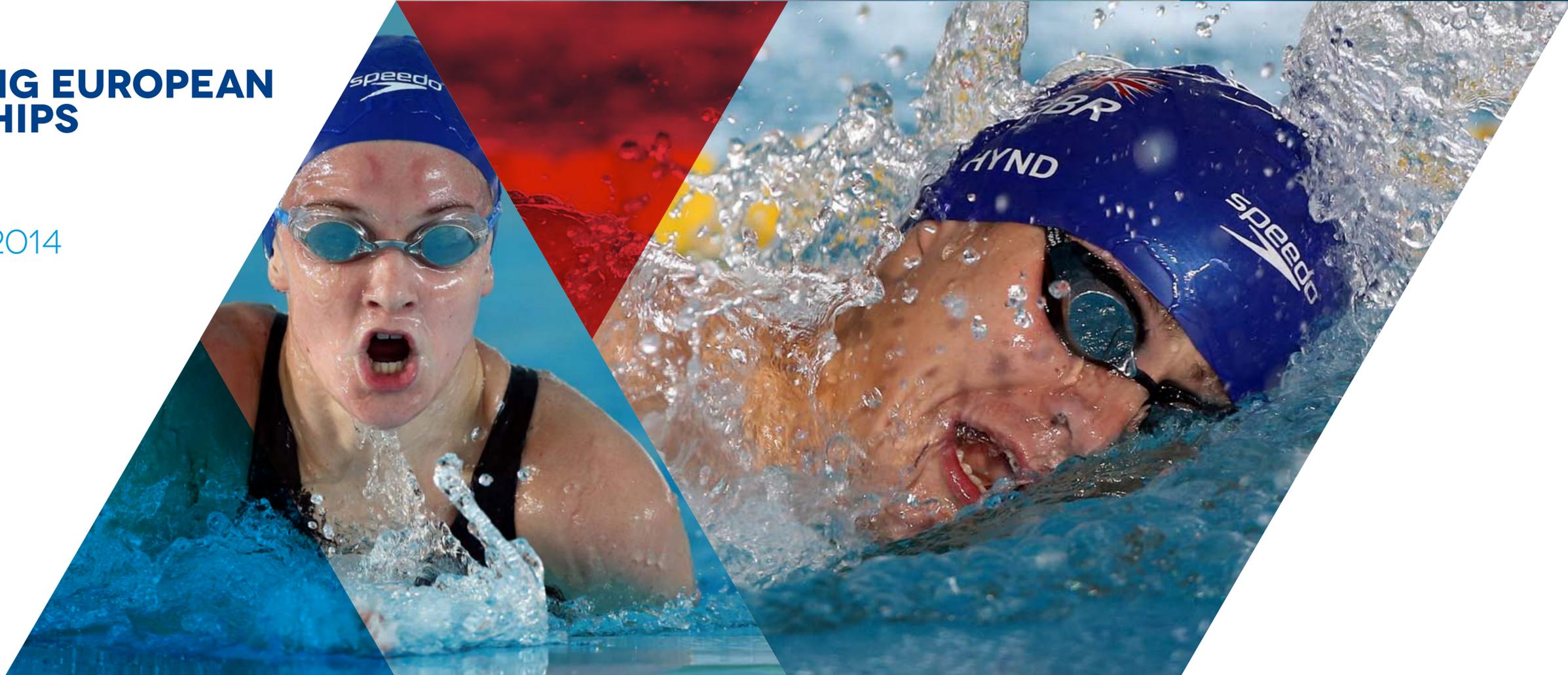




# IPC SWIMMING EUROPEAN CHAMPIONSHIPS

EINDHOVEN  
4 - 10 AUGUST 2014



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# MEDIA CONTACTS

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## USEFUL WEBSITES

### British Swimming:

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

### Official Event Website:

<http://www.paralympic.org/eindhoven-2014>

### IPC:

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



# 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 AND HEAD COACH DURING COMPETITION

Media requests in relation to the National Performance Director and Head Coach should go through the Press Officer. Those wishing to put a question to the National Performance Director and Head Coach should provide as much notice as possible so the Press Officer can identify a window of opportunity to respond. If the National Performance Director and Head Coach is unable to respond in person, the Press Officer will pass on their views. During the competition the National Performance Director and Head Coach 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 and Head Coach'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 co-ordinated through the Press Officer. These coaches will only speak on their athlete's performance. Comments on the overall team performance will only be given by the Head Coach or National Performance Director.

## ACCESS TO ATHLETES OR COACHING STAFF DURING COMPETITION

Requests for interviews with athletes or team coaching staff must go through the Press Officer. 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 Head Coach or National Performance Director via the Press Officer.

Access to athletes and coaches will be limited to the official mixed zone, press conferences or through prior arrangements made via the Press Officer. 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 Press Officer 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 swim-down 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 Press Officer or Team Manager will be present during interviews. The Press Officer 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 Press Officer. 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 Press Officer 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 Head Coach should not be contacted directly. Their time is limited and therefore the Press Officer 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 Press Officer.

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 programme-supported 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 Press Officer. If unavailable the media should approach the Team Manager. The Press Officer 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 Head Coach can talk on the overall team and all matters. Support staff are unable to comment on performance.



# 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.

# 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.

# EVENT SCHEDULE

## DAY 1

Men's 400m Freestyle S6  
 Women's 400m Freestyle S6  
 Men's 100m Backstroke S14  
 Women's 100m Backstroke S14  
 Men's 100m Breaststroke SB11  
 Women's 100m Breaststroke SB11  
 Men's 100m Breaststroke SB12  
 Women's 100m Breaststroke SB12  
 Men's 100m Breaststroke SB13  
 Women's 100m Breaststroke SB13  
 Men's 100m Freestyle S1  
 Women's 100m Freestyle S1  
 Men's 100m Freestyle S2  
 Women's 100m Freestyle S2  
 Men's 100m Freestyle S3  
 Women's 100m Freestyle S3  
 Men's 100m Freestyle S4  
 Women's 100m Freestyle S4  
 Men's 400m Freestyle S7  
 Women's 400m Freestyle S7  
 Men's 100m Backstroke S8  
 Women's 100m Backstroke S8  
 Men's 100m Freestyle S5  
 Women's 100m Freestyle S5  
 Men's 50m Freestyle S10  
 Women's 50m Freestyle S10  
 Men's 50m Freestyle S9  
 Women's 50m Freestyle S9

Men's 4x100m Medley Relay 49 points  
 Women's 4x100m Medley Relay 49 points

## DAY 2

Men's 400m Freestyle S8  
 Women's 400m Freestyle S8  
 Men's 100m Breaststroke SB5  
 Women's 100m Breaststroke SB5  
 Men's 100m Breaststroke SB4  
 Women's 100m Breaststroke SB4  
 Men's 50m Freestyle S1  
 Women's 50m Freestyle S1  
 Men's 50m Freestyle S2  
 Women's 50m Freestyle S2  
 Men's 50m Freestyle S3  
 Women's 50m Freestyle S3  
 Men's 100m Backstroke S11  
 Women's 100m Backstroke S11  
 Men's 100m Backstroke S12  
 Women's 100m Backstroke S12  
 Men's 100m Backstroke S13  
 Women's 100m Backstroke S13  
 Men's 50m Freestyle S7  
 Women's 50m Freestyle S7  
 Men's 50m Butterfly S6  
 Women's 50m Butterfly S6  
 Men's 400m Freestyle S9  
 Women's 400m Freestyle S9  
 Men's 100m Butterfly S10  
 Women's 100m Butterfly S10

