2013 IPC SWIMMING WORLD CHAMPIONSHIPS MEDIA GUIDE



INTRODUCTION

MEDIA CONTACTS

MEDIA PROTOCOL

NEWCOMER'S GUIDE

BEGINNER'S GUIDE TO CLASSIFICATION

LIST OF ATHLETES AND EVENTS

EVENT SCHEDULE

TEAM

ATHLETES

COACHING STAFF

ATHLETE PROFILES: MEN

ATHLETE PROFILES: WOMEN

PERSONAL BESTS

STATS

RECORDS AND RANKINGS

SELECTION

SELECTION POLICY

MALE QUALIFYING TIMES

FEMALE QUALIFYING TIMES



SWIMING MEDIA CONTACTS

IN MONTREAL

Gemma Field – Senior Communications Officer

M: +447917 726 431

E: gemma.field@swimming.org

FOR MEDIA IN THE UK

Dave Richards – Head of Communications

M: +447789 926 136

E: david.richards@swimming.org

Ruth Norfolk – Senior Communications Officer

M: +447917 794 382

T: 01509 640 229

E: ruth.norfolk@swimming.org

USEFUL WEBSITES

British Swimming:

www.swimming.org/britishswimming/

Official Event Website:

www.paralympic.org/events/montreal2013

IPC:

www.ipc-swimming.org







SWIMNING MEDIA PROTOCOL

The media protocol has been designed to help achieve an understanding between all media and those representing **British 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 all international competitions. The protocol recognises that everybody is present at a major competition to do a job – whether they are athletes, coaching staff or the media. Each group experiences its own pressure to deliver, however, consideration of each other's circumstances, roles and responsibilities will help ensure everybody has a successful and productive experience.

ACCESS TO THE NATIONAL PERFORMANCE DIRECTOR DURING COMPETITION

Media requests in relation to the National Performance Director should go through the Media Liaison. Those wishing to put a question to the National Performance Director should provide as much notice as possible so the Media Liaison can identify a window of opportunity to respond. If the National Performance Director is unable to respond in person, the Media Liaison will pass on their views. During the competition the National Performance Director will only give views on the performances of British athletes and the team as a whole. Due to the demands of the job at hand, the National Performance Director's time will be limited so as much prior notice to any requests would be greatly appreciated.

ACCESS TO BRITISH COACHES DURING COMPETITION

After the final event of the day a coach or coaches with relevance to that evening's finals will be available to the media at a location within the venue. This will be coordinated through the Media Liaison. These coaches will only speak on their athlete's performance. Comments on the overall team performance will only be given by the National Performance Director.

ACCESS TO ATHLETES OR COACHING STAFF DURING COMPETITION

Requests for interviews with athletes or team coaching staff must go through the Media Liaison. 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 on time. Athletes and team coaches will only comment on their relevant performances. Overall comments will be provided by the National Performance

Director via the Media Liaison.

Access to athletes and coaches will be limited to the official mixed zone, press conferences or through prior arrangements made via the Media Liaison. All athletes will be encouraged to speak to the media, however, due to the need to recover by "swimming/warming down" immediately after an event, time in the mixed zone will be limited and it is envisaged the media will collect at a good vantage point to be informed as a group rather than as individuals. The swimmers have between three to six minutes from the time they've finished their race to get to the swim down pool. Within this time there is a need to service all areas of the mixed zone broadcast and print - fairly.

The swim down pool is off limits to all media as indicated by accreditation. No member of the British Swimming squad will be available at swim down. The Media Liaison will try to obtain quotes from athletes if, for whatever reason, access has been limited further. These will hopefully be provided before swim-down or drug testing. If it is not possible to meet these needs then interviews may take place following warm-down. Where a swimmer has an event the next morning, there will be no post swimdown interviews that evening.

If an athlete has achieved a notable result their specific coach will also be encouraged to make themselves available to the media at the end of the session. The Media Liaison

SWIMNING MEDIA PROTOCOL

or Team Manager will be present during interviews. The Media Liaison and Team Manager will always consider special requests made by the media.

When an athlete has finished their final event of the championships they will be free to consider additional media requests made via the Media Liaison. Efforts will be made to meet these as long as they don't impact on the rest of the team.

MEDIA NOT PRESENT AT THE CHAMPIONSHIPS

Not all media will be accredited for international events but the Media Liaison and Media Team in the UK will try to look after all enquiries via phone or email. The same protocols should be followed. Athletes, staff or the National Performance Director should not be contacted directly. Their time is limited and therefore the Media Liaison will arrange for information to be forwarded at a convenient moment.

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 event. Efforts will be made to meet all requests and British Swimming asks that 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 British Swimming. 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 squad for non-action shots away from the competition then all requests should be made through the Media Liaison.

For all media interviews, athletes and staff will only wear British Swimming kit supplied for the event by the team sponsor apart from unbranded swimsuits.

All interviews will only involve representatives of the British Swimming team. No persons outside of the team will be allowed to contribute to an interview involving a British Swimming squad member.

No team member or programmesupported athlete is allowed to be part of any media team during camps or competitions, or to disclose or discuss activities during these events.

There will be no access to athletes or coaching staff at the team hotel. It is requested that this privacy be respected.

All media enquiries should be made to the Media Liaison. If unavailable the media should approach the Team Manager. The Media Liaison and Team Manager must both be aware of all media activity.

Athletes can only talk about their own performance, coaches can only comment on athletes in their own specific group and not the overall team performance, the National Performance Director can talk on the overall team and all matters. Support staff are unable to comment on perfrormance.

SWIMMING NEWCOMER'S GUIDE

Swimmers often talk using their own abbreviations and words that do not apply to the outside world.

Below is a simple glossary of the most frequent terms used:

PB: Personal Best time

Splits: This is the time at each 50m turn. Swimmers will monitor these to see how they paced a race.

Taper: A swimmer will 'taper' prior to any major competition. What this means is that they will rest. They will cut back the amount of training they do each day and decrease the intensity also. A swimmer may swim over 12, 000m a day during heavy training, however they will swim as little as a few hundred metres the day before an event.

Free: Freestyle or front crawl.

Breast: Breaststroke.

Fly: Butterfly.

Back: Backstroke.

I.M: Individual Medley (Butterfly, Backstroke, Breaststroke, Freestyle). In a medley relay, the order is changed so that backstroke is first. This addresses the fact that backstrokers cannot do a dive to start a race. Four swimmers compete in one of the following strokes in the following order; backstroke, breaststroke, butterfly, freestyle.

Swim-down: A recovery exercise that takes place several minutes after a swimmer completes their race.

They will swim at a low intensity in another pool in order to rid the body of lactic acid, which would have accumulated in the muscles after high-intensity swims.

Long Course: Long Course events are those held in a 50m pool.

Shaving-down: Most swimmers shave the hair from their bodies for a big meet. Although they will remove almost all of their body hair, the actual intention is to remove the top layer of skin from the body. This increases the sensitivity and "feel" for the water. Even though many swimmers wear all-over body suits, shaving remains a key psychological measure in getting prepared for a race.

The eight fastest swimmers from the heats will compete in the final. The lane order for the finals is decided from times in the heats or semi-finals. The fastest qualifier will swim in lane 4, the second fastest in lane 5, third fastest in lane 3, fourth in lane 6, fifth in lane 2, sixth in lane 7, seventh in lane 1 and eight in lane 8. Theoretically, this creates a spearhead format in the race.

