your international senior debut?** 2001 European Championships in Stockholm.

**Who is your toughest opponent?** The world record holder is Mallory Weggemann so is tough to beat and Charlotte Henshaw domestically. I always want to beat my personal best though so I am probably my toughest opponent.

**Best Venue?** The pool in Beijing. It was fast, a spectacular building, the crowd were amazing and I won. The whole package was great.

### OUT OF THE POOL

**Do you have any Superstitions?** No, I used to be superstitious when I was younger. I always say hello to a magpie when I see one though. I think that is my gran's fault.

**Favourite way to relax?** Just hanging out with my friends or watching a movie or going to a restaurant.

**Any hobbies away from the pool?** I like shopping and travelling but I don't have much time for that at the moment. I like to try new foods also and enjoy going to live sport.

**What's the best thing you cook?** I like to make curry.

**Best concert you have been to?** Strictly Come Dancing. I am a big fan and we went to see it live after Beijing. I also went to see the Brit Awards in 2011 and that was amazing.

**Who would you most like to meet?** David Beckham.

**What are your must watch TV programmes?** Homeland, The Wire and The Good Wife.

**What could you not live without Laptop or Mobile?** Mobile, I can do everything on it.

**Ideal holiday destination?** I want to go to Australia and do the whole travel thing.

**Which five people would you want at your ultimate dinner party?** Mary Poppins, David Beckham, My Mum, My boyfriend and James Martin.



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## SWIMMING PROFILES: WOMEN

# NATALIE JONES



**Club:** Manchester HPC  
**Coach:** Mick Massey  
**Dob:** 31/10/1984  
**Born:** Colchester  
**Trains:** Manchester  
**Lives:** Chorley  
**Occupation:** Full time athlete

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle, 50m Butterfly, 200m Individual Medley

### ACHIEVEMENTS:

**IPC European Championships 2011:** S6 50Fr 4th, S6 100Fr Bronze, S6 400Fr Bronze, S6 50Fly 5th, SM6 200IM Silver

**IPC World Championships 2010:** S6 50Fr Bronze, S6 100Fr 6th, S6 400Fr Bronze, SM6 200IM Bronze, 34Pt 4x100FR Bronze

**IPC European Championships 2009:** S6 50Fr Silver, S6 100Fr Silver, S6 400Fr Silver, SM6 200IM Silver

**Paralympic Games 2008:** S6 50Fr Bronze, S6 100Fr 5th, S6 50Fly 11th, SM6 200IM Bronze

**IPC World Championships 2006:** S6 50Fr 6th, S6 100Fr Silver, S6 100Ba 4th, SM6 200IM Gold, 20pt 4x50FR Gold

**Paralympic Games 2004:** S6 50Fr 5th, S6 100Ba 5th, SB6 100Br 5th, S6 50Fly 10th, SM6 200IM Gold, 20pt 4x50MR Gold

**Paralympic Games 2000:** S6 50Fr 12th, S6 100Fr 14th, SB6 100Br 10th, 20pt 4x50FR 6th

### IN THE POOL

**How were the Paralympic trials for you?** I am so happy that I have qualified for London 2012, but not so happy with my times as I didn't get any personal bests. There was quite a lot of pressure at the trials so I am glad to have got through it so I can now focus on the Paralympics.

**What are your goals for the London Paralympics?** To get on the podium and win a medal in the third Paralympics in a row.

**What has been your finest performance so far and why?** Beijing in the 200m Individual Medley. I came third and was gutted at the time. I couldn't actually watch the race for about three weeks. I turned after the Fly and could feel my hat coming off during the Backstroke. It came off and then my hair bobble came off. I don't know how I came back to win a medal on the freestyle length.

**What is your favourite Event?** I think I enjoy the 400m Freestyle the most as there is no pressure on me.

**When was your international senior debut?** Sydney Paralympics in 2000.

**Who is your toughest opponent?** Ellie Simmonds is so quick. It makes it more interesting having great strength in Great Britain.

**Best Venue?** The pool used at the Sydney Paralympics. I was only 15. I didn't really appreciate it at the time, I was so young.

### OUT OF THE POOL

**Do you have any Superstitions?** No, I am quite easy going. What happens, happens.

**Favourite way to relax?** I like watching television and reading. I enjoy sleeping too.

**Any hobbies away from the pool?** Going to visit friends and watching football when I can. I am a Chelsea fan.

**What's the best thing you cook?** I can't to be honest. Although Lasagne and Fajitas would be my best. My husband does the cooking.

**Best concert you have been to?** Any of the five Take That concerts that I have been to.

**Who would you most like to meet?** Michael Jackson.

**What are your must watch TV programs?** I like Grey's Anatomy and Glee.

**What could you not live without Laptop or Mobile?** My mobile.

**Ideal holiday destination?** Somewhere sitting on a beach doing nothing listening to the sea. Maybe either the Maldives or Mauritius.

**Which five people would you want at your ultimate dinner party?** I think I would just invite two my best friends as I don't get to see them very often and then my family.



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## SWIMMING PROFILES: WOMEN

# NYREE KINDRED



**Club:** Leominster Kingfishers

**Coach:** Emma Patrick

**Dob:** 21/09/1980

**Born:** Porth, South Wales

**Trains:** Leominster

**Lives:** Hereford

**Occupation:** Full time athlete

### QUALIFIED EVENTS:

**100m Backstroke**

### ACHIEVEMENTS:

**IPC World Championships 2010:** S6 100Ba Gold, 20Pt 4x50MR Bronze

**IPC European Championships 2009:** S6 100Ba Gold

**Paralympic Games 2008:** S6 400Fr 6th, S6 100Ba Silver, SB5 100Br 4th, SM6 200IM 6th

**IPC World Championships 2006:** S6 400Fr Gold, S6 100Ba Gold, SB5 100Br 5th, SM6 200IM Bronze

**Paralympic Games 2004:** S6 400Fr Bronze, S6 100Ba Gold, SB5 100Br Silver, SM6 200IM Silver, 20pt 4x50MR Gold

**Paralympic Games 2000:** S6 100Ba Silver, SB5 100Br Bronze, SM6 200IM 4th, 20pt 4x50FR 6th, 20pt 4x50MR Bronze

### IN THE POOL

**How were the Paralympic trials for you?** They were pretty good. I was pleased to make the time standards at the first trials in London and seeing my time up on the board afterwards made me realise I can still do it. It gave me a lot of confidence as it was my first big competition since having my daughter so I was very focused on getting myself back to the times I did before. I got within a second of my personal best so it gave me a lot of confidence for the rest of the year.

**What are your goals for the London Paralympics?** To perform a PB. If that gets me a placing or a medal then great. If I do a PB and someone swims better than me then I know I have done my best. I know I will need PB's in London as everyone will be raising their games.

### What has been your finest performance so far and why?

Winning five medals in Athens 2004. I won the 100m Backstroke title on my birthday. It was so special.

**What is your favourite Event?** The 100m Backstroke is my event. Backstroke always has been. It was the first stroke that I could do.

**When was your international senior debut?** The 1999 European Championships in Germany where I won a medal so that was good. It was great to be away with the team for the first time.

**Who is your toughest opponent?** I have so many but probably me. I am hard on myself if I do a bad swim.

**Best Venue:** The pool in Sydney 2000. It was a great pool and my first Paralympics.

### OUT OF THE POOL

**Do you have any Superstitions?** I always look at the start sheet several times to make sure I know what I have to do and when.

**Favourite way to relax?** I write in a journal. I have done it for a couple of years now.

**Any hobbies away from the pool?** Swimming and looking after our daughter takes up most of our time so we don't get much time for hobbies. I enjoy watching television and we try to eat out and visit family as much as we can.

**What's the best thing you cook?** Beef in a red wine sauce although I have not made it for a while.

**Best concert you have been to?** Take That back in 2009, amazing.

**Who would you most like to meet?** Julia Roberts.

**What are your must watch TV programmes?** I like the shows Grey's Anatomy, Touch and Desperate Housewives.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** Somewhere hot like the Maldives so I can sit on a beach. I always like places with great shopping.

**Which five people would you want at your ultimate dinner party?** Julia Roberts, Gary Barlow, Sascha Kindred, David Beckham and Charlotte Henshaw.