Mixed 4x50m Freestyle Relay 20 points

## DAY 3

Men's 200m Freestyle S1  
 Women's 200m Freestyle S1  
 Men's 200m Freestyle S2  
 Women's 200m Freestyle S2  
 Men's 200m Freestyle S3  
 Women's 200m Freestyle S3  
 Men's 100m Freestyle S9  
 Women's 100m Freestyle S9  
 Men's 100m Butterfly S8  
 Women's 100m Butterfly S8  
 Men's 50m Freestyle S6  
 Women's 50m Freestyle S6  
 Men's 200m IM SM7  
 Women's 200m IM SM7  
 Men's 200m IM SM11  
 Women's 200m IM SM11  
 Men's 200m IM SM12  
 Women's 200m IM SM12  
 Men's 200m IM SM13  
 Women's 200m IM SM13  
 Men's 100m Breaststroke SB14  
 Women's 100m Breaststroke SB14  
 Men's 100m Breaststroke SB9  
 Women's 100m Breaststroke SB9  
 Men's 50m Butterfly S1  
 Women's 50m Butterfly S1  
 Men's 50m Butterfly S2  
 Women's 50m Butterfly S2  
 Men's 50m Butterfly S3  
 Women's 50m Butterfly S3  
 Men's 50m Butterfly S4

Women's 50m Butterfly S4  
 Men's 50m Butterfly S5  
 Women's 50m Butterfly S5  
 Men's 200m IM SM8  
 Women's 200m IM SM8

Men's 4x100m Freestyle Relay 49 points  
 Women's 4x100m Freestyle Relay 49 points

# EVENT SCHEDULE

## DAY 4

Men's 200m IM SM5  
 Women's 200m IM SM5  
 Men's 200m IM SM6  
 Women's 200m IM SM6  
 Men's 100m Backstroke S1  
 Women's 100m Backstroke S1  
 Men's 100m Backstroke S2  
 Women's 100m Backstroke S2  
 Men's 50m Freestyle S4  
 Women's 50m Freestyle S4  
 Men's 50m Freestyle S11  
 Women's 50m Freestyle S11  
 Men's 50m Freestyle S12  
 Women's 50m Freestyle S12  
 Men's 50m Freestyle S13  
 Women's 50m Freestyle S13  
 Men's 100m Breaststroke SB8  
 Women's 100m Breaststroke SB8  
 Men's 100m Backstroke S7  
 Women's 100m Backstroke S7  
 Men's 400m Freestyle S10  
 Women's 400m Freestyle S10

Men's 4x50m Freestyle Relay 20 points  
 Women's 4x50m Freestyle Relay 20 points

## DAY 5

Men's 200m Freestyle S4  
 Women's 200m Freestyle S4  
 Men's 200m Freestyle S5  
 Women's 200m Freestyle S5  
 Men's 100m Freestyle S7  
 Women's 100m Freestyle S7  
 Men's 100m Freestyle S6  
 Women's 100m Freestyle S6  
 Men's 50m Backstroke S1  
 Women's 50m Backstroke S1  
 Men's 50m Backstroke S2  
 Women's 50m Backstroke S2  
 Men's 50m Backstroke S3  
 Women's 50m Backstroke S3  
 Men's 100m Butterfly S11  
 Women's 100m Butterfly S11  
 Men's 100m Butterfly S12  
 Women's 100m Butterfly S12  
 Men's 100m Butterfly S13  
 Women's 100m Butterfly S13  
 Men's 200m Freestyle S14  
 Women's 200m Freestyle S14  
 Men's 200m IM SM10  
 Women's 200m IM SM10  
 Men's 100m Breaststroke SB7  
 Women's 100m Breaststroke SB7  
 Men's 200m IM SM9  
 Women's 200m IM SM9

Men's 4x50m Medley Relay 20 points  
 Women's 4x50m Medley Relay 20 points

## DAY 6

Men's 100m Freestyle S8  
 Women's 100m Freestyle S8  
 Men's 100m Backstroke S9  
 Women's 100m Backstroke S9  
 Men's 100m Backstroke S10  
 Women's 100m Backstroke S10  
 Men's 50m Freestyle S5  
 Women's 50m Freestyle S5  
 Men's 50m Butterfly S7  
 Women's 50m Butterfly S7  
 Men's 100m Backstroke S6  
 Women's 100m Backstroke S6  
 Men's 100m Freestyle S11  
 Women's 100m Freestyle S11  
 Men's 100m Freestyle S12  
 Women's 100m Freestyle S12  
 Men's 100m Freestyle S13  
 Women's 100m Freestyle S13  
 Men's 150m IM SM1  
 Women's 150m IM SM1  
 Men's 150m IM SM2  
 Women's 150m IM SM2  
 Men's 150m IM SM3  
 Women's 150m IM SM3  
 Men's 150m IM SM4  
 Women's 150m IM SM4

Men's 4x100m Freestyle Relay 34 points  
 Women's 4x100m Freestyle Relay 34 points

## DAY 7

Men's 100m Breaststroke SB6  
 Women's 100m Breaststroke SB6  
 Men's 100m Butterfly S9  
 Women's 100m Butterfly S9  
 Men's 100m Freestyle S10  
 Women's 100m Freestyle S10  
 Men's 50m Backstroke S4  
 Women's 50m Backstroke S4  
 Men's 50m Freestyle S8  
 Women's 50m Freestyle S8  
 Men's 50m Backstroke S5  
 Women's 50m Backstroke S5  
 Men's 400m Freestyle S11  
 Women's 400m Freestyle S11  
 Men's 400m Freestyle S12  
 Women's 400m Freestyle S12  
 Men's 400m Freestyle S13  
 Women's 400m Freestyle S13  
 Men's 50m Breaststroke SB1  
 Women's 50m Breaststroke SB1  
 Men's 50m Breaststroke SB2  
 Women's 50m Breaststroke SB2  
 Men's 50m Breaststroke SB3  
 Women's 50m Breaststroke SB3  
 Men's 200m IM SM14  
 Women's 200m IM SM14

Men's 4x100m Medley Relay 34 points  
 Women's 4x100m Medley Relay 34 points

# TEAM

## ATHLETES

### Male

Jack Bridge  
Josef Craig  
James Crisp  
Thomas Hamer  
Kahoru Harazawa  
Craig Harris  
James Hollis  
Oliver Hynd  
Sascha Kindred  
Aaron Moores  
Andrew Mullen  
Scott Quin  
Jack Thomas  
Matthew Walker  
Robert Welbourn  
Matthew Wylie