For the duration of the World Championships, the one-start rule will apply. Should any swimmer perform a false start they will be disqualified from the race. Any swimmer who is moving before the start will be disqualified at the end of the race. The start should go ahead regardless of the disqualification.

SWIMMING 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.

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.

INTELLECTUAL CLASS

S14 SB14 SM14: Swimmers with a Learning Disability

Swimmers must have an IQ of 75 or less to meet the criteria

SWIMMING LIST OF ATHLETES AND EVENTS

MEN

Jack Bridge

100m Breast, 200m IM

James Clegg

50m Free, 100m Free, 400m Free, 100m Fly

Josef Craig

400m Free, 50m Free, 100m Free

James Crisp

100m Back, 200m IM, 100m Breast, 100m Back

Jonathan Fox

400m Free, 100m Back, 100m Free, 50m Free

James Hollis

100m Fly

Oliver Hynd

400m Free 100m Back, 200m IM

Sam Hynd

200m IM, 400m Free, 100m Breast, 100m Free

Sascha Kindred

200m IM, 100m Breast

Aaron Moores

100m Back, 100m Breast

Andrew Mullen

50m Back, 50m Fly, 200m IM, 100m Free, 50m Free

James O'Shea

100m Breast, 200m IM

Daniel Pepper

200m IM, 200m Free, 100m Breast

Morgyn Peters

200m IM, 100m Fly, 100m Back

Benjamin Procter

200m Free, 100m Back, 200m IM

Scott Quin

100m Breast

Jack Thomas

200m Free, 100m Back, 200m IM

Matthew Walker

50m Free, 100m Free, 50m Fly

Robert Welbourn

400m Free, 100m Free

WOMEN

Jessica-Jane Applegate

200m Free, 100m Back, 200m IM

Claire Cashmore

50m Free, 100m Free, 100m Breast, 200m IM 100m Fly

Chloe Davies

200m Free, 100m Back, 200m IM, 100m Breast

Charlotte Henshaw

100m Breast, 400m Free

Tully Kearney

100m Free, 400m Free, 200m IM, 100m Fly, 100m Back

Harriet Lee

100m Breast, 200m IM, 50m Free

Nicole Lough

100m Breast

Amy Marren

50m Free, 100m Free, 100m Back, 100m Fly, 200m IM

Stephanie Millward

100m Free, 200m IM, 100m Back

Susie Rodgers

50m Free, 100m Free, 400m Free, 50m Fly

Hannah Russell

50m Free, 100m Free, 400m Free, 100m Back, 100m Fly

Ellie Simmonds

50m Free, 400m Free, 100m Breast, 200m IM, 100m Back, 100m Free

Stephanie Slater

100m Breast, 100m Fly, 200m IM

SWIMMING SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
400 Freestyle S6	50 Backstroke S4	50 Backstroke S2	200 IM SM10	400 Freestyle S12	50 Butterfly S6	200 IM SM7
200 IM SM13	50 Freestyle S9	50 Butterfly S4	100 Breaststroke SB8	100 Breaststroke SB5	150 IM SM4	100 Backstroke S9
100 Backstroke S8	200 Freestyle S5	50 Freestyle S6	100 Backstroke S7	100 Freestyle S2	150 IM SM3	100 Freestyle S6
400 Freestyle S7	100 Breaststroke SB7	50 Backstroke S5	200 IM SM5	200 Freestyle S4	50 Butterfly S7	50 Breaststroke SB3
100 Freestyle S12	400 Freestyle S10	50 Freestyle S7	50 Freestyle S13	100 Butterfly S8	100 Backstroke S12	50 Freestyle S10
50 Backstroke S1	100 Butterfly S12	50 Freestyle S3	50 Backstroke S3	400 Freestyle S13	100 Freestyle S8	50 Freestyle S8
50 Freestyle S4	100 Breaststroke SB13	400 Freestyle S8	50 Freestyle S12	100 Freestyle S7	100 Backstroke S13	50 Freestyle S5
50 Butterfly S5	100 Breaststroke SB4	100 Breaststroke SB9	100 Freestyle S1	100 Freestyle S3	100 Breaststroke SB11	50 Butterfly S3
200 Freestyle S3	200 IM SM9	100 Backstroke S14	100 Freestyle S4	100 Butterfly S11	100 Freestyle S5	200 IM SM14
100 Freestyle S9	50 Freestyle S11	200 IM SM12	200 IM SM6	100 Butterfly S10	100 Backstroke S10	200 IM SM11
100 Backstroke S11	50 Breaststroke SB2	100 Butterfly S13	100 Freestyle S11	100 Breaststroke SB14	100 Backstroke S6	100 Breaststroke SB12
100 Freestyle S10	100 Breaststroke SB6	400 Freestyle S11	4x100 Freestyle 34 point	4x50 Medley relay 20 point	100 Butterfly S9	100 Freestyle S13
200 Freestyle S14	200 IM SM8	4x50 Freestyle 20 point				4x100 Medley relay 34 point

SWIMMING

MEN

ATHLETE

Jack Bridge
James Clegg

Josef Craig

James Crisp

Jonathan Fox

James Hollis

Oliver Hynd Sam Hynd

Sascha Kindred

Aaron Moores

Andrew Mullen

James O'Shea

Daniel Pepper

Morgyn Peters

Benjamin Procter

Scott Quin

Jack Thomas

Matthew Walker

Robert Welbourn

CLUB

Preston

Tranent

South Tyneside

City of Sheffield

Manchester HPC

Loughborough University

Nova Centurion

City of Newport

Leominster Kingfishers

Trowbridge

Ren 96

Barnet Copthall

Marple

Millfield School

Newquay Cormorants

Warrender

Swansea University

Manchester Aquatics

Swansea University

FEMALE

ATHLETE

Jessica-Jane Applegate

Claire Cashmore

Chloe Davies

Charlotte Henshaw

Tully Kearney

Harriet Lee

Nicole Lough

Amy Marren

Stephanie Millward

Susie Rodgers

Hannah Russell

Ellie Simmonds

Stephanie Slater

CLUB

UEA City of Norwich

Manchester HPC

Trowbridge

Nova Centurion

City of Birmingham

City of Peterborough

City of Sunderland

Romford Town

Aquae Sulis

Otter

Guildford/Kelly College

Swansea HPC

Preston



SWIMMING COACHING STAFF

National Performance Director/Team Leader: Chris Furber

Coaches:

Billy Pye

Craig Nicholson Mick Massey Glenn Smith Rob Aubry Andy Scanlon







JACK BRIDGE



Club: Preston Swimming Club

Coach: Andy Scanlon

Dob: 12/05/1994 **Born:** Preston

Trains: Preston/Manchester

Lives: Preston

JAMES CLEGG



Club: East Lothian Swim Team

Coach: Mat Trodden
Dob: 05/01/1994

Born: Stockport

Trains: Edinburgh **Lives:** Edinburgh

QUALIFIED EVENTS:

100m Breaststroke, 200m Individual Medley

ACHIEVEMENTS:

Paralympic Games 2012: SB9 100Br 4th, S10 100Ba 16th, SM10 200IM 11th, 34pt 4x100Medley 5th