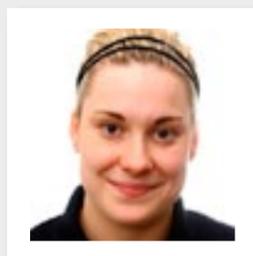
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## SWIMMING PROFILES: WOMEN

# HARRIET LEE



**Club:** City of Peterborough

**Coach:** Ben Negus

**Dob:** 06/05/1991

**Born:** Huntingdon

**Trains:** Peterborough

**Lives:** Peterborough

**Occupation:** Full time athlete

### QUALIFIED EVENTS:

50m Freestyle, 100m Breaststroke, 200m Individual Medley

### ACHIEVEMENTS:

IPC World Championships 2010: SB9 100Br Gold, 34pt 4x100MR Silver

### IN THE POOL

**How were the Paralympic trials for you?** London was great as I got the qualifying time in the 100m Breaststroke. The pool was fast and I really enjoyed the whole experience. I missed the Sheffield trials due to illness though unfortunately.

**What are your goals for the London Paralympics?** The plan is to get back to fitness at the moment and once everything comes together I would like to get to the final, then the podium.

#### What has been your finest performance so far and why?

Winning the world title in 2010 in the 100m Breaststroke was special. But the trials this year meant a lot as I had been out of the pool for a while. I was so happy.

**What is your favourite Event?** The 100m Breaststroke has always been the one. It was also the event I won my world title in.

**When was your international senior debut?** The 2010 World Championships. I was just happy to be on a team. I had no expectations and to come away with a gold medal was a huge bonus and a great stepping stone in the lead up to 2012.

**Who is your toughest opponent?** There are about six of us fighting for the Breaststroke I think, so it will be very tough.

**Best Venue?** London Aquatics Centre. It was so new you felt like you shouldn't touch anything. It's hard to imagine what it will be like in the summer. I can't wait.

### OUT OF THE POOL

**Do you have any Superstitions?** No, not really.

**Favourite way to relax?** Having a duvet day in front of the TV. I like going shopping too.

**Any hobbies away from the pool?** I do some swimming teaching once a week although it is not getting away from the pool! I like to be able to just to go for long walks and if I had time I'd go to the theatre more.

**What's the best thing you cook?** My spaghetti bolognese.

**Best concert you have been to?** I went to see the show Matilda recently, it was amazing.

**Who would you most like to meet?** Darren Campbell.

**What are your must watch TV programmes?** Grey's Anatomy is my favourite programme. I like murder mystery shows too.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** I would love to go to Hawaii.

**Which five people would you want at your ultimate dinner party?** Darren Campbell, David Beckham, Jessica Ennis, James Corden and John Bishop.



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## SWIMMING PROFILES: WOMEN

# AMY MARREN



**Club:** Romford Town

**Coach:** Gary Rodgers

**Dob:** 14/08/1998

**Born:** Newham

**Trains:** Hornchurch

**Lives:** Hornchurch

**Occupation:** I am in year nine at school

### QUALIFIED EVENTS:

400m Freestyle, 100m Backstroke, 50m Freestyle

### ACHIEVEMENTS:

London 2012 International Debut

### IN THE POOL

**How were the Paralympic trials for you?** I was pleased with my times as I was so nervous being in a new pool and in front of a big crowd at the London Aquatics Centre. At the Sheffield trials I achieved my time. I think my swims in London gave me the confidence to swim faster in Sheffield where I learnt to control my nerves.

**What are your goals for the London Paralympics?** I would like to swim personal best times, to enjoy myself and take the experience in.

**What has been your finest performance so far and why?** My 200m Individual Medley at the Sheffield trials this year where I did a qualifying time. When I saw the time on the board I was really surprised. I really didn't expect to qualify for London.

**What is your favourite Event?** I really enjoy the Backstroke at the moment as I won a bronze medal at my County Championships earlier in 2012.

**When was your international senior debut?** The Paralympics in London will be. It will be amazing having the home crowd and a really good atmosphere. I am really excited.

**Who is your toughest opponent?** There are so many. Everyone is an opponent.

**Best Venue?** Sheffield because I know where everything is and I have raced there so much. The London Pool has the wow factor with the size of the crowd.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Watch films and have lazy days around the house. I also like spending time with my friends.

**Any hobbies away from the pool?** Swimming takes up most of my time alongside school. I go to the Girl Guides when I have the time and just spend time with my friends.

**What's the best thing you cook?** Probably pasta or cakes. My mum does the cooking though.

**Best concert you have been to?** I went to the X Factor tour which I really enjoyed.

**Who would you most like to meet?** Justin Bieber and the Queen.

**What are your must watch TV programmes?** I like watching music channels, comedies and documentaries. I also watch the Disney Channel with my sister.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** I really enjoyed Turkey, that was the best. I liked Spain as well.

**Which five people would you want at your ultimate dinner party?** Justin Bieber, Michael Phelps, The Queen, Miranda Hart and my Aunt in Australia – she is coming back to watch me at the Paralympics.



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## SWIMMING PROFILES: WOMEN

# NATALIE MASSEY



**Club:** Manchester HPC

**Coach:** Mick Massey (father)

**Dob:** 23/02/1989

**Born:** Stockport

**Trains:** Manchester

**Lives:** Stockport

**Occupation:** Full time athlete. I do have a part time job though at Marks and Spencer

### QUALIFIED EVENTS:

**200m Freestyle, 100m Backstroke, 100m Breaststroke**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S14 200Fr Silver, S14 100Ba Bronze, SB14 100Br 4th

**IPC World Championships 2010:** S14 200Fr Bronze, S14 100Ba 5th, SB14 100Br 6th

**IPC European Championships 2009:** S14 100Fr Gold, SM14 200IM Silver

### IN THE POOL

**How were the Paralympic trials for you?** The trials went really well considering the previous five months leading up to them. I had to have an operation on my ankle in September 2011 to remove part of a bone. After that I had severe whip lash after a car accident and then just before trials I had shingles so I was absolutely drained. So to have qualified and be ranked third in the world is not that bad!

**What are your goals for the London Paralympics?** To win the 200m Freestyle, reach the podium in the 100m Backstroke and get to the final in the 100m Breaststroke. I want to get a personal best time in all of my events because at the end of the day you can't go any better than a PB.

**What has been your finest performance so far and why?** The 100m Backstroke at the INAS-FID World Championships in Hong Kong where I got my first international medal. I won bronze and was only 13. Also breaking a world record for the first time in Sheffield I remember thinking after the race that I was now the fastest in the world! It felt amazing.

**What is your favourite Event?** The 400m Freestyle.

**When was your international senior debut?** The World Championships in Hong Kong in 2003.

**Who is your toughest opponent?** Myself because I'm a tough cookie.

**Best Venue?** The pool in Sheffield as I feel at home. I like the Berlin pool too as I swim fast there.

### OUT OF THE POOL

**Do you have any Superstitions?** I have a routine of doing everything four times before a race. Swinging my arms, jumping up and down and rubbing my block four times. I also wear my Union Jack socks on the day I race Freestyle.

**Favourite way to relax?** Walking my dog Molly, listening to music or chilling with friends.

**Any hobbies away from the pool?** I collect pin badges from lots of sports, mainly swimming. My collection started from the Sydney Olympics in 2000 and I add to my collection at each meet I go to.

**What's the best thing you cook?** Shepherd's pie made with baked beans. I cook it for my training partners sometimes and they love it. Whenever I have been away I always look forward to having it when I get home.

**Best concert you have been to?** I have been to the X Factor which was great and also I enjoyed the shows Grease and We Will Rock You. I would have loved to have seen Westlife but I couldn't as was away training.

**Who would you most like to meet?** Either Chad Michael Murray, Enrique Iglesias or Westlife.

**What are your must watch TV programmes?** I like the soaps such as Emmerdale and Coronation Street.

**Ideal holiday destination?** My dream holiday would be to go to Australia.

**Which five people would you want at your ultimate dinner party?** My training partner Daniel Pepper, best friend Jenny, Donkey from Shrek, Peter Kay and Enrique Iglesias.