## COACHES

Graeme Smith  
Rob Aubry  
Billy Pye  
Danny Thompson  
Dave Evitts  
Steve Bayley

### Female

Gemma Almond  
Jessica-Jane Applegate  
Claire Cashmore  
Chloe Davies  
Charlotte Henshaw  
Nicole Lough  
Amy Marren  
Stephanie Millward  
Eleni Papadopoulos  
Susie Rodgers  
Hannah Russell  
Eleanor Simmonds  
Stephanie Slater  
Alice Tai



# LIST OF ATHLETES AND EVENTS

## MEN

**Jack Bridge** S10, SB9, SM10 100m Breaststroke, Relay

**Josef Craig** S8, SB7, SM8 400m Freestyle, 100m Freestyle, 50m Freestyle, Relays

**James Crisp** S9, SB8, SM9 100m Breaststroke, 200m IM, 100m Backstroke, Relay

**Thomas Hamer** S14, SB14, SM14 200m Freestyle

**Kahoru Harazawa** S10, SB9, SM10 100m Butterfly, 100m Breaststroke, 200m IM

**Craig Harris** S14, SB14, SM14 100m Backstroke, 100m Breaststroke, 200m Freestyle, 200m IM

**James Hollis** S10, SB9, SM10 100m Butterfly, Relay

**Oliver Hynd** S8, SB8, SM8 100m Backstroke, 400m Freestyle, 200m IM, Relay

**Sascha Kindred** S6, SB7, SM6 50m Butterfly, 50m Freestyle, 200m IM, 100m Freestyle, 100m Breaststroke

**Aaron Moores** S14, SB14, SM14 100m Backstroke, 100m Breaststroke,

**Andrew Mullen** S5, SB4, SM5 100m Freestyle, 50m Butterfly, 200m IM, 200m Freestyle, 50m Freestyle, 50m Backstroke

**Scott Quin** S14, SB14, SM14 100m Breaststroke, 200m IM

**Jack Thomas** S14, SB14, SM14 100m Backstroke, 200m Freestyle, 200m IM

**Matthew Walker** S7, SB7, SM7 50m Freestyle, 100m Freestyle, 50m Butterfly, Relays

**Robert Welbourn** S10, SB9, SM10 50m Freestyle, 400m Freestyle, 100m Freestyle, Relay

**Matthew Wylie** S9, SB9, SM9 50m Freestyle, 400m Freestyle, 100m Freestyle, Relays

## WOMEN

**Gemma Almond** S10, SB9, SM10 100m Butterfly, 100m Breaststroke, 200m IM, 100m Freestyle

**Jessica-Jane Applegate** S14, SB14, SM14 100m Backstroke, 200m Freestyle, 200m IM

**Claire Cashmore** S9, SB9, SM9 50m Freestyle, 100m Freestyle, 100m Breaststroke, 200m IM, Relays

**Chloe Davies** S14, SB14, SM14 100m Backstroke, 100m Breaststroke, 200m Freestyle, 200m IM

**Charlotte Henshaw** S8, SB6, SM8 200m IM, 100m Breaststroke

**Nicole Lough** S14, SB14, SM14 100m Breaststroke, 200m IM

**Amy Marren** S9, SB9, SM9 50m Freestyle, 400m Freestyle, 100m Freestyle, 100m Breaststroke, 200m IM, 100m Backstroke, 100m Butterfly, Relays

**Stephanie Millward** S9, SB9, SM9 400m Freestyle, 100m Freestyle, 200m IM, 100m Backstroke, 100m Butterfly, Relays

**Eleni Papadopoulos** S10, SB9, SM10 100m Butterfly, 400m Freestyle, 200m IM, 100m Freestyle

**Susie Rodgers** S7, SB6, SM7 400m Freestyle, 50m Freestyle, 100m Backstroke, 100m Freestyle, 50m Butterfly, Relays

**Hannah Russell** S12, SB12, SM12 100m Backstroke, 200m IM, 50m Freestyle, 100m Butterfly, 100m Freestyle, 400m Freestyle

**Eleanor Simmonds** S6, SB6, SM6 400m Freestyle, 50m Freestyle, 200m IM, 100m Freestyle, 100m Breaststroke

**Stephanie Slater** S8, SB8, SM8 100m Backstroke, 100m Butterfly, 200m IM, 100m Freestyle, 50m Freestyle, Relays

**Alice Tai** S10, SB9, SM10 50m Freestyle, 400m Freestyle, 100m Backstroke, 100m Freestyle, Relays

# ATHLETE PROFILES: MEN



## JACK BRIDGE

Club: City of Newcastle  
Coach: Louise Graham  
Dob: 12/05/1994  
Born: Preston

Trains: Newcastle  
Lives: Newcastle  
Classification: S10, SB9, SM10

### QUALIFIED EVENTS:

100m Breaststroke, Relay

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 100Br 4th (B Final)

IPC World Championships 2013: SB9 100Br 7th

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



## JOSEF CRAIG

Club: City of Sunderland  
Coach: Danny Thompsom  
Dob: 17/02/1997  
Born: South Shields  
Trains: Sunderland

Lives: Tyne and Wear, Primrose  
Classification: S8, SB7, SM8

### QUALIFIED EVENTS:

400m Freestyle, 100m Freestyle, 50m Freestyle, Relays

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 100Fr 8th

IPC World Championships 2013: S7 50Fr Silver, S7 100Fr Gold, S7 400Fr Gold

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

British International Disability Swimming Championships 2011: 50Fr 39th, 100Fr 34th,  
400Fr 9th, 200IM 21st

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

# ATHLETE PROFILES: MEN



## JAMES CRISP

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

Trains: Sheffield  
Lives: Sheffield  
Classification: S9, SB8, SM9

### QUALIFIED EVENTS:

100m Breaststroke, 200m IM, 100m Backstroke, Relay

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 200IM 7th, MC 100Ba 7th  
IPC World Championships 2013: S9 100Ba Silver, SB8 100Br 4th, SM9 200IM 5th  
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



## THOMAS HAMER

Club: Manchester NPC  
Coach: Rob Greenwood/  
Graeme Smith  
Dob: 16/08/1998  
Born: Burnley

Trains: Manchester  
Lives: Burnley  
Classification: S14, SB14, SM14

### QUALIFIED EVENTS:

200m Freestyle

### ACHIEVEMENTS:

Commonwealth Games 2014: SM14 200Fr Silver  
British Para-Swimming International Meet 2014: MC 200Fr Bronze  
British Gas Swimming Championships 2014: MC 200m Fr Gold  
British Gas International Swimming Meet 2014: MC 200m Fr Gold