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

QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle, 100m Butterfly

ACHIEVEMENTS:

Paralympic Games 2012: S12 100Fr 8th,

S12 100Fly Bronze

British International Disability
Swimming Championships 2013:
50Fr 6th, 100Fr 6th, 100Fly Gold

British Gas Swimming Championships 2012: 50Fr 13th 100Fr 12th, 100Fly Silver

British International Disability Championships 2012: 50Fr 52nd,

100Fr 50th, 100Fly 9th

British Gas Swimming Championships 2011: 50Fr 20th, 100Fr 23rd, 100Fly 11th

British International Disability Swimming Championships 2011:

50Fr 60th, 100Fr 60th, 100Fly 15th **British Gas Swimming Championships**

2009: 50Fr 17th, 100Fr 13th, 100Ba 11th

JOSEF CRAIG



Club: South Tyneside Swiminng Club Coach: Ken Nesworthy Dob: 17/02/1997

Born: South Shields
Trains: Sunderland, Boldon,
Lives: Tyne and Wear,
Primrose

JAMES CRISP



Club: City of Sheffield Coach: Russ Barber Dob: 11/10/1982 Born: Nottingham

Trains: Sheffield Lives: Sheffield

QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle

ACHIEVEMENTS:

Paralympic Games 2012: S7 400Fr Gold, S7 100Fr 4th, S7 50Fr 7th

British International Disability Swimming Championships 2013:50Fr Silver, 100Fr Gold, 400Fr Gold

British Gas Swimming Championships 2012: 50Fr 9th, 100Fr Bronze, 400Fr 6th, 200IM 7th

British International Disability
Swimming Championships 2012:

50Fr 30th, 100Fr 24th, 400Fr Bronze **British Gas Swimming Championships**

2011: 50Fr 16th, 100Fr 15th, 400Fr 6th,

50Fly 4th, 200IM 14th

200IM 21st

British International Disability Swimming Championships 2011:50Fr 39th, 100Fr 34th, 400Fr 9th,

British Gas Swimming Championships 2010: 50Fr 13th, 100Fr 16th, 400Fr 9th, 200IM 9th

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

Paralympic Games 2012: S9 100Ba Silver, S9100Fr 17th, S9 400Fr 8th, SB8 100Br 6th, 200IM SM9 5th, 34pts 4x100MR 5th

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

JONATHAN FOX



Club: Newquay Cormorants/ Manchester HPC Coach: Mick Massey **Dob:** 30/05/1991

Born: Plymouth **Trains:** Manchester **Lives:** Manchester

JAMES HOLLIS



Club: Loughborough University **Coach:** Steve Bayley **Dob:** 27/06/1994 **Born:** Harlow

Trains: Loughborough **Lives:** Theydon Bois/ Loughborough

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

Paralympic Games 2012: S7 100Ba Gold, S7 50Fr 6th, S7 100m Freestyle 5th, S7 400Fr 4th

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

QUALIFIED EVENTS:

100m Butterfly

ACHIEVEMENTS:

Paralympic Games 2012: S10 100Ba 13th, S10 100Fly 10th, 34pt 4x100MR 5th (heats only)

IPC European Champs 2011: S10 50Fr 9th, S10 100Fr 11th, S10 100Ba 11th, S10 100Fl 4th, SM10 200IM 10th, 34pt 4x100MD Bronze

British International Disability Swimming Championships 2013:

100Fly Silver

British International Disability Swimming Championships 2012:

100Fly 6th

British Gas Swimming Championships 2012: 50Fr 16th, 100Fr 21st, 100Ba 11th,

100Fly Bronze, 200IM 9th

British International Disability Swimming Championships 2011:

MC 100Fly 4th

British Gas Swimming Championships

2011: 50Fr 15th, 100Fr 17th, 400Fr 9th, 100Ba 9th, 100Fl Silver, 200IM 8th

OLIVER HYND



Club: Nova Centurion Coach: Glenn Smith Dob: 27/10/1994

Trains: Mansfield Lives: Kirkby

SAM HYND



Club: City of Newport Coach: Ross Nicholas Dob: 03/07/1991 Born: Sutton **Trains:** Newport **Lives:** Newport

QUALIFIED EVENTS:

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

Born: Kirkby

ACHIEVEMENTS:

Paralympic Games 2012: S8 400Fr Silver, S8 100Ba Bronze, S8 100Fly 12th, SM8 200IM Gold

IPC European Championships 2011:

S8 100Fr 5th, S8 400Fr Silver, S8 100Ba Bronze, S8 100Fly 7th, SM8 200IM Gold

British International Disability
Swimming Championships 2013:
400Fr Silver, 100Ba 4th, 200IM 4th

British International Disability
Swimming Championships 2012:

200IM 6th 400Fr 8th

British Gas Swimming Championships

2012: 400Fr Silver

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

Paralympic Games 2012: S8 100Fr 14th, S8 400Fr Bronze, SB8 100Br 7th, SM8 200m Individual Medley 4th, 34pts 4x100FrR 5th

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

SASCHA KINDRED



Club: Leominster Kingfishers
Coach: Emma Patrick

Dob: 13/12/1977

Born: Munster, Germany

Trains: Leominster **Lives:** Hereford

AARON MOORES



Club: Trowbridge
Coach: Sarah Paton
Dob: 16/05/1994
Born: Swansea

Trains: Trowbridge **Lives:** Trowbridge

QUALIFIED EVENTS:

100m Breaststroke, 200m Individual Medley

ACHIEVEMENTS:

Paralympic Games 2012: S6 50Fr 10th, SB7 100Br 4th, SM6 200IM Silver IPC World Championships 2010: S6 50Fly Silver, SM6 200IM Gold IPC European Championships 2009: S6 100Ba 4th, SB7 100Br Gold.

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

QUALIFIED EVENTS:

100m Backstroke, 100m Breaststroke

ACHIEVEMENTS:

Paralympic Games 2012: S14 100Ba Silver SB14, 100Br 6th British International Disability Swimming Championships 2013: 100Ba 5th, 100Br 6th

British International Disability
Swimming Championships 2012:
100Ba Silver, 100Br 8th
British Gas Swimming Championships
2012: 200Fr 6th, 100Ba Silver

British International Disability
Swimming Championships 2011:
200Fr 10th, 100Ba 4th, 100Br 9th

ANDREW MULLEN



Club: Ren 96
Coach: Andy Jackson
Dob: 29/11/1994

Dob: 29/11/1996 **Born:** Glasgow

Trains: Paisley Lives: Glasgow

JAMES O'SHEA



Club: Barnet Copthall Coach: Rhys Gormley Dob: 12/02/1978

Born: Newcastle

Trains: Barnet **Lives:** Barnet

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

Paralympic Games 2012: S5 50Fr 8th,

S5 50Ba 4th, S5 50Fly 4th

IPC European Championships 2011:

S5 50Fly Silver, SM5 200IM Bronze,

S5 100Fr 7th

British International Disability

Swimming Championships 2013:

200Fr 7th, 50Ba Gold, 50Fly 4th

British Gas Swimming Championships

2012: 50Fr 27th, 50Ba Silve,r 50Fly 5th

British International Disability

Swimming Championships 2012:

50Fr 85th, 50Ba11th, 50Fly 15th

British Gas Swimming Championships

2011: 50Fly 5th, 200IM 18th

British International Disability

Swimming Championships 2011:

100Fr 91st, 50Fly 5th, 200IM 41st

QUALIFIED EVENTS:

100m Breaststroke, 200m Individual Medley

ACHIEVEMENTS:

Paralympic Games 2012: SB5 100Br 4th

British International Disability

Swimming Championships 2013:

100Br DQ

British International Disability

Swimming Championships 2012:

100Br 6th

British Gas Swimming Championships

2012: 100Br 6th

British International Disability
Swimming Championships 2011:

100Br 19th

DAN PEPPER



Club: Manchester HPC Coach: Mick Massey DOB: 02/03/1989

Trains: Manchester HPC **Lives:** Poynton, Cheshire

MORGYN PETERS



Club: Millfield
Coach: Jol Fink
Dob: 20/08/1996
Born: High Wycombe

Trains: Millfield Lives: Millfield

QUALIFIED EVENTS:

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

Born: Stockport

ACHIEVEMENTS:

Paralympic Games 2012: S14 200Fr 7th SB14 100Br 7th

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

QUALIFIED EVENTS:

100m Backstroke, 100m Butterfly, 200m Individual Medley

ACHIEVEMENTS:

Paralympic Games 2012: S9 100Ba 5th British International Disability

Swimming Championships 2013:

100Ba 8th, 100Fly Bronze

British International Disability
Swimming Championships 2012:

100Ba 9th

British Gas Swimming Championships

2012: 100Ba 5th

BEN PROCTER



Club: Newquay Comorants
Coach: Mick Massey

Dob: 11/03/1990 **Born:** Oldham

Trains: Manchester Lives: Cornwall/Oldham

SCOTT QUIN



Club: Warrender
Coach: Laurel Bailey
Dob: 01/07/1990

Born: Edinburgh

Trains: Edinburgh **Lives:** Midlothian

QUALIFIED EVENTS:

200m Freestyle, 100m Backstroke, 200m Individual Medley

ACHIEVEMENTS:

Paralympic Games 2012: S14 200Fr 8th,

S14 100Ba 5th

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

QUALIFIED EVENTS:

100m Breaststroke

ACHIEVEMENTS:

European Championships 2011:

S14 100Ba 15th, S14 100Br 5th

British Gas Swimming Championships

2013: 200Fr 7th, 100Br Gold

British International Disability

Swimming Championships 2013:

100Br Gold

British Gas International Swim Meet

2013: 100Br Gold

British Gas Swimming Championships

2012: 200Fr 9th, 100Ba 22nd, 100Br Bronze

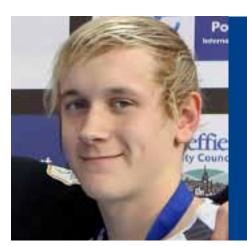
British Gas Swimming Championships

2011: 200Fr 11th, 100Ba 22nd, 100Br 4th

British Gas Swimming Championships

2010: 200Fr 5th, 100Ba 14th, 100Br 11th

JACK THOMAS



Club: Swansea University

Coach: Billy Pye **Dob:** 30/05/1995

Born: Swansea

Trains: Swansea **Lives:** Swansea

MATTHEW WALKER



Club: Marple Swimming Club/ Manchester Aquatics Coach: Mark Rose

Dob: 25/04/1978

Lives: Marple

Born: Stockport

Trains: Manchester

QUALIFIED EVENTS:

200m Freestyle, 100m Backstroke, 200m Individual Medley

ACHIEVEMENTS:

British Gas Swimming Championships

2013: 200Fr Silver, 100Fr Silver

British International Disability
Swimming Championships 2013:

100Ba 7th, 200IM Bronze

British Gas International Swim Meet

2013: 50Fr 4th, 200Fr Bronze, 100Br 10th,

100Ba Bronze, 200IM Bronze

British International Disability

Swimming Championships 2012:

100Fr 31st, 200Fr 12th, 100Br 38th,

100Ba 7th

British Gas Swimming Championships

2012: 200Fr 7th, 100Br 15th, 100Ba 4th

QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 50m Butterfly

ACHIEVEMENTS:

Paralympic Games 2012: S7 50Fr Bronze,

S7 50Fly 7th

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

ROB WELBOURN



Club: Swansea Performance Coach: Bud McAllister

Dob: 11/06/1987
Born: Chesterfield

Trains: Swansea **Lives:** Swansea

QUALIFIED EVENTS:

100m Freestyle, 400m Freestyle

ACHIEVEMENTS:

Paralympic Games 2012: S10 100Fr 10th, S10 400Fr Bronze, S10 100Fly 15th, SM10 200IM 10th, 34pts 4x100FR 5th

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

JESSICA-JANE APPLEGATE



Club: UEA City of Norwich Coach: Alex Pinniger

Dob: 22/08/1996 **Born:** Great Yarmouth

Trains: Norwich

Lives: Great Yarmouth

CLAIRE CASHMORE



Club: Manchester HPC Coach: Mick Massey Dob: 21/05/1988

Born: Redditch

Trains: Leeds
Lives: Leeds

QUALIFIED EVENTS:

200m Freestyle, 100m Backstroke, 200m Individual Medley

ACHIEVEMENTS:

Paralympic Games 2012: S14 200Fr Gold,

S14 100Ba 4th

British International Disability
Swimming Championships 2013:

200Fr Gold, 100Ba 5th

British Gas Swimming Championships

2012: 200Fr Gold, 100Ba 8th

British International Disability
Swimming Championships 2012:

50Fr Silver, 100Fr Silver 200Fr Gold

British International Disability

Swimming Championships 2011:

50Fr Bronze, 200Fr 5th, 100Ba10th

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

Paralympic Games 2012: S9 100Fr 9th, SB8 100Br Silver, S9 100Fly 8th, SM9 200IM 4th, 34pts 4x100FR Bronze, 34pts 4x100MR Silver

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

CHLOE DAVIES



Club: Trowbridge ASC Coach: Sarah Paton Dob: 15/12/1998

Born: Midsomer Norton

Trains: Trowbridge

CHARLOTTE HENSHAW



Club: Nova Centurion
Coach: Glenn Smith
Dob: 16/1/1987
Born: Mansfield

Trains: Mansfield **Lives:** Mansfield

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

British gas International Swim Meet

2013: 100Fr Silver, 200IM Silver, 100Ba Bronze, 200Fr Bronze

British International Disability
Swimming Championships 2013:

100Ba Silver, 200IM Silver

British Gas International Disability Swimming Championships 2012:

200Fr Bronze, 100Ba 5th

British Gas ASA National Youth Championships 2012: 200Fr Gold,

100Ba Bronze

Championships 2012: 100Ba Gold, 100IM Gold, 200IM Gold, 100Fr Bronze, 100Fly Bronze, 400Fr Bronze, 100Br 7th UK School Games 2011: 100Ba Gold,

200IM Silver

QUALIFIED EVENTS:

400m Freestyle, 100m Breaststroke

ACHIEVEMENTS:

Paralympic Games 2012: S8 400Fr 12th,

SB6 100Br Silver

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

TULLY KEARNEY



Club: City of Birmingham **Coach:** Carl Grosvenor

Dob: 11/04/1997

Born: Nottingham

Trains: Birmingham **Lives:** Aldridge

HARRIET LEE



Club: City of Peterborough

Coach: Ben Negus **Dob:** 06/05/1991

Born: Huntingdon

Trains: Peterborough **Lives:** Peterborough

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

British Gas Swimming Championships 2013: 100Ba 8th, 400Fr Silver, 200IM 9th

British International Disability
Swimming Championships 2013:

100Ba 9th, 200IM 9th

British Gas International Swim Meet 2013: 100Fr 10th, 100Ba 7th, 400Fr Silver British Gas Swimming Championships

2011: 400Fr 4th

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

Paralympic Games 2012: S10 50Fr 10th,

SB9 100Br Bronze, SM10 200IM 7th

IPC World Championships 2010: SB9 100Br Gold, 34pt 4x100MR Silver

British International Disability
Swimming Championships 2013:

100Br 9th

British Gas Swimming Championships

2012: 50Fr 7th, 100Br Bronze **British International Disability Swimming Championships 2011:**

100Br 7th

British Gas Swimming Championships

2011: 100Br 7th

British Gas Swimming Championships **2010:** 50Fr 6th 100Fr 8th, 100Br 4th,

200IM 7th

NICOLE LOUGH



Club: City of SunderlandCoach: Danny Thompson

Dob: 24/04/1995 **Born:** South Shields

Trains: Sunderland **Lives:** South Shields

AMY MARREN



Club: Romford Town Coach: Gary Rogers Dob: 14/08/1998 Born: Newham

Trains: Hornchurch Lives: Hornchurch

QUALIFIED EVENTS:

100m Breaststroke

ACHIEVEMENTS:

British Gas Swimming Championships

2013: 100Br Gold

British International Disability Swimming Championships 2013:

100Br 4th

British Gas ASA National Swimming Championships 2012: 100Br Gold,

200Fr 4th

British International Disability
Swimming Championships 2012:

100Br 4th

British Gas Swimming Championships

2012: 100Br Silver

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

Paralympic Games 2012: S9 50Fr 10th,

S9 400Fr 4th, S9 100m Ba 5th

British International Disability Championships 2013: 50Fr Gold, 100Fr Gold, 400Fr 5th, 100Ba Bronze,

100Fly Silver, 200IM 4th

British Gas Swimming Championships

2012: 50Fr 13th, 100Fr 14th, 400Fr 15th,

100Ba 13th, 100Br 16th, 200IM 12th

British International Disability Championships 2012: 200IM 7th

British Gas Swimming Championships

2011: 50m Fr 14th, 100Fr 16th, 400Fr 15th,

100Ba 13th

STEPHANIE MILLWARD



Club: Aquae Sulis Coach: Martin Mosey Dob: 20/09/1981

Born: Saudi Arabia

Trains: Bath Lives: Bath

9/1981

QUALIFIED EVENTS:

100m Freestyle, 100m Backstroke, 200m Individual Medley

ACHIEVEMENTS:

Paralympic Games 2012:

S9 400Fr Silver, S9 100Ba Silver, S9 100Fly 5th, SM9 200IM Silver, 34pts 4x100FR Bronze, 34pts 4x100MR Silver

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 100Fly Silver

S9 50Fr Bronze, S9 100Fr 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

SUSANNAH RODGERS



Club: Otter/Beacon
Coach: Ron Philpott/Steve
Bratt
Dob: 09/08/1983

Born: Stockton on tees
Trains: London
Lives: London

QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 400m Freestyle, 50m Butterfly

ACHIEVEMENTS:

Paralympic Games2012: S7 50Fr 4th, S7 100Fr Bronze, S7 400Fr Bronze, S7 100Ba 6th, S7 50Fly 4th, 34pts 4x100FR Bronze

IPC European Championships 2011:

S7 50Fr Silver, S7 100Fr Gold, S7 400Fr Gold, S7 100Ba Gold, S7 50Fly Gold, 34Pt 4x100FR Gold

British International Disability
Swimming Championships 2013:
100Fr 4th, 400Fr 8th 50Fly Gold

British Gas Swimming Championships 2012: 50m Fr 12th, 100m Fr 7th, 400m Fr

5th, 100m Ba 4th, 50mFly Gold **British International Disability Swimming Championships 2012:**

400Fr 5th, 50Fly Gold

British Gas Swimming Championships

2011: 100Fr 8th 400Fr Bronze, 100Ba 6th, 50Fly Silver

British International Disability Swimming Championships 2011: 400Fr 5th, 100Ba 9th, 50Fly Silver

HANNAH RUSSELL



Club: Guildford City/Kelly College **Coach:** Robin Francis **Dob:** 05/08/1996

Born: Ottershaw

Trains: Guildford/Kelly College

Lives: Ottershaw

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.

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

Paralympic Games 2012: S12 50Fr 4th, S12 100Fr 6th, S12 400Fr Silver, S12 100Ba Bronze, S12 100Fly Bronze **IPC European Championships 2011:** S12 50Fr 5th, S12 100Fr 6th, S12 400Fr 4th, S12 100Ba Silver, S12 100Fly Bronze **British International Disability Swimming Championships 2013:** 50m Fr Silver, 100m Fr Silver, 400m Fr Gold, 100m Ba 4th, 100m Fly 8th

100Ba Gold, 100Fly 5th **British International Disability Swimming Championships 2012:** 100Fr 6th, 400Fr Bronze, 100Ba 8th

British Gas Swimming Championships

2012: 50Fr 11th, 100Fr 4th, 400Fr Silver,

British Gas Swimming Championships 2011: 50Fr 8th, 100Ba Bronze 100Fly 6th **British International Disability Swimming Championships 2011:**

100Fr 7th, 400Fr 8th, 100Ba 5th

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

Paralympic Games 2012:

S6 50m Fr Bronze, S6 100Fr Silver, S6 400Fr Gold, SM6 200IM Gold

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

STEPHANIE SLATER



Club: Preston
Coach: Steve Heaps
Dob: 07/02/1991
Born: Preston

Trains: Preston **Lives:** Preston

QUALIFIED EVENTS:

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

ACHIEVEMENTS:

British International Meet 2013: 100Br 6th, 200IM 10th, 100Fly Sliver British Gas International Disability Swimming Championship 2013: 100Fly Gold, 200IM 6th, 100Br 4th British Gas Swimming Championships 2013: 50Free Gold, 100Br 4th

SWIMMING PERSONAL BESTS

Jack Bridge

100m Breast 1:09.74, 200m IM 2:20.61

James Clegg

50m Free 25.20, 100m Free 1:00.88, 400m Free 4:38.60, 100m Fly 1:08.57,

Josef Craig

400m Free 4:41.13, 50m Free 29.13, 100m Free 1:02.20

James Crisp

100m Back 1:03.32, 200m IM 2:19.85, 100m Breast 1:15.71

Jonathan Fox

400m Free 4:42.54, 100m Back 1:09.52, 100m Free 1:02.26, 50m Free 28.87

James Hollis

100m Fly 59.53

Oliver Hynd

400m Free 4:27.88, 100m Back 1:07.16, 200m IM 2:24.63

Sam Hynd

200m IM 2:27.21, 400m Free 4:26.08, 100m Breast 1:15.29, 100m Free 1:01.04

Sascha Kindred

200m IM 2:41.50, 100m Breast 1:22.18

Aaron Moores

100m Back 1:05.43, 100m Breast 1:10.46

Andrew Mullen

50m Back 39.30, 50m Fly 39.00, 200m IM 3:15.61, 100m Free 1:22.36, 50m Free 2:55.05