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## SWIMMING PROFILES: WOMEN

# STEPHANIE MILLWARD



**Club:** Swansea ITC

**Coach:** Billy Pye

**Dob:** 20/09/1981

**Born:** Saudi Arabia

**Trains:** Swansea

**Lives:** Swansea

**Occupation:** Full time athlete but I am also studying A Level Psychology and I am writing a book and hopefully it will be finished by the end of the year

### QUALIFIED EVENTS:

**400m Freestyle, 100m Backstroke, 100m Butterfly, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S9 50Fr 4th, S9 100Fr Silver, S9 400Fr Gold, S9 100Ba Gold, S9 100Fly Silver, 34Pt 4x100MR Gold

**Commonwealth Games 2010:** S9 50Fr Bronze, S9 100Fr Silver, S9 100Fly Silver

**IPC World Championships 2010:** S9 100Fr Silver, S9 400Fr Silver, S9 100Ba Silver, S9 100Fly Bronze, 34pt 4x100FR Silver, 34pt 4x100MR Silver

**IPC European Championships 2009:** S9 100Fr Silver, S9 400Fr Gold, S9 100Ba Gold, S9 100Fly Gold, 34pt 4x100FR Gold, 34pt 4x100MR Gold

**Paralympic Games 2008:** S9 50Fr 7th, S9 100Fr 5th, S9 100Ba 4th, S9 100Fly 13th

### IN THE POOL

**How were the Paralympic trials for you?** They were good. The plan for London was to enter as many events as possible to get experience of competing in the venue and I qualified for three events during the week. At the Sheffield trials I added the 200m Individual Medley and it was a big surprise because I only decided to do the event a couple of weeks before and had to pretty much learn how to do breaststroke as I had hardly ever done it before.

**What are your goals for the London Paralympics?** To enjoy it mainly and to do as well as I can do. I would love to win medals of course but as long as I do the best I can I will be happy.

**What has been your finest performance so far and why?** Winning the world short course title in the 100m Freestyle in Rio, 2009. I did nine events overall and this was the last of them, I was so shattered. I decided to just go for it, won and broke the world record.

**What is your favourite Event?** 100m Backstroke because I enjoy it more than the others.

**When was your international senior debut?** Paralympics in 2008.

**Who is your toughest opponent?** Natalie Du Toit. She has won so much over a number of years and is the person to beat.

**Best Venue?** I think Rio because it was exciting. It was an outdoor pool and there was a storm when we were in the pool!

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** I find writing my book is a good way to relax.

**Any hobbies away from the pool?** Not that it is a hobby but I am getting married next year. So wedding planning, swimming and writing my book takes up the majority of my time. I plan to go horse riding after the Games though as I have not been for a couple of years.

**What's the best thing you cook?** Lasagne is my favourite and any reason to make it I will!

**Best concert you have been to?** I went to see Westlife and Take That and they were both really good. I like the Theatre too and Les Miserables is my favourite.

**Who would you most like to meet?** No one I can think of.

**What are your must watch TV programmes?** I am not a huge television watcher. Although I like CSI, Diagnosis Murder and House.

**What could you not live without Laptop or Mobile?** Laptop.

**Ideal holiday destination?** I loved Antigua when I went but I really want to go to Hawaii so hopefully for the honeymoon.

**Which five people would you want at your ultimate dinner party?** Joanna Lumley, Dawn French, Sean Connery, my mum and my fiancé.



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## SWIMMING PROFILES: WOMEN

# SUSANNAH RODGERS



**Club:** Otter/Beacon

**Coach:** Ron Philpott/Steve Bratt

**Dob:** 09/08/1983

**Born:** Stockton on tees

**Trains:** London

**Lives:** London

**Occupation:** Full time athlete from May 2012

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle, 100m Backstroke, 50m Butterfly

### ACHIEVEMENTS:

IPC European Championships 2011: S7 50Fr Silver, S7 100Fr Gold, S7 400Fr Gold, S7 100Ba Gold, S7 50Fly Gold, 34Pt 4x100FR Gold

### IN THE POOL

**How were the Paralympic trials for you?** They pretty much went to plan. I wanted to qualify and achieve the required qualifying times and I achieved four of the times at the London trials and went on to achieve a fifth time in Sheffield. It was nerve wracking in London with such a big crowd and a lot of media around. I really liked it though and people I knew come along to support me.

**What are your goals for the London Paralympics?** To try and swim faster than I have before and compete against the best in the world. I want to be able to enjoy the experience and not get nervous.

**What has been your finest performance so far and why?** At the European Championships last year. It was an amazing experience. I was very nervous before my first event the 400m Freestyle but I won gold which gave me confidence for the rest of the event and helped me to relax.

**What is your favourite Event?** I do so many. I don't really have a favourite event but my favourite stroke is butterfly.

**When was your international senior debut?** 2011 European Championships in Berlin.

**Who is your toughest opponent?** Quite a few to be honest across all of my events. The whole world I think.

**Best Venue?** Berlin at the Europeans. I used to live there so I knew the pool. I had a great meet winning five gold and one silver medal.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** A combination of listening to Music, reading, walking and going to the cinema.

**Any hobbies away from the pool?** I don't have much time at the moment. I would like to try ballroom dancing though.

**What's the best thing you cook?** Homemade dressings to go with salads.

**Best concert you have been to?** The Police when they got back together at Twickenham a few years ago. It was amazing.

**Who would you most like to meet?** The Queen.

**What are your must watch TV programmes?** I like New Girl and South Park. Comedy programmes mainly.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** The Maldives. I have been before and would love to go back again.

**Which five people would you want at your ultimate dinner party?** Stephen Fry, My Mum, Rik Mayall, Mother Theresa and Ryan Gosling.



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## SWIMMING PROFILES: WOMEN

# HANNAH RUSSELL



**Club:** Guildford City

**Coach:** Lee Spindlow

**Dob:** 05/08/1996

**Born:** Chertsey

**Trains:** Guildford

**Lives:** Ottershaw

**Occupation:** I am doing my GCSEs at the moment. Hopefully I will go on to do a sports diploma next year

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle, 100m Backstroke, 100m Butterfly

### ACHIEVEMENTS:

IPC European Championships 2011: S12 50Fr 5th, S12 100Fr 6th, S12 400Fr 4th, S12 100Ba Silver, S12 100Fly Bronze

### IN THE POOL

**How were the Paralympic trials for you?** I really enjoyed them. All the training had paid off and I performed really well. I surprised myself with the 400m Freestyle which put me in a positive state of mind for the rest of the trials.

**What are your goals for the London Paralympics?** I am trying to focus on technique especially my starts and turns. My aim is to get into finals as I am so young any medal would be a bonus.

### What has been your finest performance so far and why?

Earlier this year I broke the world record in the 400m Freestyle short course at the DSE Juniors in Sheffield. I was trying to hit the 4.40 mark and to beat that was a surprise, I was so happy.

**What is your favourite Event?** My favourite stroke is Backstroke and I love the 100m.

**When was your international senior debut?** The London 2012 Paralympics will be. It's a dream come true. My aim was to qualify and focus on 2016, so to qualify this year is amazing and I am really looking forward to it.

**Who is your toughest opponent?** Russian swimmer Oxana Savchenko.

### OUT OF THE POOL

**Do you have any Superstitions?** I do the same routine before every race.

**Favourite way to relax?** I enjoy listening to music and hanging out with family and friends.

**Any hobbies away from the pool?** I really enjoy athletics but I have stopped it this year as I am focusing on swimming. I like to go shopping and enjoy the cinema.

**What's the best thing you cook?** Pasta or fajitas. I can do a range of simple things.

**Best concert you have been to?** I went to the Summertime Ball in 2011 and saw artists like The Wanted, Example and Justin Bieber. It was really good.

**Who would you most like to meet?** The person presenting the medals at the Paralympics.

**What are your must watch TV programmes?** I watch Britain's Got Talent and The Voice.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** I love Hossegor in the south of France.

**Which five people would you want at your ultimate dinner party?** Rebecca Adlington, Mum, Dad, Sister and Kelly Holmes.



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## SWIMMING PROFILES: WOMEN

# ELLIE SIMMONDS



**Club:** Swansea HPC

**Coach:** Billy Pye

**Dob:** 11/11/1994

**Born:** Walsall

**Trains:** Swansea

**Lives:** Swansea during the week and Walsall at the weekends.

**Occupation:** I am in Year 12 at school and doing AS Levels Part Time in History and World Development

### QUALIFIED EVENTS:

**50m Freestyle, 100m Freestyle, 400m Freestyle, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S6 50Fr Bronze,

S6 100Fr Silver, S6 400Fr Gold, S6 100Ba 5th, SM6 200IM Gold

**IPC World Championships 2010:** S6 50Fr Gold, S6 100Fr Gold,

S6 400Fr Gold, SM6 200IM Gold, 20pt 4x50MR Bronze,

34pt 4x100FR Silver, 34pt 4x100MR Silver

**IPC European Championships 2009:** S6 50Fr Gold,

S6 100Fr Gold, S6 400Fr Gold, SM6 200IM Gold,

34pt 4x100MR Gold

**Paralympic Games 2008:** S6 50Fr 5th, S6 100Fr Gold,

S6 400Fr Gold, S6 50Fly 8th, SM6 200IM 5th

**IPC World Championships 2006:** S6 50Fr 7th, S6 100Fr 7th,

S6 400Fr 6th, S6 50Fly 8th

### IN THE POOL

**How were the Paralympic trials for you?** It was a big surprise to break a world record in the Olympic pool. I didn't think I would go that fast as in my other races I was two seconds off my best. When I touched and saw the time I was in complete shock.