# ATHLETE PROFILES: MEN



## CRAIG HARRIS

Club: Swansea Performance

Coach: Billy Pye

Dob: 26/02/1999

Born: Salisbury

Trains: Swansea

Lives: Swansea

Classification: S14, SB14, SM14

### QUALIFIED EVENTS:

100m Backstroke, 100m Breaststroke, 200m Freestyle, 200m IM

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 200IM 6th

British International Disability Swimming Championships 2013: 200mFr Silver

British International Disability Swimming Championships 2012: MC 200Fr Gold



## KAHORU HARAZAWA

Club: Dulwich Dolphins  
Swimming Club

Coach: Tyrone Blackett

Dob: 24/03/1997

Born: Carshalton

Trains: Crystal Palace

Live: Kenley

Classification: S10, SB9, SM10

### QUALIFIED EVENTS:

100m Butterfly, 100m Breaststroke, 200m IM

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 400Fr 8th, MC 200IM 9th

British International Disability Swimming Championships 2013: MC 100Fly 6th,  
MC 200IM 9th

# ATHLETE PROFILES: MEN



## JAMES HOLLIS

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

Trains: Loughborough  
Lives: Theydon Bois/  
Loughborough  
Classification: S10, SB9, SM10

### QUALIFIED EVENTS:

100m Butterfly, Relay

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 100Fly 5th  
IPC World Championships 2013: S10 100Fly 5th  
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  
Born: Kirkby

Trains: Mansfield  
Lives: Kirkby  
Classification: S8, SB8, SM8

### QUALIFIED EVENTS:

100m Backstroke, 400m Freestyle, 200m IM, Relay

### ACHIEVEMENTS:

Commonwealth Games 2014: SM8 200IM Gold  
British Para-Swimming International Meet 2014: MC 200IM Silver, 100Ba 5th, 400Fr Gold  
IPC World Championships 2013: S8 400Fr Gold, SM8 200IM Gold, S8 100Ba Bronze  
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

# ATHLETE PROFILES: MEN



## SASCHA KINDRED

Club: Leominster Kingfishers

Coach: Emma Patrick

Dob: 13/12/1977

Born: Munster, Germany

Trains: Leominster

Lives: Hereford

Classification: S6, SB7, SM6

### QUALIFIED EVENTS:

50m Butterfly, 50m Freestyle, 200m IM, 100m Freestyle, 100m Breaststroke

### ACHIEVEMENTS:

IPC World Championships 2013: SM6 200IM Gold, SB7 100Br Bronze

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 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



## AARON MOORES

Club: Trowbridge

Coach: Charlie Barnes

Dob: 16/05/1994

Born: Swansea

Trains: Trowbridge

Lives: Trowbridge

Classification: S14, SB14, SM14

### QUALIFIED EVENTS:

100m Backstroke, 100m Breaststroke

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 100Ba Silver, 100Br Silver

IPC World Championships 2013: S14 100Ba Bronze, SB14 100Br 7th

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

# ATHLETE PROFILES: MEN



## ANDREW MULLEN

Club: Ren 96

Coach: Andy Jackson

Dob: 29/11/1996

Born: Glasgow

Trains: Paisley

Lives: Glasgow

Classification: S5, SB4, SM5

### QUALIFIED EVENTS:

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

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 50Fly Silver, 100Ba Gold, 50Fr Bronze,  
200IM Gold

IPC World Championships 2013: S5 50Ba Silver, SM5 200IM Silver, S5 50Fly Bronze, S5  
100Fr 4th, S5 50Fr 5th

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 Silver, 50Fly 5th

British International Disability Swimming Championships 2012: 50Fr 85th, 50Ba 11th,  
50Fly 15th

British Gas Swimming Championships 2011: 50Fly 5th, 200IM 18th

British International Disability Swimming Championships 2011: 100Fr 91st, 50Fly 5th,  
200IM 41st



## SCOTT QUIN

Club: Warrender

Coach: Laurel Bailey

Dob: 01/07/1990

Born: Edinburgh

Trains: Edinburgh

Lives: Midlothian

Classification: S14, SB14, SM14

### QUALIFIED EVENTS:

100m Breaststroke, 200m IM

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 200IM 6th, 100Br 5th

IPC World Championships 2013: SB14 100Br 5th

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

# ATHLETE PROFILES: MEN



## JACK THOMAS

Club: Swansea University

Coach: Billy Pye

Dob: 30/05/1995

Born: Swansea

Trains: Swansea

Lives: Swansea

Classification: S14, SB14, SM14

### QUALIFIED EVENTS:

100m Backstroke, 200m Freestyle, 200m IM

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 100Br 8th, 200IM 5th, 100Ba Gold, 200Fr Silver

IPC World Championships 2013: S14 100Ba 5th, SM14 200IM 6th, S14 200Fr 9th

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



## MATTHEW WALKER

Club: Marple Swimming Club/  
Manchester Aquatics

Coach: Mark Rose

Dob: 25/04/1978

Born: Stockport

Trains: Manchester

Lives: Marple

Classification: S7, SB7, SM7

### QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 50m Butterfly, Relays

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 50Fr Silver, 50Fly Bronze, 100Fr 7th

IPC World Championships 2013: S7 50Fr Gold, S7 50Fly 6th

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

# ATHLETE PROFILES: MEN



## ROBERT WELBOURN

Club: Swim Swansea  
Coach: Adam Baker  
Dob: 11/06/1987  
Born: Chesterfield

Trains: Swansea  
Lives: Swansea  
Classification: S10, SB9, SM10

### QUALIFIED EVENTS:

50m Freestyle, 400m Freestyle, 100m Freestyle, Relay

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 100Fr 9th, 50Fr Gold, 400Fr 4th  
IPC World Championships 2013: S10 400Fr Silver, S10 100Fr 7th  
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



## MATTHEW WYLIE

Club: City of Sunderland  
Coach: Danny Thompson  
Dob: 18/10/1996  
Born: Sunderland  
Trains: Sunderland

Lives: Sunderland  
Classification: S9, SB9, SM9

### QUALIFIED EVENTS:

50m Freestyle, 400m Freestyle, 100m Freestyle, Relays

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 100Fr 6th, MC 50Fr 9th, MC 400Fr 9th  
British Gas ASA National Championships 2013: MC 100Fr Gold, MC 400Fr Bronze  
British International Disability Swimming Championships 2013: MC 50Fr 7th, MC 400Fr 8th, MC 100Fr 10th

# ATHLETE PROFILES: WOMEN



## GEMMA ALMOND

Club: Swansea Performance

Coach: Billy Pye

Dob: 14/04/1993

Born: Shrewsbury

Trains: Swansea

Lives: Swansea

Classification: S10, SB9, SM10

### QUALIFIED EVENTS:

100m Butterfly, 100m Breaststroke, 200m IM, 100m Freestyle

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 100Fr 7th, 200IM 4th, 100Fly 7th

Paralympic Games 2012: SM10 200IM 8th, S10 100Fly 8th, S10 400Fr 11th,  
S10 100Fr 13th

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

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



## JESSICA-JANE APPLGATE

Club: UEA City of Norwich

Coach: Alex Pinniger

Dob: 22/08/1996

Born: Great Yarmouth

Trains: Norwich

Lives: Great Yarmouth

Classification: S14, SB14, SM14

### QUALIFIED EVENTS:

100m Backstroke, 200m Freestyle, 200m IM

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 200IM Silver, 200 Fr Silver

IPC World Championships 2013: S14 200Fr Gold, S14 100Ba Bronze, SM14 200IM Silver