James O'Shea

100m Breast 1:37.42, 200m IM 3:16.03

Daniel Pepper

200m IM 2:18.74, 200m Free 2:01.27, 100m Breast 1:09.95

Morgyn Peters

200m IM 2:34.28, 100m Fly 1:04.92, 100m Back 1:04.79

Benjamin Procter

200m Free 2:01.55, 100m Back 1:05.43, 200m IM 2:19.24

Scott Quin

100m Breast 1:09.00

Jack Thomas

200m Free 2:04.17, 100m Back 1:04.33, 200m IM 2:21.96

Matthew Walker

50m Free 28.14, 100m Free 1:02.68, 50m Fly 32.00

Robert Welbourn

400m Free 4:07.05, 100m Free 54.40

Jessica-Jane Applegate

200m Free 2:11.47, 100m Back 1:09.35, 200m IM 2:34.69

Claire Cashmore

50m Free 30.14, 100m Free 1:05.16, 100m Breast 1:20.37, 200m IM 2:37.36, 100m Fly 1:12.07

Chloe Davies

200m Free 2:15.00, 100m Back 1:08.81, 200m IM 2:32.05, 100m Breast 1:28.04

Charlotte Henshaw

100m Breast 1:38.46, 400m Free 5:39.21

Tully Kearney

100m Free 1:05.74, 400m Free 4:45.27, 200m IM 2:38.00, 100m Fly 1:14.61, 100m Back 1:11.32

Harriet Lee

100m Breast 1:19.44, 200m IM 2:38.06, 50m Free 29.97

Nicole Lough

100m Breast 1:20.12

Amy Marren

50m Free 30.06, 100m Free 1:03.88, 100m Back 1:11.20, 100m Fly 1:11.10, 200m IM 2:32.74

Stephanie Millward

100m Free 1:03.18, 200m IM 2:33.73, 100m Back 1:05.17

Susie Rodgers

50m Free 33.84, 100m Free 1:12.10, 400m Free 5:18.93, 50m Fly 36.01

Hannah Russell

50m Free 27.91, 100m Free 1:00.88, 400m Free 4:38.60, 100m Back 1:09.52, 100m Fly 1:08.57

Eleanor Simmonds

50m Free 36.03, 400m Free 5:19.17, 100m Breast 1:45.89, 200m IM 3:05.39, 100m Back 1:36.97, 100m Free 1:14.82,

Stephanie Slater

100m Breast 1:24.92, 100m Fly 1:11.03, 200m IM 2:50.60



SWIMMING RECORDS AND RANKINGS

To view the current records and rankings via the IPC website, please click on the relevant link below:

Wolrd and European Records http://www.paralympic.org/Swimming/Results/Records

British Records http://www.swimming.org/britishswimming/disability-swimming/records/

Rankings http://www.paralympic.org/Swimming/Results/Rankings









SWIMMING SELECTION POLICY

The team shall be selected following the Trials Event. Final selection is at the sole discretion of the Technical Lead (TL). There shall be one (1) Trials Event as follows:

The British International Disability Swimming Championships (50m) – Sheffield, 25th–28th April 2013 (the Trials Event).

1. ATHLETE SELECTION -INDIVIDUAL EVENTS

- 1.1 Subject to 1.4 the overall fastest two (2) swimmers in each event and classification (S1-S14) from the trials will be selected for that event providing that the performance equals or betters the published Qualifying Time.¹
- 1.2 Subject to 1.4 the third fastest swimmer in each event and classification (S1-S14) from the Trials Event will be eligible for selection for that event providing the performance equals or betters the published Qualifying Time and providing there are sufficient places remaining for the event and classification following the selection from the Trials Event and relay squads. Final selection is at the sole discretion of the TL.
- 1.3 Any swimmer achieving the B Standard Qualifying Time in the trials competition

who is 18 years of age or under (as at 31st December 2013) will be eligible for selection for that event providing that the performance equals or betters the published B Standard Qualifying Time and providing there is a place available within that event (3 entries per nation per event (S1-S14). Priority will be given to swimmers who achieve the A Standard Qualifying Time and swimmers who have been selected for relay teams. B Standards will not apply to relay events. Final selection is at the sole discretion of the TL.

1.4 Illness and Injury

1.4.1 If, due to illness or injury, established in accordance with 1.4.2 below, a swimmer is unable to compete at the above Trials Event they may be considered for selection provided that they have competed in at least one Montreal 2013 IPC Swimming World Championships medal event at the British Gas International Swimming Meet, Leeds (7th-10th March 2013) and have achieved the criteria relating to the published Qualifying Times and place availability as set out in 1.1, 1.2, 1.3 and 2. Final selection is at the sole discretion of the TL.

September 2012 inclusive. A Standard Qualifying Times will reflect the team's potential to win medals at the Montreal 2013 IPC Swimming World Championships.

1.4.2 Swimmers must notify the TL in writing no later than 5pm on the day prior to commencement of the Trials Event (25th-

28th April 2013), outlining any injury or illness within the previous six (6) weeks indicating the injury/illness and how the injury/illness will specifically impact upon their performance at the designated Trials Event. In addition a full medical report must be submitted for the appointed medical practitioner's attention (marked Private and Confidential). A medical practitioner will be appointed by British Swimming to review the medical documentation submitted. The medical practitioner shall consult with the TL. The decision on selection shall be made by the TL at his sole discretion.

1.4.3 If an athlete becomes ill or injured during the Trials Event and has to withdraw on medical grounds the athlete may be considered for selection provided that the athlete has competed in at least one Montreal 2013 IPC Swimming World Championships medal event at the British Gas International Swimming Meet, Leeds (7th-10th March 2013) or earlier in the Trials Event competition and has achieved the criteria relating to the published Qualifying Times and place availability as set out in 1.1, 1.2, 1.3 and 2. The athlete must obtain a full medical report (marked Private and Confidential) from the competition doctor and this must be submitted to the TL by the end of the relevant session from which the athlete has withdrawn.

Selection will be at the sole discretion of the TL.

- 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 will have already been selected for the team in either an individual or relay event as set out in 1.1 to 1.4.3 inclusive and clause 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 and total team athlete slots available.
- 1.5.4 Swimmers wishing to be considered for additional events must compete in all events in which they wish to be considered at the trials and/or the British Gas International Swimming Meet, Leeds (7th-10th March 2013).
- 1.5.5 Additional events may 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 selected for (as outlined in 1.1, 1.2, 1.3 and 2) are withdrawn by IPC Swimming, unless they meet the criteria for an event in a higher classification as set out in 4.9 and 4.9.1 below.

¹The Qualifying Times shall be established utilising all known performances from IPC approved/sanctioned long course competitions and IPC Swimming absolute World Long Course Rankings from 1st January 2011 to 8th







SWIMMING SELECTION POLICY

1.5.7 Events will be considered viable by IPC Swimming if they have a minimum of 5 eligible swimmers from 2 nations. Relay events will be considered viable if there are 4 eligible nations entered from the entries received.