**What are your goals for the London Paralympics?** All I can ask of myself is to swim the best I can. Having competed in the pool already will hopefully give me an advantage in the summer. I can't wait to compete in front of a packed home crowd.

**What has been your finest performance so far and why?** The 100m Freestyle in Beijing. To win Paralympic gold was such a surprise and was the highlight of my career. I think the 400m Freestyle at the World Championships in 2010 was also good because it was just me against the clock and proved to me that I can swim when out on my own.

**What is your favourite Event?** 100m Freestyle I seem to enjoy the most. Freestyle is my favourite stroke and the 100m is only two lengths.

**When was your international senior debut?** The World Championships in Durban in 2006. I was only 12. It seems so long ago.

**Who is your toughest opponent?** Mirjam de Koning Peper (NED) in the Freestyle and Natalie Jones (GBR) in the Medley.

**Best Venue?** Beijing. It was so big and spectacular. Great to race in and I did my best races there. The crowd gave everyone such a big lift.

### OUT OF THE POOL

**Do you have any Superstitions?** No.

**Favourite way to relax?** Going shopping or to the cinema. I like sleeping too.

**Any hobbies away from the pool?** With school I don't really have much time for anything but I really enjoy baking.

**What's the best thing you cook?** My carrot and walnut muffins. I always bake the cake for birthdays for people on the team, I really enjoy making them.

**Best concert you have been to?** Justin Bieber in Manchester was really good.

**Who would you most like to meet?** David Beckham or Justin Bieber.

**What are your must watch TV programmes?** I enjoy Come Dine With Me. Actually it would be cool to go on it.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** It would be between either New York and Australia.

**Which 5 people would you want at your ultimate dinner party?** David Beckham, Justin Bieber, Usain Bolt, Alan Carr and Louie Spence.



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## SWIMMING PROFILES: WOMEN

# LAUREN STEADMAN



**Club:** Portsmouth Northsea

**Coach:** Paul Hogg

**Dob:** 18/12/1992

**Born:** Peterborough

**Trains:** Portsmouth

**Lives:** Portsmouth

**Occupation:** I am studying Psychology at Portsmouth University

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyles

### ACHIEVEMENTS:

**IPC European Championships 2011:** S9 400Fr 4th, S9 100Ba 4th, 34Pt 4x1FR Gold

**IPC European Championships 2009:** S9 50Fr 5th, S9 100Fr 5th, S9 400Fr Bronze, SM9 200IM 6th, 34pt 4x100Fr Gold

**Paralympic Games 2008:** S9 50Fr 9th, S9 100Fr 16th, S9 400Fr 12th

### IN THE POOL

**How were the Paralympic trials for you?** Brilliant, after some good training camps I did personal best times at the Paralympic trials in both the 100m Freestyle and 200m IM. It was such a good atmosphere at the London trials, it boosted the excitement that the Games are so close.

**What are your goals for the London Paralympics?** To represent my country to the highest possible level I can and to produce new personal bests and bring home a medal.

**What has been your finest performance so far and why?** Qualifying for my first Paralympic Games was a priceless feeling and unexpected which made it extra special for me.

**What is your favourite Event?** 100m Freestyle, it's two lengths of pure speed, effort and a challenge for the toughest.

**When was your international senior debut?** Beijing Paralympic Games in 2008. It was amazing.

**Who is your toughest opponent?** There isn't just one really. I class every opponent as tough as a race can be unpredictable.

**Best Venue?** Sheffield Ponds Forge because I have had my highest and lowest points whilst racing in Sheffield. It holds many memories and some of the best experiences I've ever had.

### OUT OF THE POOL

**Do you have any Superstitions?** I don't walk over three drains.

**Favourite way to relax?** Have a mug of hot chocolate and read a book or watch a movie on the sofa.

**Any hobbies away from the pool?** I enjoy making things like cards and gifts.

**What's the best thing you cook?** It would be beef wellington and chocolate cheesecake.

**Best concert you have been to?** I went to see Blue when I was little and they were good.

**Who would you most like to meet?** Frank Bruno.

**What are your must watch TV programmes?** Really like the show Wild at Heart.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** The Seychelles.

**Which 5 people would you want at your ultimate dinner party?** I would want my closest friends to share a few giggles.



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## SWIMMING PROFILES: WOMEN

# LOUISE WATKIN



**Club:** City of Salford  
**Coach:** John Stout  
**Dob:** 13/08/1992  
**Born:** Stockholm  
**Trains:** Salford  
**Lives:** Leigh  
**Occupation:** Full time athlete

### QUALIFIED EVENTS:

**50m Freestyle, 100m Freestyle, 100m Breaststroke, 200m Individual Medley**

### ACHIEVEMENTS:

**IPC European Championships 2011:** S9 50Fr Silver, S9 100Fr Bronze, S9 400Fr Bronze, S9 100Ba Silver, SB9 100Br Bronze, SM9 200IM Gold, 34Pt 4x100FR Gold, 34pt 4x100MR Gold

**IPC World Championships 2010:** S9 50Fr Gold, S9 100Fr Bronze, SB9 100Br Silver, SM9 200IM Silver, 34pt 4x100MR Silver

**IPC European Championships 2009:** S9 50Fr Gold, S9 100Fr Gold, S9 400Fr Silver, SB9 100Br Silver, SM9 200IM Gold, 34pt 4x100FR Gold, 34pt 4x100MR Gold

**Paralympic Games 2008:** S9 50Fr Bronze, S9 100Fr Silver, S9 400Fr 5th, SB9 100Br Bronze, SM9 200IM Bronze

**IPC World Championships 2006:** S9 50Fr 6th, S9 100Fr 4th, S9 100Ba 11th, SB9 100Br 5th, 34pt 4x100MR Silver

### IN THE POOL

**How were the Paralympic trials for you?** They went really well. I qualified for the Games which was the main goal for the year. Training has also been going really well so overall I'm really happy.

**What are your goals for the London Paralympics?** To go out there and compete and then hopefully come away with a medal.

**What has been your finest performance so far and why?** The 100m Freestyle in Beijing 2008. It was my first medal of the Games and it was so unexpected. I didn't expect to win a medal at all but I got into the final and knew I had to get a personal best to get anything. The race just went so well.

**What is your favourite Event?** The 50m Freestyle as it's fast and quite technical. I enjoy the really close races that you get with this event as the races are won the last 10 metres and that's what I really enjoy.

**When was your international senior debut?** The 2006 World Championships in Durban when I was only 14.

**Who is your toughest opponent?** Natalie Du Toit. She is so experienced and I look up to her and to what she has achieved in the sport.

**Best Venue?** Beijing for the Paralympics in 2008. The design was unique, the number of seats inside the pool and the atmosphere were unbelievable.

### OUT OF THE POOL

**Do you have any Superstitions?** No none.

**Favourite way to relax?** Spending time with my friends and going shopping.

**Any hobbies away from the pool?** Swimming takes up all of my time at the moment so no time for hobbies.

**What's the best thing you cook?** My spaghetti bolognese is good.

**Best concert you have been to?** Never been to one.

**Who would you most like to meet?** I don't think there is anyone really.

**What are your must watch TV programmes?** I don't watch a great deal of television.

**What could you not live without Laptop or Mobile?** Mobile.

**Ideal holiday destination?** I have never been to Australia so I would like to go and see everything and travel across the whole country.

**Which five people would you want at your ultimate dinner party?** I would just invite my family.



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## COACH PROFILES



### JOHN ATKINSON

**Position:** National Performance Director

**DOB:** 16/01/68

**Lives:** Lancashire

John was appointed as National Performance Director for Disability Swimming in May 2010 and this will be his first Paralympic Games with ParalympicsGB.

Before taking on his current role, John was responsible for overseeing the daily training and national team environments at British Swimming, and prior to that was the National Youth Coach for British Swimming.