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,  
100Ba 10th

# ATHLETE PROFILES: WOMEN



## CLAIRE CASHMORE

Club: Manchester NPC  
Coach: Rob Greenwood/  
Graeme Smith  
Dob: 21/05/1988  
Born: Redditch

Trains: Leeds  
Lives: Leeds  
Classification: S14, SB14, SM14

### QUALIFIED EVENTS:

S9, SB9, SM9 50m Freestyle, 100m Freestyle, 100m Breaststroke, 200m IM, Relays

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 100Fr 6th, 50Fr Silver, 200IM 5th, 100Fly Silver, 100Br 5th  
IPC World Championships 2013: 34PT 4x100MR Gold, 34 PT 4x100FR Gold, SB8 100Br Silver, SM9 200IM Bronze, S9 50Fr 5th, S9 100Fr 5th, S9 100Fly 6th  
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: Swansea Performance  
Coach: Billy Pye  
Dob: 15/12/1998  
Born: Midsomer Norton

Trains: Trowbridge  
Lives: Swansea  
Classification: S14, SB14, SM14

### QUALIFIED EVENTS:

100m Backstroke, 100m Breaststroke, 200m Freestyle, 200m IM

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 200Fr 4th, 100Ba 5th  
IPC World Championships 2013: SM14 200IM Bronze, S14 100Ba 4th, S14 200Fr 6th, SB14 100Br 13th  
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  
DSE National Open Short Course Championships 2012: 100Ba Gold, 100IM Gold, 200IM Gold, 100Fr Bronze, 100Fly Bronze, 400Fr Bronze, 100Br 7th  
UK School Games 2011: 100Ba Gold, 200IM Silver

# ATHLETE PROFILES: WOMEN



## CHARLOTTE HENSHAW

Club: Nova Centurion  
Coach: Glenn Smith  
Dob: 16/01/1987  
Born: Mansfield

Trains: Mansfield  
Lives: Mansfield  
Classification: S8, SB6, SM8

### QUALIFIED EVENTS:

200m IM, 100m Breaststroke

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 100Br 7th  
IPC World Championships 2013: SB6 100Br Bronze, S8 400Fr 8th  
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



## NICOLE LOUGH

Club: City of Sunderland  
Coach: Danny Thompson  
Dob: 24/04/1995  
Born: South Shields

Trains: Sunderland  
Lives: South Shields  
Classification: S14, SB14, SM14

### QUALIFIED EVENTS:

100m Breaststroke, 200m IM

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 100Br Bronze  
IPC World Championships 2013: SB14 100Br Bronze  
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

# ATHLETE PROFILES: WOMEN



## AMY MARREN

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

Trains: Hornchurch  
Lives: Hornchurch  
Classification: S9, SB9, SM9

### QUALIFIED EVENTS:

50m Freestyle, 400m Freestyle, 100m Freestyle, 100m Breaststroke, 200m IM, 100m Backstroke, 100m Butterfly, Relays

### ACHIEVEMENTS:

BPISM 2014: 100Fr 6th, 50 Fr 5th, 200IM 6th, 100Fly Bronze, 400Fr 7th  
IPC World Championships 2013: SM9 200IM Gold, S9 100Fly Gold, S9 100Ba Silver, S9 100Fr Silver, 34PT 4x100MR Gold, 34 PT 4x100FR Gold, S9 50Fr 4th 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: John Dougall  
Dob: 20/09/1981  
Born: Saudi Arabia

Trains: Bath  
Lives: Bath  
Classification: S9, SB9, SM9

### QUALIFIED EVENTS:

400m Freestyle, 100m Freestyle, 200m IM, 100m Backstroke, 100m Butterfly, Relays

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 100Fr 7th, 200IM 9th, 400Fr 6th  
IPC World Championships 2013: 34PT 4x100MR Gold, 34 PT 4x100FR Gold, S9 100Fr Gold, S9 100Ba Gold, SM9 200IM Silver  
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 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

# ATHLETE PROFILES: WOMEN



## ELENI PAPADOPOULOS

Club: Manchester Aquatics

Coach: Mark Mckenna

Dob: 20/07/1992

Born: Sunderland

Trains: Manchester

Lives: Manchester

Classification: S10, SB9, SM10

### QUALIFIED EVENTS:

100m Butterfly, 400m Freestyle, 200m IM, 100m Freestyle

### ACHIEVEMENTS:

British Gas International Swimming Meet 2014: MC 100Fly 4th, MC 400Fr 12th

British International Disability Swimming Championships 2014: MC 100Fly Bronze, MC 200IM 8th

IPC World Championships 2010: S10 400Fr 4th, S10 100Ba 9th, S10 100Fly 10th, SM10 200IM 11th, S10 100Fr 16th

IPC European Championships 2009: S10 100Fly Silver, SM10 200IM Silver, S10 400Fr 4th, S10 100Ba 5th



## SUSIE RODGERS

Club: Otter/Beckenham

Coach: Tony Beckley/  
Steve Bratt

Dob: 09/08/1983

Born: Stockton on tees

Trains: London

Lives: London

Classification: S7, SB6, SM7

### QUALIFIED EVENTS:

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

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 50Fly Gold, 100Ba 7th, 100Fr 10th, 50Fr 9th

IPC World Championships 2013: 34 PT 4x100FR Gold, S7 50Fr Silver, 100Fr Silver, 400Fr Silver, 50Fly Silver

Paralympic Games 2012: 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

# ATHLETE PROFILES: WOMEN



## HANNAH RUSSELL

Club: Manchester NPC  
Coach: Rob Greenwood/  
Graeme Smith  
Dob: 05/08/1996  
Born: Ottershaw

Trains: Manchester  
Lives: Manchester  
Classification: S12, SB12, SM12

### QUALIFIED EVENTS:

100m Backstroke, 200m IM, 50m Freestyle, 100m Butterfly,  
100m Freestyle, 400m Freestyle

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 100Ba Bronze, 400Fr Bronze, 100Fr 8th,  
50Fr 4th, 200IM 8th

IPC World Championships 2013: S12 100Ba Gold, S12 50Fr Silver, S12 100Fr Silver, S12  
100Fly Silver, S12 400Fr Bronze

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

British Gas Swimming Championships 2012: 50Fr 11th, 100Fr 4th, 400Fr Silver,  
100Ba Gold, 100Fly 5th

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

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

British International Disability Swimming Championships 2011: 100Fr 7th, 400Fr 8th,  
100Ba 5th



## ELEANOR SIMMONDS

Club: Loughborough University  
Coach: Steve Bayley  
Dob: 11/11/1994  
Born: Walsall

Trains: Loughborough  
Lives: Loughborough  
Classification: S6, SB6, SM6

### QUALIFIED EVENTS:

400m Freestyle, 50m Freestyle, 200m IM, 100m Freestyle, 100m Breaststroke

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: 400Fr Gold, 100Fr 5th, 100Br 7th, 50Fr  
8th, 200IM Bronze