2. ATHLETE SELECTION - RELAYS

- 2.1 Swimmers will be selected by the Selection Panel2 for the relays, providing that the swimmers combined four (4) times and points meet the British Swimming qualifying standard for that relay. Additional relay squad members may be selected at the sole discretion of the TL.
- 2.1.2 Swimmers combined times for relay team selections will only be considered from the Trials Event. Past performances will not be considered with the exception of circumstances outlined in 1.4.1, 1.4.2 and 1.4.3.
- 2.2 Relay squad practice sessions will be held in preparation for the Montreal 2013 IPC Swimming World Championships following selection. Selected swimmers will be required to attend all relay practices.

3. TEAM STAFF SELECTION

- 3.1 IPC Swimming will allocate British Swimming a limited number of team staff accreditations for Coaches and Support Staff.
- 3.2 The core team staff shall consist of the NPD/Team Leader, Team Manager, Sport Science and Sport Medicine Manager, Team Doctor, Team Physiotherapist and a minimum of 3 team coaches.
- 3.2.1 The NPD will confirm coach and team staff selections, at his sole discretion, based on an appropriate balance of coaching and support staff to meet the needs of the team within the allocated number of staff accreditations allocated to the team by IPC Swimming.
- 3.2.2 All coaches must be a holder of the ASA Coach Certificate or UKCC Level 3 Certificate.
- 3.3 Support team staff will be selected 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:
- 3.3.1 Support team staff has proven experience, skills and relevant qualifications to meet the support needs

- of elite performance swimmers within a pandisability team.
- 3.4 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.
- 3.4.1 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.

4. GENERAL

The conditions outlined below must be met for all team members wishing to be considered for selection:

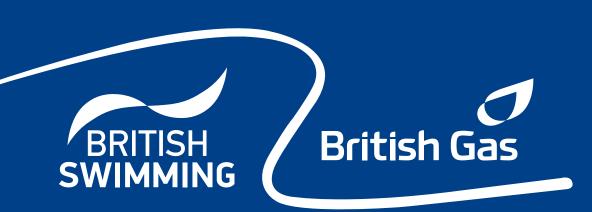
- 4.1 Only swimmers eligible to represent Great Britain at the Montreal 2013 IPC Swimming World Championships will be considered. Swimmers must be a British passport holder or in receipt of an IPC extraordinary circumstance waiver. This may change at any time by IPC Swimming.
- 4.2 Subject to clause 1.4.1, 1.4.2 and 1.4.3 above, swimmers wishing to be considered for the Montreal 2013 IPC Swimming World Championships must have competed in the

- designated Trials Event as outlined above in all the events in which they wish to be considered for selection.
- 4.4 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.
- 4.5 Swimmers must be internationally classified with a "Review" (R) or "Confirmed"
- (C) IPC Swimming sport classification status.
- 4.6 Split times will not be considered with the exception of the identification of swimmers for the 20 point relays.
- 4.7 Performances from time trials will not be considered with the exception of British Swimming team relay practices for relay team consideration.
- 4.8 All swimmers must meet the IPC Swimming Minimum Entry Time (MET) 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 IPC Swimming Minimum Qualification Standard (MQS) must have been achieved at the Trials Event in at least one individual event and sufficient places in that event(s) must be available.
- 4.9 In the event of IPC Swimming withdrawing an event from the programme,





²The Selection Panel will consist of members nominated by British Swimming and the British Disability Swimming Technical Swimming Committee.



SWIMMING SELECTION POLICY

with the exception of a swimmer achieving the criteria as outlined in 1.1, 1.2, 1.3 and 2, for an event in a higher classification where sufficient places are available, theswimmer will be de-selected from the team.

4.9.1 In the event an event is withdrawn by IPC Swimming and becomes combined with another classification a maximum of five (5) swimmers may be entered however only three (3) per classification may be entered. In this case the fastest five (5) swimmers from all eligible classes (maximum 3 per classification) shall be entered subject to each swimmer meeting the criteria outlined in 1.1, 1.2, 1.3 and 2 above. In the event that the sixth placed swimmer has no other eligible events in the competition the swimmer will be de-selected from the team.

4.10 Team members will be required to attend (where selected) all pre Montreal 2013 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, competitions, meetings 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 being de-selected from the team, which will be at the sole discretion of the NPD.

4.11 Team members will be required to attend the following as specified:

GBR Team Orientation Day, Sheffield – 25th June 2013 (all team members).

British Gas Championships, Sheffield – 26th-30th June 2013. (all athletes plus identified team staff).

Relay practice sessions/camps (all relay squad athletes, relay squad coaches and identified support staff).

2013 IPC Swimming World Championships, Montreal – 5th-20th August 2013. (all team members).

4.12 All selected swimmers will be required to maintain trainability and performance targets at all times between 29th April 2013 and the conclusion of the Montreal 2013 IPC Swimming World Championships. Trainability and performance targets shall be agreed between the NPD, Home Programme Liaison (HPL) and the swimmers home programme coach. Swimmers failing to maintain trainability and performance targets may result in the swimmer being de-selected from the team at the sole discretion of the NPD.

4.13 Swimmers and team staff becoming ill or injured at any time between 29th April 2013 and the conclusion of the Montreal 2013 IPC Swimming World Championships may be required to undertake a full medical examination which may result in the team member being de-selected from the team at the sole discretion of the NPD. All team members may be subjected to fitness (land/water) and/or medical tests at any time between 29th April 2013 and the conclusion of the Montreal 2013 IPC Swimming World Championships.

4.14 Any team member who withdraws themselves from the team, with the exception of a withdrawal on medical grounds or as a result of 4.9 and 4.9.1, following selection may be liable for the reimbursement of any costs incurred on behalf of that team member.

4.15 All selected 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.

4.16 The team of selected swimmers will be posted on the British Swimming website no later than 1pm, Tuesday 30th April 2013.

4.17 The TL and NPD will exercise his authority to ensure that the final selection for the 2013 IPC Swimming World Championships are in line with this policy.
4.18 All appeals against non-selection (or de-selection) to the 2013 IPC Swimming World Championships (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. Swimmers should be aware of the time limits contained in the procedures, which are designed with the intention of resolving issues expeditiously and fairly.