John has worked for British Swimming since 2001 and has been a part of the following British Teams:

European Junior Championships 2001, 2002, 2003, 2004, 2006, 2007, 2009, European Youth Olympics 2001, 2005, 2007, 2009, World Swimming Championships 2005, World SC Swimming Championships 2008, European SC Swimming Championships 2003, 2004, 2005, European LC Swimming Championships 2008, Olympic Games 2008 offsite support and holding camp.



### BILLY PYE

**Position:** Coach

**DOB:** 27/09/58

**Lives:** Neath, South Wales

**Club:** Swansea HPC/Swansea Performance

Billy is one of the most experienced coaches on the team and heads up the British Disability Swimming High Performance Centre in Swansea. He currently coaches a group of eight swimmers.

Billy has worked with some of the most successful swimmers that have competed at the Paralympic Games including Liz Johnson and Eleanor Simmonds.



### MICK MASSEY

**Position:** Coach

**DOB:** 07/03/59

**Lives:** Manchester

**Club:** Manchester HPC

Mick is the Head Coach at the High Performance Centre in Manchester and works with successful swimmers like Natalie Jones and Matthew Walker.

He has shared his expertise at all levels of international competition including the 2010 World Championships and the 2008 Paralympic Games.



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## GLENN SMITH

**Position:** Coach  
**DOB:** 25/01/66  
**Lives:** Leicestershire  
**Club:** Nova Centurion

Glenn is from the Nova Centurion club - a club which is responsible for producing talented athletes, the likes of who include double Olympic Champion Rebecca Adlington and multi-Paralympic medallist Sam Hynd.

He is the coach of Oliver Hynd who won gold in the 200m Individual Medley at his first European Championships last year. Glenn has also steered Charlotte Henshaw to a World Championship silver medal in 2010.



## JOHN STOUT

**Position:** Coach  
**DOB:** 11/08/70  
**Lives:** Manchester

John Stout is the Head Coach at the City of Salford Swimming Club and took Heather Frederiksen to her Paralympic gold medal at the 2008 Paralympic Games. Heather and Louise Watkin are John's two athletes on the squad.

The former swimmer has worked at the Bristol Swimming Club and the City of Cardiff under the tuition of renowned coach Dave Haller. John coached at the City of Cardiff when Olympic medallist David Davies was learning the ropes.



## LOUISE GRAHAM

**Position:** Coach  
**DOB:** 22/11/80  
**Lives:** Ripponden

Louise is one of the most promising young female coaches in the country and is Head Coach at Preston Swimming Club. She coaches Jack Bridge who will be making his Paralympic debut at the home Games here in London.

In 2006 she was selected as part of UK Sport's Elite Coaches development programme and has allowed her to develop her skills and knowledge.



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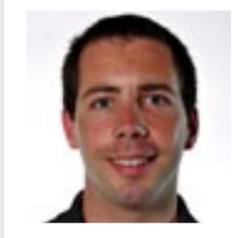


## KERRY WOOD

**Position:** Coach  
**DOB:** 29/10/75  
**Lives:** Dunblane  
**Club:** Stirling Swimming

Kerry has worked with Stirling Swimming for ten years and has achieved a great deal in her time as coach of the club. The year after starting with the club she won the Stirling Council's Coach of the Year award for her achievements.

As a former international swimmer, Kerry has been able to share and build on her own experiences with her athletes.



## ROB AUBRY

**Position:** Coach  
**DOB:** 12/11/81  
**Lives:** Exeter

Rob is one of the Development Coaches for British Disability Swimming and this will be the first time he has coached on a senior international team at a major competition.

Rob has previously worked with Exeter Swimming Club and held a position as Regional Disability Coach for the South West.



## MARK ROSE

**Position:** Coach  
**DOB:** 07/06/72  
**Lives:** Manchester  
**Club:** City of Manchester Aquatics

Mark has been a top class swimming coach for just under twenty years and took on his first Head Coach role in 1998. In 2002 Mark worked at his first British Swimming camp and his career has gone from strength to strength since then.

Mark worked at Derwentio from 2003 – 2005 and coached 14 swimming onto British Swimming Teams. He is also a member of the British Swimming Select Coaches group and in 2009 he took on his current role of Head of Swimming Coaching at the Manchester Aquatics Beacon Club.



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## PERSONAL AND SEASON BESTS: MALE

SWIMMER NAME	EVENT	PB (YEAR)	SB
<b>James Anderson</b>	50m Freestyle	1.05.09 (2006)	1.09.32
	100m Freestyle	2.20.62 (2011)	2.26.83
	50m Backstroke	1.04.33 (2008)	1.07.65
<b>Jack Bridge</b>	100m Backstroke	1.10.38 (2012)	1.10.38
	100m Breaststroke	1.12.25 (2012)	1.12.25
	200m Individual Medley	2.20.61 (2011)	2.22.80
<b>James Clegg</b>	50m Freestyle	26.36 (2012)	26.36
	100m Freestyle	57.16 (2012)	57.16
	100m Butterfly	1.01.46 (2012)	1.01.46
<b>James Crisp</b>	100m Freestyle	59.67 (2011)	1.01.30
	400m Freestyle	4.21.52 (2010)	4.27.88
	100m Backstroke	1.03.32 (2010)	1.04.03
	100m Breaststroke	1.18.00 (2002)	1.18.20
	200m Individual Medley	2.19.85 (2011)	2.20.70
<b>Graham Edmunds</b>	50m Freestyle	25.10 (2008)	25.51
	100m Freestyle	55.10 (2009)	56.42
	400m Freestyle	4.26.95 (2009)	4.36.04
	100m Butterfly	1.04.15 (2009)	1.05.72
<b>Jonathan Fox</b>	50m Freestyle	29.60 (2011)	29.76
	100m Freestyle	1.03.83 (2011)	1.04.41
	400m Freestyle	4.47.16 (2011)	4.47.46
	100m Backstroke	1.10.45 (2011)	1.10.90

SWIMMER NAME	EVENT	PB (YEAR)	SB
<b>Sean Fraser</b>	50m Freestyle	27.96 (2011)	28.36
	100m Freestyle	1.00.77 (2010)	1.00.92
	100m Backstroke	1.07.92 (2010)	1.09.40
	100m Butterfly	1.05.79 (2011)	1.06.14
<b>James Hollis</b>	400m Freestyle	4.28.56 (2011)	4.33.72
	100m Backstroke	1.07.79 (2012)	1.07.79
	100m Butterfly	59.53 (2012)	59.53
	200m Individual Medley	2.26.49 (2012)	2.26.49
<b>Oliver Hynd</b>	400m Freestyle	4.28.62 (2012)	4.28.62
	100m Backstroke	1.07.95 (2011)	1.09.51
	100m Butterfly	1.07.11 (2011)	1.09.27
	200m Individual Medley	2.25.75 (2011)	2.29.58
<b>Sam Hynd</b>	100m Freestyle	1.01.04 (2008)	1.02.25
	400m Freestyle	4.26.08 (2010)	4.30.52
	100m Breaststroke	1.15.29 (2008)	1.18.30
	200m Individual Medley	2.27.21 (2009)	2.29.99
<b>Sascha Kindred</b>	50m Freestyle	32.11 (2008)	33.12
	100m Freestyle	1.11.42 (2009)	1.12.10
	100m Breaststroke	1.22.18 (2008)	1.23.27
	50m Butterfly	32.23 (2011)	32.52
	200m Individual Medley	2.41.99 (2011)	2.42.94



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SWIMMER NAME	EVENT	PB (YEAR)	SB
<b>Aaron Moores</b>	100m Backstroke	1.05.15 (2012)	1.05.15
<b>Andrew Mullen</b>	50m Freestyle	39.26 (2012)	39.26
	50m Backstroke	41.32 (2012)	41.32
	50m Butterfly	40.28 (2012)	40.28
<b>James O'Shea</b>	100m Breaststroke	1.38.25 (2012)	1.38.25
<b>Daniel Pepper</b>	200m Freestyle	2.01.27 (2011)	2.02.73
<b>Morgyn Peters</b>	100m Freestyle	1.02.29 (2012)	1.02.29
	100m Backstroke	1.05.06 (2012)	1.05.06
<b>Benjamin Procter</b>	200m Freestyle	2.02.22 (2011)	2.02.67
	100m Backstroke	1.05.43 (2011)	1.07.15
<b>Craig Rodgie</b>	200m Freestyle	2.03.63 (2012)	2.03.63
	100m Backstroke	1.05.88 (2012)	1.05.88
<b>Anthony Stephens</b>	50m Freestyle	34.30 (2010)	36.16
	100m Freestyle	1.15.50 (2010)	1.19.92
	200m Freestyle	2.42.22 (2009)	2.53.22
	50m Backstroke	41.20 (2009)	43.81
	50m Butterfly	42.15 (2009)	45.86
<b>Matthew Walker</b>	50m Freestyle	28.14 (2009)	28.37
	100m Freestyle	1.02.68 (2010)	1.03.91
	50m Butterfly	32.00 (2010)	33.11
<b>Robert Welbourn</b>	100m Freestyle	54.40 (2008)	56.08
	400m Freestyle	4.07.05 (2010)	4.11.72
	100m Butterfly	1.01.51 (2010)	1.02.16
	200m Individual Medley	2.17.99 (2011)	2.19.53