IPC World Championships 2013: S6 100Fr Gold, S6 400Fr Gold, SM6 200IM Gold,  
S6 50Fr Bronze, S6 100Ba 4th, SB6 100Br 4th

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

# ATHLETE PROFILES: WOMEN



## STEPHANIE SLATER

Club: Manchester NPC  
Coach: Rob Greenwood/  
Graeme Smith  
Dob: 07/02/1991  
Born: Preston

Trains: Manchester  
Lives: Manchester  
Classification: S8, SB8, SM8

### QUALIFIED EVENTS:

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

### ACHIEVEMENTS:

Commonwealth Games 2014: S8 100Fr Silver

British Para-Swimming International Meet 2014: 100Fly Gold, 100Ba 4th, 100Fr Silver, 50 Fr Silver, 200IM 7th

IPC World Championships 2013: 34 PT 4x100FR Gold, S8 100Fly Silver, SM8 200IM Silver, SB8 100Br 5th

British International Meet 2013: 100Br 6th, 200IM 10th, 100Fly Silver

British Gas International Disability Swimming Championship 2013: 100Fly Gold, 200IM 6th, 100Br 4th

British Gas Swimming Championships 2013: 50Free Gold, 100Br 4th



## ALICE TAI

Club: Bournemouth  
Collegiate School  
Coach: Adam Parfitt  
Dob: 31/01/1999  
Born: Poole

Trains: Bournemouth/  
Christchurch  
Lives: New Milton  
Classification: S10, SB9, SM10

### QUALIFIED EVENTS:

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

### ACHIEVEMENTS:

British Para-Swimming International Meet 2014: MC 100Ba 8th

British International Disability Swimming Championships 2013: MC 100Fr 6th, MC 50Fr 8th, MC 100Ba 10th

## SWIMMER PBS

**Jack Bridge** 100m Breaststroke 1:09.74

**Josef Craig** 400m Freestyle 4:38.47, 100m Freestyle 1:00.56, 50m Freestyle 28.45

**James Crisp** 100m Breaststroke 1:14.92, 200m IM 2:19.85, 100m Backstroke 1:03.32

**Thomas Hamer** 200m Freestyle 2:00.27

**Kahoru Harazawa** 100m Butterfly 1:01.43, 100m Breaststroke 1:15.32, 200m IM 2:20.89

**Craig Harris** 100m Backstroke 1:06.71, 100m Breaststroke 1:14.65, 200m Freestyle 2:07.17, 200m IM 2:19.46

**James Hollis** 100m Butterfly 1:30.91

**Oliver Hynd** 100m Backstroke 1:05.10, 400m Freestyle 4:27.64, 200m IM 2:22.76

**Sascha Kindred** 50m Butterfly 32.23, 50m Freestyle 32.11, 200m IM 2:41.50, 100m Freestyle 1:10.97, 100m Breaststroke 1:22.18

**Aaron Moores** 100m Backstroke 1:03.18, 100m Breaststroke 1:10.46

**Andrew Mullen** 100m Freestyle 1:19.94, 50m Butterfly 37.96, 200m IM 3:08.64, 200m Freestyle 2:54.36, 50m Freestyle 36.91, 50m Backstroke 39.03

**Scott Quin** 100m Breaststroke 1:08.81, 200m IM 2:22.86

**Jack Thomas** 100m Backstroke 1:03.95, 200m Freestyle 2:02.39, 200m IM 2:18.22

**Matthew Walker** 50m Freestyle 28.14, 100m Freestyle 1:02.68, 50m Butterfly 32.00

**Robert Welbourn** 50m Freestyle 25.77, 400m Freestyle 4:07.05, 100m Freestyle 54.40

**Matthew Wylie** 50m Freestyle 27.04, 400m Freestyle 4:31.84, 100m Freestyle 58.69

**Gemma Almond** 100m Butterfly 1:10.27, 100m Breaststroke 1:26.00, 200m IM 2:37.90, 100m Freestyle 1:05.54

**Jessica-Jane Applegate** 100m Backstroke 1:08.90, 200m Freestyle 2:09.88, 200m IM 2:32.54

**Claire Cashmore** 50m Freestyle 30.14, 100m Freestyle 1:05.16, 100m Breaststroke 1:20.37, 200m IM 2:37.36

**Chloe Davies** 100m Backstroke 1:08.81, 100m Breaststroke 1:26.62, 200m Freestyle 2:13.14, 200m IM 2:32.05

**Charlotte Henshaw** 200m IM 3:03.11, 100m Breaststroke 1:38.46

**Nicole Lough** 100m Breaststroke 1:18.45, 200m IM 2:47.83

**Amy Marren** 50m Freestyle 30.06, 400m Freestyle 4:44.43, 100m Freestyle 1:03.83, 100m Breaststroke 1:28.58, 200m IM 2:32.74, 100m Backstroke 1:10.98, 100m Butterfly 1:10.07,

**Stephanie Millward** 400m Freestyle 4:38.75, 100m Freestyle 1:03.18, 200m IM 2:33.73, 100m Backstroke 1:05.17, 100m Butterfly 1:07.43

**Eleni Papadopoulos** 100m Butterfly 1:09.92, 400m Freestyle 4:54.19, 200m IM 2:36.01, 100m Freestyle 1:05.64

**Susie Rodgers** 400m Freestyle 5:18.93, 50m Freestyle 33.67, 100m Backstroke 1:25.83, 100m Freestyle 1:12.10, 50m Butterfly 36.01

**Hannah Russell** 100m Backstroke 1:08.72, 200m IM 2:36.61, 50m Freestyle 27.72, 100m Butterfly 1:08.57, 100m Freestyle 1:00.88, 400m Freestyle 4:38.60

**Eleanor Simmonds** 400m Freestyle 5:19.17, 50m Freestyle 36.03, 200m IM 3:04.41, 100m Freestyle 1:14.82, 100m Breaststroke 1:41.40

**Stephanie Slater** 100m Backstroke 1:20.86, 100m Butterfly 1:05.74, 200m IM 2:23.48, 100m Freestyle 1:05.73, 50m Freestyle 27.58

**Alice Tai** 50m Freestyle 30.27, 400m Freestyle 4:47.86, 100m Backstroke 1:09.85, 100m Freestyle 1:04.91

# RECORDS AND RANKINGS

TO VIEW THE CURRENT RECORDS AND RANKINGS VIA THE IPC WEBSITE,  
PLEASE CLICK ON THE RELEVANT LINK BELOW:

**World 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>



# SELECTION POLICY

## IPC SWIMMING EUROPEAN CHAMPIONSHIPS (50M) EINDHOVEN, THE NETHERLANDS- 2ND- 11TH AUGUST 2014 SELECTION POLICY (REVISED)

The team shall be selected following the British International Para-Swimming Championships (50m) – Glasgow, 18th-21st April 2014 (the “Trials Event”). Final selection is at the sole discretion of the National Performance Director (NPD).