SWIMING QUALIFYING TIMES: MALE

	A Standard	B Standard	200m	Freestyle		50m B	reaststroke		150m	Individual Me	edley	
50m F	reestyle		S3	03:42.15	03:44.32	SB2	00:59.68	01:00.27	SM3	03:04.78	03:06.5	9
S3	00:44.76	00:45.20	S4	03:05.25	03:07.07	SB3	00:51.27	00:51.77	SM4	02:43.44	02:45.0	5
S4	00:39.53	00:39.91	S5	02:46.40	02:48.03							
S5	00:34.36	00:34.70	S14	02:02.33	02:03.53	100m	Breaststroke		200m	Individual Me	edley	
S6	00:30.66	00:30.96				SB4	01:39.17	01:40.15	SM5	03:36.71	03:38.8	3
S 7	00:28.90	00:29.18	400m	Freestyle		SB5	01:38.15	01:39.12	SM6	02:47.67	02:49.3	1
S8	00:26.84	00:27.10	S 6	05:17.82	05:20.94	SB6	01:28.83	01:29.70	SM7	02:40.32	02:41.9	0
S 9	00:26.22	00:26.48	S 7	04:52.50	04:55.36	SB7	01:24.17	01:25.00	SM8	02:30.11	02:31.5	9
S10	00:24.37	00:24.61	S 8	04:34.37	04:37.06	SB8	01:12.44	01:13.15	SM9	02:22.65	02:24.0	5
S11	00:26.90	00:27.16	S 9	04:23.72	04:26.31	SB9	01:08.75	01:09.42	SM10	02:17.47	02:18.8	1
S12	00:24.86	00:25.10	S10	04:13.14	04:15.63	SB11	01:15.48	01:16.22	SM11	02:30.73	02:32.2	0
S13	00:24.55	00:24.79	S11	04:47.36	04:50.18	SB12	01:09.11	01:09.78	SM12	02:17.53	02:18.8	7
			S12	04:22.26	04:24.83	SB13	01:08.40	01:09.07	SM13	02:12.82	02:14.1	3
100m	Freestyle		S13	04:13.49	04:15.98	SB14	01:09.80	01:10.48	SM14	02:23.52	02:24.9	3
S 1	03:26.24	03:28.27										
S2	02:20.89	02:22.27	50m E	Backstroke		50m B	utterfly		Relays	•		
S 3	01:40.94	01:41.93	S 1	01:34.29	01:35.21	S 3	01:18.17	01:18.94	20pt 4	x 50m Freesty	le	02:41.74
S4	01:26.66	01:27.51	S2	01:06.00	01:06.65	S4	00:48.60	00:49.08	20pt 4	x 50m Medley	Relay	02:44.81
S5	01:16.28	01:17.02	S 3	00:47.19	00:47.65	S5	00:37.94	00:38.32	34pt 4	x 100m Freest	tyle Relay	03:58.75
S6	01:08.82	01:09.49	S4	00:47.41	00:47.87	S6	00:32.06	00:32.37	34pt 4	x 100m Medle	y Relay	04:21.34
S 7	01:02.73	01:03.35	S5	00:39.64	00:40.03	S 7	00:31.37	00:31.67				
S8	00:59.50	01:00.08										
S 9	00:57.50	00:58.06	100m	Backstroke		100m	Butterfly					
S10	00:53.83	00:54.35	S 6	01:17.47	01:18.23	S8	01:03.23	01:03.85				
S11	01:00.79	01:01.39	S 7	01:13.98	01:14.71	S 9	01:01.44	01:02.05				
S12	00:55.50	00:56.04	S 8	01:08.87	01:09.55	S10	00:58.51	00:59.08				
S13	00:53.95	00:54.48	S 9	01:05.00	01:05.64	S11	01:05.19	01:05.83				
			S10	01:01.94	01:02.55	S12	01:00.75	01:01.35				
			S11	01:09.58	01:10.27	S13	00:57.50	00:58.06				
			S12	01:02.65	01:03.26							
			S13	01:02.20	01:02.81							
			S14	01:04.59	01:05.22							







SWIMMING QUALIFYING TIMES: FEMALE

	A Standard	B Standard
50m F	reestyle	
S 3	00:56.83	00:57.39
S4	00:52.88	00:53.40
S5	00:38.28	00:38.66
S 6	00:36.42	00:36.78
S 7	00:33.97	00:34.30
S8	00:32.16	00:32.48
S 9	00:29.79	00:30.09
S10	00:29.24	00:29.53
S11	00:32.30	00:32.62
S12	00:28.09	00:28.37
S13	00:28.47	00:28.75
	Freestyle	
S2	02:32.69	02:34.19
S 3	02:02.16	02:03.35
S4	01:53.37	01:54.48
S5	01:23.42	01:24.23
S6	01:17.63	01:18.39
S7	01:13.54	01:14.26
S8	01:08.97	01:09.65
S 9	01:04.80	01:05.44
S10	01:02.65	01:03.26
S11	01:11.23	01:11.92
S12	01:01:43	01:02.04
S13	01:02.17	01:02.78
200	Puo a staal a	
	Freestyle	0//252
S3	04:40.78	04:43.53
S4	03:46.03	03:48.25
S5	02:57.14	02:58.88
S14	02:15.84	02:17.18

400m l	Freestyle				
S6	05:40.40	05:43.74			
S 7	05:25.31	05:28.50			
S8	05:15.55	05:18.64			
S9	04:48.41	04:51.23			
S10	04:41.99	04:44.75			
S11	05:22.67	05:25.83			
S12	04:45.35	04:48.14			
S13	05:06.22	05:09.23			
50m R	ackstroke				
S1	*03:12.00	*03:12.00			
S2	01:06.46	01:07.11			
S3	01:00.40	01:07:11			
53 S4	00:55.08	01.02.20			
S5	00.33.00	00:33.02			
J J	00.47.37	00.40.04			
100m l	Backstroke				
S6	01:27.95	01:28.82			
S 7	01:26.13	04:26.97			
S8	01:21.80	01:22.61			
S 9	01:12.68	01:13.39			
S10	01:10.40	01:11.09			
S11	01:21.23	01:22.03			
S12	01:10.91	01:11.61			
S13	01:17.42	01:18.18			
S14	01:10.60	01:11.30			
50m Breaststroke					
SB2	01:17.72	01:18.49			
SB3	01:13.12	01:13.84			

100m B	reaststroke	
SB4	01:58.49	01:59.66
SB5	01:51.48	01:52.57
SB6	01:41.14	01:42.13
SB7	01:37.59	01:38.55
SB8	01:24.10	01:24.92
SB9	01:21.03	01:21.82
SB11	01:33.03	01:33.95
SB12	01:21.69	01:22.49
SB13	01:23.13	01:23.95
SB14	01:22.52	01:23.33
50m Bu	tterfly	
S3	01:13.57	01:14.29
S4	01:41.00	01:41.00
S5	00:47:55	00:48.02
S6	00:39.34	00:39.73
S 7	00:36.75	00:37.11
100m B	utterfly	
S8	01:13.98	01:14.71
S 9	01:11.50	01:12.20
S10	01:10.46	01:11.15
S11	01:28.75	01:29.62
S12	01:09.94	01:10.63
S13	01:09.24	01:09.92

150m	Individual Mo	edley					
SM3	04:17.72	04:20.25					
SM4	03:37.64	03:39.77					
200m l	200m Individual Medley						
SM5	03:32.75	03:34.84					
SM6	03:18.17	03:20.11					
SM7	03:11.26	03:13.14					
SM8	02:52.86	02:54.55					
SM9	02:39.33	02:40.90					
SM10	02:37.03	02:38.57					
SM11	03:00.48	03:02.25					
SM12	02:31.70	02:33.19					
SM13	02:33.37	02:34.87					
SM14	02:38.74	02:40.30					
Relays	3						
20pt 4	x 50m Freest	/le					

20pt 4 x 50m Freestyle	03:42.00
20pt 4 x 50m Medley Relay	03:30.48
34pt 4 x 100m Freestyle Relay	04:31.33
34pt 4 x 100m Medley Relay	05:01.48

^{*} Indicates qualification standard set at IPC Minimum Qualification Standard (MQS). British criteria cannot be applied due to less than 3 competitors listed on the IPC Swimming World Rankings (1st January 2011 - 8th September 2012). Event is unlikely to be viable at the 2013 IPC Swimming World Championships.





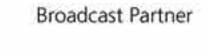






Principal Partner







BBGSPORT Kellugg's speedo



Official Partners





Official Suppliers