SWIMMER NAME	EVENT	PB (YEAR)	SB
<b>Matthew Whorwood</b>	50m Freestyle	33.81 (2007)	34.56
	100m Freestyle	1.11.00 (2010)	1.12.02
	400m Freestyle	5.10.09 (2010)	5.12.93
	100m Breaststroke	1.29.96 (2008)	1.36.34
	200m Individual Medley	2.54.00 (2008)	2.58.11
<b>Thomas Young</b>	50m Freestyle	28.81 (2012)	28.81
	100m Freestyle	1.00.90 (2012)	1.00.90
	400m Freestyle	4.32.70 (2011)	4.37.20
	100m Backstroke	1.06.85 (2010)	1.07.52
	100m Breaststroke	1.24.13 (2011)	1.25.59
	200m Individual Medley	2.30.75 (2011)	2.33.49
<b>Gemma Almond</b>	100m Freestyle	1.05.54 (2011)	1.06.37
	400m Freestyle	4.54.10 (2011)	4.56.37
	100m Breaststroke	1.26.00 (2012)	1.26.00
	100m Butterfly	1.12.26 (2012)	1.12.26
	200m Individual Medley	2.37.90 (2012)	2.37.90



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## PERSONAL AND SEASON BESTS: FEMALE

SWIMMER NAME	EVENT	PB (YEAR)	SB
<b>Jessica-Jane Applegate</b>	200m Freestyle	2.14.71 (2012)	2.14.71
	100m Backstroke	1.11.14 (2012)	1.11.14
<b>Claire Cashmore</b>	50m Freestyle	30.14 (2010)	30.87
	100m Freestyle	1.05.16 (2011)	1.05.42
	100m Backstroke	1.14.46 (2008)	1.16.66
	100m Breaststroke	1.20.37 (2011)	1.22.68
	100m Butterfly	1.12.07 (2011)	1.14.42
	200m Individual Medley	2.37.36 (2009)	2.38.23
<b>Chloe Davies</b>	200m Freestyle	2.17.31 (2012)	2.17.31
	100m Backstroke	1.10.48 (2012)	1.10.48
<b>Heather Frederiksen</b>	50m Freestyle	31.21 (2009)	32.12
	100m Freestyle	1.06.42 (2012)	1.06.42
	400m Freestyle	4.45.67 (2009)	5.01.69
	100m Backstroke	1.14.36 (2009)	1.20.78
	200m Individual Medley	2.46.95 (2009)	2.55.09
<b>Rhiannon Henry</b>	50m Freestyle	28.57 (2011)	28.81
	100m Freestyle	1.00.95 (2011)	1.01.11
	200m Individual Medley	2.33.64 (2012)	2.33.64
<b>Charlotte Henshaw</b>	100m Freestyle	1.21.78 (2012)	1.21.78
	400m Freestyle	5.39.21 (2011)	5.44.66
	100m Breaststroke	1.38.46 (2010)	1.41.38

SWIMMER NAME	EVENT	PB (YEAR)	SB
<b>Emma Hollis</b>	100m Freestyle	1.12.31 (2012)	1.12.31
	400m Freestyle	5.24.48 (2011)	5.24.85
	100m Breaststroke	1.41.42 (2011)	1.42.76
	100m Butterfly	1.22.26 (2011)	1.23.61
<b>Elizabeth Johnson</b>	200m Individual Medley	2.59.46 (2011)	3.02.83
	100m Backstroke	1.42.90 (2009)	1.44.07
	100m Breaststroke	1.38.89 (2011)	1.42.16
	200m Individual Medley	3.20.48 (2008)	3.28.20



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SWIMMER NAME	EVENT	PB (YEAR)	SB
<b>Natalie Jones</b>	50m Freestyle	37.21 (2008)	39.64
	100m Freestyle	1.20.14 (2009)	1.21.88
	400m Freestyle	5.52.38 (2011)	5.59.05
	50m Butterfly	41.46 (2011)	42.45
	200m Individual Medley	3.11.12 (2010)	3.14.74
<b>Nyree Kindred</b>	100m Freestyle	1.23.21 (2008)	1.29.51
	400m Freestyle	5.48.71 (2008)	6.11.95
<b>Harriet Lee</b>	100m Backstroke	1.26.87 (2010)	1.28.31
	50m Freestyle	30.08 (2012)	30.08
	100m Breaststroke	1.19.86 (2010)	1:20.49
<b>Amy Marren</b>	200m Individual Medley	2.38.60 (2012)	2.38.60
	50m Freestyle	31.08 (2012)	31.08
	400m Freestyle	4.55.40 (2012)	4.55.40
<b>Natalie Massey</b>	100m Backstroke	1.14.65 (2012)	1.14.65
	200m Freestyle	2.15.03 (2011)	2.16.38
	100m Backstroke	1.11.49 (2011)	1.12.84
<b>Stephanie Millward</b>	100m Breaststroke	1.24.72 (2011)	1.26.34
	50m Freestyle	29.63 (2009)	30.10
	100m Freestyle	1.03.18 (2009)	1.05.05
	400m Freestyle	4.42.23 (2011)	4.46.73
	100m Backstroke	1.10.20 (2009)	1.10.40
	100m Butterfly	1.10.61 (2009)	1.11.96
	200m Individual Medley	2.38.03 (2012)	2.38.03

SWIMMER NAME	EVENT	PB (YEAR)	SB
<b>Susannah Rodgers</b>	50m Freestyle	33.84 (2012)	33.84
	100m Freestyle	1.12.10 (2011)	1.12.57
	400m Freestyle	5.22.23 (2012)	5.22.23
	100m Backstroke	1.25.83 (2012)	1.25.83
	50m Butterfly	36.01 (2012)	36.01
<b>Hannah Russell</b>	50m Freestyle	28.25 (2012)	28.25
	100m Freestyle	1.00.88 (2012)	1.00.88
	400m Freestyle	4.44.75 (2012)	4.44.75
	100m Backstroke	1.09.52 (2012)	1.09.52
<b>Eleanor Simmonds</b>	100m Butterfly	1.10.03 (2012)	1.10.03
	50m Freestyle	36.03 (2010)	37.06
	100m Freestyle	1.15.97 (2010)	1.16.82
	400m Freestyle	5.25.20 (2011)	5.27.09
	100m Backstroke	1.36.97 (2011)	1.39.44
<b>Lauren Steadman</b>	100m Breaststroke	1.49.11 (2010)	1.50.59
	200m Individual Medley	3.08.14 (2012)	3.08.14
	50m Freestyle	30.53 (2009)	31.13
	400m Freestyle	4.55.85 (2011)	4.56.48
<b>Louise Watkin</b>	50m Freestyle	29.21 (2009)	29.30
	100m Freestyle	1.03.07 (2010)	1.04.65
	100m Breaststroke	1.20.96 (2010)	1.22.92
	200m Individual Medley	2.35.99 (2011)	2.36.30



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# RANKINGS

Below is a link to the most up-to-date World rankings.

Please click on the link to view the relevant rankings online.

## WORLD RANKINGS

<http://www.paralympic.org/Swimming/Results/Rankings>



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# RECORDS

Below is a list of links to the most up-to-date records.

Please click on a link to view the relevant records online.

## WORLD/EUROPEAN/PARALYMPIC

<http://www.ipc-swimming.org/records/>

## FEMALE BRITISH RECORDS

<http://www.swimming.org/library/document/bd-long-course-female-records>

## MALE BRITISH RECORDS

<http://www.swimming.org/library/document/bd-long-course-male-records>



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# SELECTION POLICY

The team shall be nominated to ParalympicsGB following both trials for their confirmation. There shall be two (2) trials events as follows:

- The British Gas Championships (50m) – London, 3rd-9th March 2012.
- The British International Disability Swimming Championships (50m) – Sheffield, 6th–8th April 2012.