### 1. Athlete Selection - Individual Events

- 1.1 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.<sup>1</sup>
- 1.2 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 NPD.
- 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 2014) 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 NPD.
- 1.4 For a swimmer to be eligible for consideration to compete in an additional event(s) all of the criteria indicated below must be met:
  - 1.4.1 The swimmer will have already been selected for the team in either an individual or relay event as set out in 1.1 to 1.3 inclusive.
  - 1.4.2 The swimmer having achieved a time which is within the published IPC Swimming Minimum Qualifying Standard (MQS) for that event.

- 1.4.3 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.
- 1.4.4 Swimmers wishing to be considered for additional events must compete in all events in which they wish to be considered at the Trials Event.
- 1.4.5 Additional events may be considered at the sole discretion of the NPD.
- 1.4.6 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.
- 1.4.7 Events will be considered viable by IPC Swimming if they have a minimum of 6 eligible swimmers from 3 nations at the close of entry by number. Relay events will be considered viable if there are 4 eligible nations entered at the close of entry by number.

### 2. Athlete Selection - Relays

- 2.1 Swimmers will be selected by the Selection Panel<sup>2</sup> 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 NPD.
  - 2.1.2 Swimmers combined times for relay team selections will only be considered from the Trials Event. Other performances will not be considered.
- 2.2 Relay events will only be offered for the relay events included in the list of Rio 2016 medal events.
- 2.3 Relay squad practice sessions will be held in preparation for the Eindhoven 2014 IPC Swimming European 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, Head Coach, Team Manager, Head of Sport Science and Sport Medicine, Team Doctor, Team Physiotherapist and a minimum of 3 team coaches.
- 3.3 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.
- 3.4 The Coaching team will be selected at the sole discretion of the Head Coach from the cohort of coaches who have been identified as part of British Para-Swimming search for Rio 2016 Paralympic Coaches.
- 3.5 Support team staff will be selected by the NPD at his sole discretion, in consultation with the Head Coach, Team Manager and Head of Sport Science and Sport Medicine taking into consideration the following:
  - 3.6 Support team staff has proven experience, skills and relevant qualifications to meet the support needs of elite performance swimmers within a pan-disability team.
  - 3.7 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.
  - 3.8 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 overleaf must be met for all team members wishing to be considered for selection:

- 4.1 Only swimmers eligible to represent Great Britain at the Eindhoven 2014 IPC Swimming European Championships will be considered. Swimmers must be a British passport holder or in receipt of an IPC extraordinary circumstance waiver. IPC Swimming may change this at any time.
- 4.2 wishing to be considered for the Eindhoven 2014 IPC Swimming European 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.
- 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, 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, the swimmer will be de-selected from the team.
- 4.9.1 In the case where an event is withdrawn by IPC Swimming and becomes combined with another classification event a maximum of six (6) swimmers may be entered however only three (3) swimmers per classification may be entered. In this case the fastest six (6) 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 next placed swimmer(s) 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 Eindhoven 2014 training camps, competitions and team meetings designated by the NPD as outlined in the British Para-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, Manchester – 24th June 2014 (all team members).
  - British Gas Swimming Championships, Manchester – 24th-27th June 2014 (all athletes plus identified team staff).
  - Relay practice sessions/camps TBC (all relay squad athletes, relay squad coaches and identified support staff).
  - 2014 IPC Swimming European Championships, Eindhoven – 2nd-11th August 2014 (all team members).
- 4.12 All selected swimmers will be required to maintain trainability and performance targets at all times between 22nd April 2014 and the conclusion of the Eindhoven 2014 IPC Swimming European 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 22nd April 2014 and the conclusion of the Eindhoven 2014 IPC Swimming European 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 22nd April 2014 and the conclusion of the Eindhoven 2014 IPC Swimming European 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, Wednesday 23rd April 2014.
- 4.17 The NPD will exercise his authority to ensure that the final selection for the 2014 IPC Swimming European Championships are in line with this policy.
- 4.18 All appeals against non-selection (or de-selection) to the 2014 IPC Swimming European 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](mailto: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.

<sup>1</sup>The Qualifying Times shall be established utilising all known performances from IPC Swimming approved/sanctioned long course competitions and IPC Swimming absolute European Long Course Rankings from 1st January 2012 to 31st August 2013 inclusive. A Standard Qualifying Times will reflect the team’s potential to win medals at the Eindhoven 2014 IPC Swimming European Championships.

<sup>2</sup>The Selection Panel will consist of members of the British Para-Swimming Senior Management Team and the British Para-Swimming Performance Management Group.

# MALE QUALIFYING TIMES

50M FREESTYLE		
	A Standard	B Standard
S1	01:22.54	01:23.35
S2	01:04.60	01:05.24
S3	00:49.43	00:49.92
S4	00:39.86	00:40.26
S5	00:35.95	00:36.30
S6	00:33.45	00:33.78
S7	00:28.89	00:29.17
S8	00:26.98	00:27.24
S9	00:26.53	00:26.80
S10	00:25.53	00:25.79
S11	00:27.16	00:27.43
S12	00:24.93	00:25.17
S13	00:24.32	00:24.56

100M FREESTYLE		
	A Standard	B Standard
S1	02:44.79	02:46.42
S2	02:17.24	02:18.60
S3	01:44.20	01:45.23
S4	01:26.68	01:27.54
S5	01:18.00	01:18.77
S6	01:10.82	01:11.52
S7	01:03.17	01:03.79
S8	00:59.03	00:59.62
S9	00:57.26	00:57.82
S10	00:55.70	00:56.25
S11	01:03.00	01:03.63
S12	00:53.61	00:54.14
S13	00:53.98	00:54.52

200M FREESTYLE		
	A Standard	B Standard
S1	05:50.28	05:53.75
S2	05:01.53	05:04.51
S3	03:39.97	03:42.15
S4	03:08.47	03:10.33
S5	02:54.76	02:56.49
S14	02:02.77	02:03.98

400M FREESTYLE		
	A Standard	B Standard
S6	05:14.71	05:17.82
S7	04:45.37	04:48.19
S8	04:36.31	04:39.04
S9	04:21.18	04:23.76
S10	04:17.96	04:20.52
S11	04:51.05	04:53.93
S12	04:17.32	04:19.87
S13	04:08.31	04:10.77

50M BACKSTROKE		
	A Standard	B Standard
S1	01:22.85	01:23.67
S2	01:03.65	01:04.28
S3	00:54.44	00:54.98
S4	00:47.80	00:48.28
S5	00:42.99	00:43.41

100M BACKSTROKE		
	A Standard	B Standard
S1	03:36.00	03:36.00
S2	02:33.00	02:33.00
S6	01:18.65	01:19.43
S7	01:12.51	01:13.23
S8	01:05.75	01:06.40
S9	01:05.44	01:06.09
S10	01:03.50	01:04.13
S11	01:12.30	01:13.01
S12	01:02.44	01:03.06
S13	01:01.59	01:02.20
S14	01:04.97	01:05.62

50M BREASTSTROKE		
	A Standard	B Standard
SB2	01:00.71	01:01.31
SB3	00:51.78	00:52.30