## 1. INDIVIDUAL EVENTS

- 1.1 Subject to 1.3 the overall fastest swimmer in each event and classification (S1-S14) from the two (2) trials will be nominated for that event providing that the performance equals or betters the published qualifying time.1
- 1.2 Subject to 1.3 the second and third fastest swimmers in each event and classification (S1-S14) from the trials will be eligible for nomination for that event providing that;
- i. The performance equals or betters the published qualifying time;
  - ii. There are sufficient places remaining for the event and classification following the nomination from both trials and relay squads; and
  - iii. Providing there are sufficient places available in the total quota set by IPC Swimming.

The selection panel will determine which swimmers are to be nominated for consideration by ParalympicsGB should the number of swimmers qualifying for events exceed the quota of places allocated. Please refer to the

Athlete Slot Allocation Matrix for further details (page 6).

- 1.3 If, due to illness or injury, established in accordance with 1.3.1 below, a swimmer is unable to compete at one or both of the above trials they may be considered for nomination provided that they have competed in at least one London 2012 Paralympic Games medal event between 17th December 2011 and 5th April 2012 inclusive and have achieved the criteria relating to the published qualifying times and place availability as set out in 1.1, 1.2, and 2. British Swimming will appoint a medical practitioner in consultation with the swimmer. In the event agreement cannot be reached British Swimming's decision shall be final to ensure their fitness to compete in the London 2012 Paralympic Games. The decision of the medical practitioner on fitness shall be final.
- 1.3.1 Swimmers must notify the National Performance Director (NPD) in writing by 5pm on the day prior to commencement of each trials event, outlining any injury or illness within the previous six (6) weeks indicating the injury/illness and how the injury/illness has specifically impacted upon their performance at the designated trials. A medical practitioner will be appointed by British Swimming, in consultation with the swimmer. In the event that agreement cannot be reached British Swimming's decision will be final to review the notified injury or illness.
- 1.3.2 British Swimming will appoint a medical practitioner in consultation with the swimmer. In the event that

agreement cannot be reached British Swimming's decision will be final to ensure their fitness to compete in the London 2012 Paralympic Games. The ParalympicsGB Chef de Mission (CdM), NPD, BS Chief Medical Officer (CMO) and ParalympicsGB CMO shall reach a consensus view by way of a consultative process of the continued selection or de-selection of the swimmer using all known information. The NPD and CdM shall consult and their decision shall be final.

- 1.4 Athletes who are not eligible to compete at the 1st trials due to their international classification taking place prior to the 2nd trials may have their performances from the 2nd trials considered for nomination.
- 1.5 For a swimmer to be eligible for consideration to compete in an additional event(s) all of the criteria indicated below must be met:
- 1.5.1 The swimmer having been nominated for the team in either an individual or relay event as set out in sections 1 and 2.
- 1.5.2 The swimmer having achieved a time which is within the published IPC Swimming minimum qualifying standard (MQS) for that event.
- 1.5.3 All additional swims are dependent upon place availability (3 entries per nation per event (S1-S14), for that event and classification.
- 1.5.4 Swimmers wishing to be considered for additional events must compete in all events in which they wish to be considered at one (1) or both trials. Consideration will



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be given to swimmers who were not able to compete at the trials due to illness/injury providing sufficient places are available and the MQS has been achieved.

1.5.5 Additional events will be considered at the sole discretion of the NPD.

1.5.6 Swimmers will be withdrawn from all additional events entered if the event(s) in which they have been nominated for (as outlined in 1.1, 1.2 and 2) are withdrawn by IPC Swimming, unless they meet the criteria for an event in a higher classification as set out in 4.8 and 4.8.1 below.

1.6 A maximum number of places will be allocated to Great Britain by IPC Swimming. This will be split into male and female places. The team size cannot exceed the number of athlete places given.

## 2. RELAYS

2.1 Additional swimmers may be nominated by the Selection Panel2 for the relays, providing that the swimmers combined four (4) times and points meet the Great Britain qualifying standard for that relay. Additional relay squad members may be nominated at the discretion of the NPD.

2.2 Swimmers combined times for relays will only be considered from the two (2) trials. Past performances will not be considered.

2.3 Relay practice may be held at any time and location following nomination, at the discretion of the NPD. Nominated swimmers will be required to attend all relay practices.

## 3. TEAM STAFF

3.1 ParalympicsGB will offer British Swimming a limited number of team staff accreditations for Coaches and Support Staff. Core staff positions will be nominated to ParalympicsGB on or before the 10th April 2012. Additional nominations will be made as soon as ParalympicsGB confirm the final Team Staff accreditation quota for swimming and all athlete nominations have been made.

3.2 The core team staff shall consist of the NPD/Team Leader, Team Manager, Sport Science and Sport Medicine Manager plus any specified core team staff as outlined by ParalympicsGB within the accreditation process.

3.3 Team staff nominations will be based on the number of accreditations allocated by ParalympicsGB.

3.4 Coach nominations will be made once the full support needs of the team have been identified. Coach nominations will be made by the NPD taking into consideration the following:

3.4.1 A team of coaching staff that meets the requirements of an elite performance pan-disability team.

3.4.2 All coaches must be a holder of a UKCC Level 4

Certificate. Holders of a UKCC Level 3 Certificate who have embarked on attaining a UKCC Level 4 Certificate may be considered.

3.5 Support team staff will be nominated by the NPD at his sole discretion, in consultation with the Team Manager and Sport Science and Sport Medicine Manager taking into consideration the following:

3.5.1 Support team staff has proven experience, skills and relevant qualifications to meet the support needs of elite performance swimmers within a pan-disability team.

3.5.2 All team staff will be required to undertake a number of varying tasks to support the needs of an integrated team of swimmers, coaches and support staff and must have proven ability to work on their own initiative in an elite team environment under extreme pressure.

3.5.3 All team staff must have the ability to work as part of a team with excellent communication skills and the ability to support each other within an elite performance environment.

3.6 The NPD, at his sole discretion, will confirm the coaches and team staff based on an appropriate balance of coaching and support staff to meet the needs of the team.



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## 4. GENERAL

The conditions outlined below must be met for all team members wishing to be considered for nomination:

- 4.1 Only swimmers eligible to represent Great Britain at the London 2012 Paralympic Games will be considered. Swimmers must be a British passport holder or in receipt of an IPC extraordinary circumstance waiver.
- 4.2 Subject to clauses 1.3, 1.3.1 and 1.4 above, swimmers wishing to be considered for the London 2012 Paralympic Games must have competed in both of the designated trials/competitions as outlined above in all the events in which they wish to be nominated for.
- 4.3 Swimmers must hold a valid current IPC Swimming Licence and be registered to a swimming club that is affiliated to the ASA, Swim Wales or Scottish Swimming.
- 4.4 Swimmers must meet the International Classification Eligibility Criteria as determined by the IPC Swimming for the London 2012 Paralympic Games.
- 4.5 Performances from time trials will not be considered with the exception of British Swimming team relay practices for relay team consideration.
- 4.6 All swimmers must meet the IPC Swimming Minimum Qualification Standard (MQS) in all events in which they wish to be considered. In the event that IPC Swimming request that all relay selected swimmers must compete in at least one individual event the MQS must have been achieved at one or both trials.
- 4.7 In the event of IPC Swimming withdrawing an event from the programme, with the exception of a swimmer achieving the criteria as outlined in 1.1, 1.2, and/or 2, for an event in a higher classification where sufficient places are available, the swimmer will have their nomination to ParalympicsGB withdrawn.
- 4.8 Swimmers will be required to attend (where nominated) all pre London 2012 training camps, competitions and team meetings designated by the NPD as outlined in the British Disability Swimming Annual Plan. Attendance must be on a full-time basis, taking part in all programmed activities. With the exception of injury or illness team members will not be allowed to leave any required camps or competitions or undertake any activities that are not directly relevant to the camp programme including personal appearances, external media engagements or social activities. Failure to comply with this requirement may result in the team member having their nomination to ParalympicsGB withdrawn.
- 4.9 All team members will be required to attend the following:
  - ParalympicsGB Team Launch & GBR Swimming Team Orientation Camp - London, 14th-15th July 2012.
  - GBR Team Holding Camp – Manchester, 19th – 25th August 2012.
  - London 2012 Paralympic Games – London, 25th August – 11th September 2012.
  - Relay practice sessions (as required).
- 4.10 All nominated swimmers will be required to maintain trainability and performance targets at all times between 9th April 2012 and the conclusion of the London 2012 Paralympic Games. Trainability and performance targets shall be agreed between the NPD and the swimmers home programme coach. Swimmers failing to maintain trainability and performance targets will result in the swimmers nomination to ParalympicsGB being withdrawn.
- 4.11 All team members will be required to undergo a pre-games health check as part of the BPA Team Agreement.
- 4.12 Swimmers and team staff becoming ill or injured at any time between 9th April 2012 and the conclusion of the London 2012 Paralympic Games may be required to undertake a full medical examination, which may result in the team member having their nomination to ParalympicsGB withdrawn, at the sole discretion of the NPD in consultation with the BPA. All team members may be subjected to fitness (land/water) and/or medical tests at any time between 11th April 2011 and the conclusion of the London 2012 Paralympic Games.