100M BREASTSTROKE		
	A Standard	B Standard
SB4	01:44.49	01:45.53
SB5	01:41.62	01:42.62
SB6	01:27.96	01:28.83
SB7	01:24.53	01:25.36
SB8	01:12.06	01:12.78
SB9	01:10.44	01:11.13
SB11	01:17.22	01:17.99
SB12	01:08.47	01:09.15
SB13	01:08.22	01:08.89
SB14	01:09.50	01:10.19

50M BUTTERFLY		
	A Standard	B Standard
S3	01:04.08	01:04.72
S4	00:48.13	00:48.60
S5	00:42.34	00:42.76
S6	00:34.06	00:34.39
S7	00:33.17	00:33.50

100M BUTTERFLY		
	A Standard	B Standard
S8	01:05.88	01:06.53
S9	01:01.59	01:02.20
S10	00:59.53	01:00.12
S11	01:04.25	01:04.88
S12	00:59.84	01:00.44
S13	00:58.23	00:58.80

150M INDIVIDUAL MEDLEY		
	A Standard	B Standard
SM3	03:13.04	03:14.95
SM4	02:43.83	02:45.45

200M INDIVIDUAL MEDLEY		
	A Standard	B Standard
SM5	03:31.99	03:34.09
SM6	02:54.81	02:56.54
SM7	02:48.05	02:49.72
SM8	02:28.64	02:30.11
SM9	02:20.79	02:22.19
SM10	02:20.30	02:21.69
SM11	02:29.25	02:30.73
SM12	02:15.55	02:16.89
SM13	02:11.46	02:12.76
SM14	02:19.81	02:21.20

RELAYS	
20pt 4x50m Mixed Freestyle Relay	02:55.00
34pt 4x100m Freestyle Relay	04:00.45
34pt 4x100m Medley Relay	04:24.45

All events are subject to change following final entry.

Where an event is not listed this indicates that the British criteria cannot be applied due to less than 3 competitors listed on the IPC Swimming European Rankings (1st January 2012 - 30th September 2013). The event is unlikely to be viable.

The S1 and S2 100m Backstroke qualification standard has been set at the IPC Swimming MQS. The 20pt 4x50m Mixed Freestyle Relay qualifying time has been set using event data from historical performances. These are new events added to the list of medal events for the Rio 2016 Paralympic Games.

The above qualifying times must be read in conjunction with the published 2014 IPC Swimming European Championships Selection Policy.

# FEMALE QUALIFYING TIMES

50M FREESTYLE		
	A Standard	B Standard
S2	01:15.64	01:16.39
S3	01:08.55	01:09.23
S4	00:49.55	00:50.04
S5	00:36.86	00:37.23
S6	00:36.47	00:36.83
S7	00:34.58	00:34.92
S8	00:32.07	00:32.39
S9	00:29.73	00:30.03
S10	00:29.34	00:29.63
S11	00:33.01	00:33.33
S12	00:27.86	00:28.13
S13	00:29.10	00:29.39

100M FREESTYLE		
	A Standard	B Standard
S2	02:36.98	02:38.54
S3	02:23.34	02:24.76
S4	01:55.21	01:56.35
S5	01:22.51	01:23.32
S6	01:17.49	01:18.25
S7	01:14.52	01:15.26
S8	01:11.21	01:11.91
S9	01:04.64	01:05.28
S10	01:04.34	01:04.97
S11	01:13.38	01:14.10
S12	01:00.60	01:01.20
S13	01:04.03	01:04.67

200M FREESTYLE		
	A Standard	B Standard
S2	06:04.05	06:07.66
S3	05:00.31	05:03.29
S4	04:05.97	04:08.40
S5	02:55.41	02:57.14
S14	02:13.23	02:14.55

400M FREESTYLE		
	A Standard	B Standard
S6	05:47.80	05:51.25
S7	05:45.68	05:49.11
S8	05:22.39	05:25.58
S9	04:56.87	04:59.81
S10	04:45.19	04:48.02
S11	05:34.72	05:38.04
S12	04:42.55	04:45.35
S13	06:04.53	06:08.14

50M BACKSTROKE		
	A Standard	B Standard
S2	01:15.06	01:15.81
S3	01:08.65	01:09.33
S4	01:00.97	01:01.58
S5	00:49.77	00:50.27

100M BACKSTROKE		
	A Standard	B Standard
S2	03:00.00	03:00.00
S6	01:29.93	01:30.82
S7	01:31.33	01:32.24
S8	01:22.99	01:23.81
S9	01:15.40	01:16.14
S10	01:12.22	01:12.93
S11	01:24.37	01:25.20
S12	01:10.15	01:10.85
S13	01:20.84	01:21.64
S14	01:09.50	01:10.19

50M BREASTSTROKE		
	A Standard	B Standard
SB2	01:31.04	01:31.94
SB3	01:21.94	01:22.75

100M BREASTSTROKE		
	A Standard	B Standard
SB4	01:57.33	01:58.49
SB5	01:54.22	01:55.35
SB6	01:41.91	01:42.92
SB7	01:36.64	01:37.59
SB8	01:23.27	01:24.10
SB9	01:20.47	01:21.26
SB11	01:36.53	01:37.48
SB12	01:20.55	01:21.35
SB13	01:25.97	01:26.82
SB14	01:20.92	01:21.72

50M BUTTERFLY		
	A Standard	B Standard
S3	01:24.15	01:24.99
S5	00:44.45	00:44.89
S6	00:39.65	00:40.05
S7	00:39.60	00:39.99

100M BUTTERFLY		
	A Standard	B Standard
S8	01:17.65	01:18.42
S9	01:12.27	01:12.98
S10	01:09.82	01:10.51
S11	01:40.69	01:41.68
S12	01:09.26	01:09.94
S13	01:27.16	01:28.03

150M INDIVIDUAL MEDLEY		
	A Standard	B Standard
SM3	04:14.44	04:16.96
SM4	03:32.74	03:34.84

200M INDIVIDUAL MEDLEY		
	A Standard	B Standard
SM5	03:30.67	03:32.75
SM6	03:16.23	03:18.18
SM7	03:39.26	03:41.43
SM8	02:56.84	02:58.59
SM9	02:37.86	02:39.43
SM10	02:39.48	02:41.06
SM11	03:01.90	03:03.70
SM12	02:30.22	02:31.70
SM13	02:43.25	02:44.86
SM14	02:34.07	02:35.59

RELAYS	
20pt 4x50m Mixed Freestyle Relay	02:55.00
34pt 4x100m Freestyle Relay	04:41.47
34pt 4x100m Medley Relay	05:10.63

All events are subject to change following final entry.

Where an event is not listed this indicates that the British criteria cannot be applied due to less than 3 competitors listed on the IPC Swimming European Rankings (1st January 2012 - 30th September 2013). The event is unlikely to be viable.

The S2 100m Backstroke qualification standard has been set using event data from the S2 class due to no MQS being set by IPC Swimming. The 20pt 4x50m Mixed Freestyle Relay qualifying time has been set using event data from historical performances. These are new events added to the list of medal events for the Rio 2016 Paralympic Games.

The above qualifying times must be read in conjunction with the published 2014 IPC Swimming European Championships Selection Policy.