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- 4.13 Any team member who withdraws from the team, with the exception of a withdrawal on medical grounds, following nomination may be liable for the reimbursement of any costs incurred on behalf of that team member.
- 4.14 All nominated team members will be required to sign and comply with all IPC Swimming requirements, Rules and Regulations, British Swimming provisions consisting of the British Swimming Anti-Doping Rules & Protocols, Selection Agreement and Code of Conduct, the British Swimming Disciplinary Code and Child Protection Policies in addition to all BPA games time policies including the Team Agreement and other associated documents.
- 4.15 The 1st round of nominations to ParalympicsGB will be posted on the British Swimming website no later than 1pm, Tuesday 10th April 2012. The final athlete nominations will be posted on the British Swimming website no later than 1pm, Wednesday 6th June 2012. Please refer to the athlete slot allocation matrix (below) for further information.
- 4.16 All appeals against non-nomination (or withdrawal of nomination) to ParalympicsGB for the London 2012 Paralympic Games (50m) shall be dealt with under the British Swimming Team Selection Appeals Procedure. Details are available from the British Swimming Legal Affairs Department: [legal@swimming.org](mailto:legal@swimming.org). Athletes should be aware of the time limits contained in the Procedures, which are designed with the intention of

resolving issues expeditiously and fairly.

- 4.17 In the case of an athlete nomination not being accepted by ParalympicsGB, British Swimming may, at its sole discretion, choose to appeal using the BPA/ ParalympicsGB appeals procedures. ParalympicsGB will not accept appeals directly from individual athletes.
- 4.18 The NPD will exercise his authority to ensure the best possible team is in attendance at the London 2012 Paralympic Games to maximise the team's medal potential.



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## ATHLETE SLOT ALLOCATION MATRIX

IPC Swimming will allocate each country their athlete slots in 3 phases with the last phase of slot allocations happening in June 2012. Given that this takes place some considerable time after the 2nd trials the athlete nominations will be prioritised as follows:

Policy number	Priority of Nomination	Nomination type	Nomination Date
1.1	1st placed athlete in an individual event.	Automatic Nomination	10th April or 6th June 2012
2.1	Relay team combined times being 1st on the IPC Swimming World Rankings (1st January 2010 - 31st December 2011).	Automatic Nomination	10th April or 6th June 2012
1.2	2nd placed athlete in an individual event.	Nomination based on remaining athletes slots available	10th April or 6th June 2012
2.1	Relay team combined times being 2nd on the IPC Swimming World Rankings (1st January 2010 - 31st December 2011).	Nomination based on remaining athletes slots available	10th April or 6th June 2012
1.2	3rd placed athlete in an individual event.	Nomination based on remaining athletes slots available	10th April or 6th June 2012
2.1	Relay team combined times achieving the qualifying time.	Nomination based on remaining athletes slots available	10th April or 6th June 2012
2.1	Additional relay squad members	Nomination based on remaining athletes slots available	10th April or 6th June 2012
4.18	Additional nominations	Nomination based on remaining athletes slots available	6th June 2012

At each nomination level, where slots are available, athletes will be nominated to ParalympicsGB for a place on the Great Britain Paralympic Games Team. Where the number of athletes meeting the selection criteria exceeds the number of athlete slots available, athletes will be ranked by percentage inside the qualifying time at each level (as set out above). In the case where the percentage (to two decimal points) inside the qualifying time is the same for one or more athletes the athlete's 2nd fastest performance from the two trials will then be considered by percentage inside the qualifying time.



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# MALE QUALIFYING TIMES

## 50M FREESTYLE

S2	00:06.72
S4	00:40.06
S5	00:34.93
S6	00:31.22
S7	00:29.29
S8	00:27.21
S9	00:26.60
S10	00:24.76
S11	00:27.41
S12	00:25.30
S13	00:25.03

## 100M FREESTYLE

S2	02:20.89
S4	01:29.98
S5	01:17.01
S6	01:08.54
S7	01:03.34
S8	00:59.56
S9	00:57.50
S10	00:54.53
S11	01:02.12
S12	00:55.52
S13	00:54.69

## 200M FREESTYLE

S2	05:00.40
S4	03:11.40
S5	02:49.05
S14	02:03.70

## 400M FREESTYLE

S6	05:16.29
S7	04:53.87
S8	04:38.15
S9	04:26.08
S10	04:14.95
S11	04:55.27
S12	04:28.71
S13	04:21.45

## 50M BACKSTROKE

S1	01:45.03
S2	01:07.62
S3	00:49.18
S4	00:48.52
S5	00:41.91

## 100M BACKSTROKE

S6	01:18.09
S7	01:14.69
S8	01:08.19
S9	01:04.85
S10	01:02.52
S11	01:12.34
S12	01:02.65
S13	01:02.60
S14	01:06.64

## 50M BREASTSTROKE

SB2	01:01.34
SB3	00:51.72

## 100M BREASTSTROKE

SB4	01:44.69
SB5	01:39.35
SB6	01:27.09
SB7	01:24.17
SB8	01:14.26
SB9	01:09.23
SB11	01:16.69
SB12	01:12.64
SB13	01:09.56
SB14	01:11.00

## 50M BUTTERFLY

S5	00:40.84
S6	00:31.97
S7	00:32.21

## 100M BUTTERFLY

S8	01:02.97
S9	01:01.56
S10	00:59.49
S11	01:06.07
S12	01:00.74
S13	01:00:44

## 200M IM

SM6	02:49.95
SM7	02:41.41
SM8	02:30.66
SM9	02:22.14
SM10	02:18.10
SM11	02:32.23
SM12	02:17.43
SM13	02:17.77

## 150M IM BUTTERFLY

SM3	03:13.39
SM4	02:44.72

## RELAYS

34PT 4X100M FREESTYLE	04:00.90
34PT 4X100M MEDLEY	04:24.18



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# FEMALE QUALIFYING TIMES

## 50M FREESTYLE

S3	01:01.19
S5	00:38.28
S6	00:37.22
S7	00:34.30
S8	00:32.25
S9	00:29.85
S10	00:29.66
S11	00:33.62
S12	00:28.58
S13	00:28.74

## 100M FREESTYLE

S3	02:12.64
S5	01:23.42
S6	01:23.17
S7	01:13.73
S8	01:11.20
S9	01:04.80
S10	01:02.77
S11	01:12.20
S12	01:03.60
S13	01:02.17

## 200M FREESTYLE

S5	03:01.70
S14	02:18.82

## 400M FREESTYLE

S6	05:59.43
S7	05:29.06
S8	05:30.97
S9	04:48.41
S10	04:45.83
S11	05:33.23
S12	04:54.49

## 50M BACKSTROKE

S2	01:14.21
S4	00:55.39

## 100M BACKSTROKE

S6	01:28.61
S7	01:26.13
S8	01:22.80
S9	01:11.72
S10	01:11.18
S11	01:22.02
S12	01:12.81
S14	01:12.86

## 100M BREASTSTROKE

SB4	02:00.20
SB5	01:53.62
SB6	01:40.87
SB7	01:39.23
SB8	01:25.55
SB9	01:22.45
SB11	01:36.08
SB12	01:23.23
SB13	01:24.94
SB14	01:22.99

## 50M BUTTERFLY

S5	00:47.32
S6	00:39.50
S7	00:38.00

## 100M BUTTERFLY

S8	01:14.56
S9	01:12.36
S10	01:11.02
S12	01:13.27

## 200M IM

SM5	03:48.51
SM6	03:14.94
SM7	03:12.50
SM8	02:53.76
SM9	02:39.61
SM10	02:38.74
SM11	03:01.73
SM12	02:42.89
SM13	02:37.00

## RELAYS

34PT 4X100M FREESTYLE	04:42.91
34PT 4X100M MEDLEY	05:09.81



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