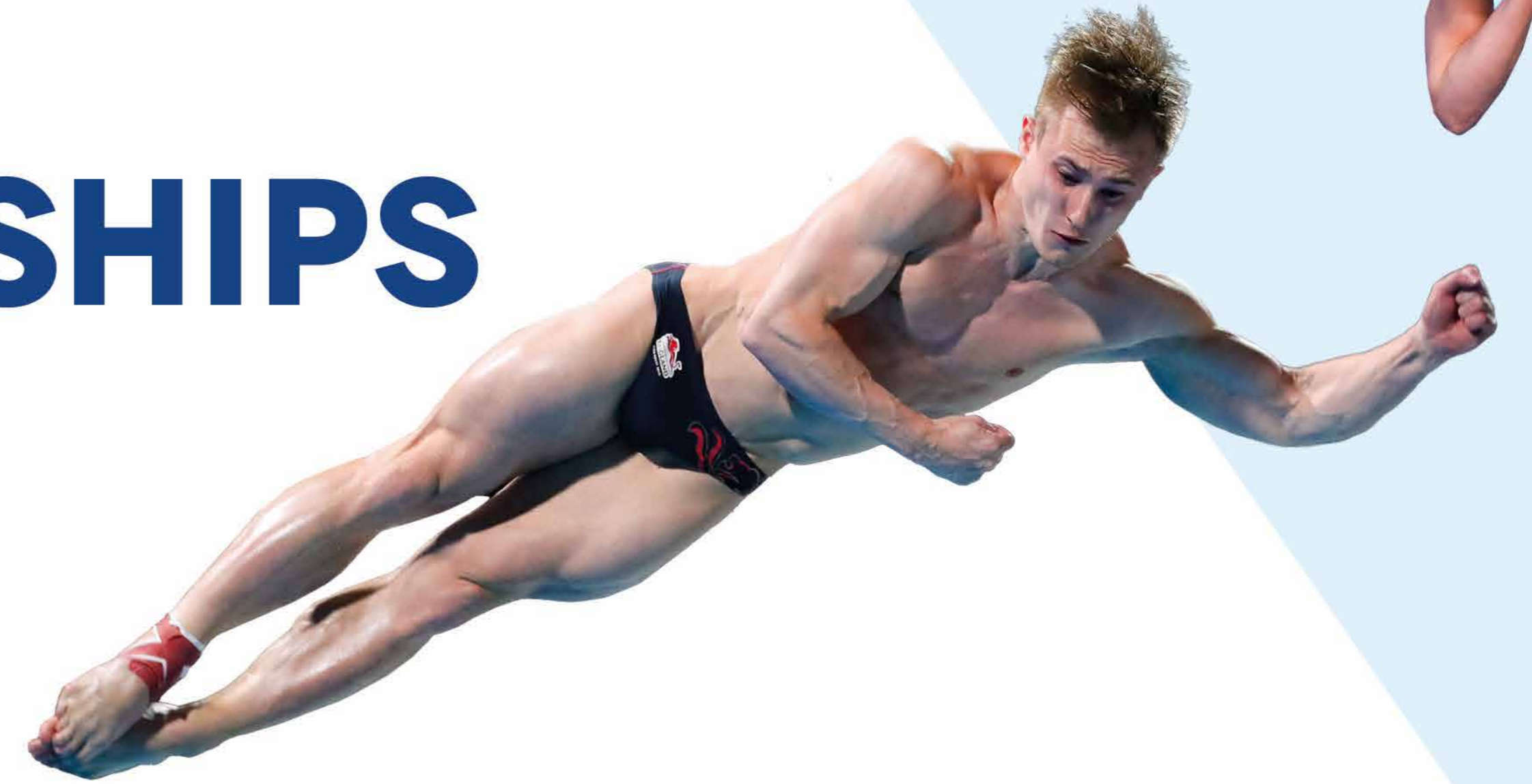




# GLASGOW 2018 EUROPEAN CHAMPIONSHIPS

BRITISH SWIMMING MEDIA GUIDE



# MEDIA CONTACTS

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**USEFUL WEBSITES**

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

**[www.glasgow2018.com](http://www.glasgow2018.com)**

**[www.european Championships.com](http://www.european Championships.com)**

**EUROPEAN CHAMPIONSHIPS**

**NEWS SERVICE: PLATFORM**

**[mediahub.european Championships.com/public](http://mediahub.european Championships.com/public)**



# KEY EVENT DATES

## GLASGOW 2018

Thursday 2nd August to Sunday 12th August

## SWIMMING

Friday 3rd August to Thursday 9th August  
Tollcross International Swimming Centre,  
350 Wellshot Rd, Glasgow G32 7QR

## DIVING

Monday 6th August to Sunday 12th August  
Royal Commonwealth Pool,  
21 Dalkeith Rd, Edinburgh EH16 5BB

## OPEN WATER

Wednesday 8th August to Sunday 12th August  
Loch Lomond

## SYNCHRONISED SWIMMING

Friday 3rd August to Tuesday 7th August  
Scotstoun Sports Campus,  
72 Danes Dr, Glasgow, G14 9HD



# MEDIA PROTOCOL

## ACCREDITATION

Accreditation is managed by Glasgow 2018 here:  
[www.glasgow2018.com/media](http://www.glasgow2018.com/media)

## ACCESS TO ATHLETES DURING EUROPEANS

Dedicated time has been allocated for each sport to conduct interviews in the run up to Glasgow 2018 and Dublin 2018.

To request athlete access prior to the events please email: [becky.inman@swimming.org](mailto:becky.inman@swimming.org)

Interview access during the games will only be allowed via the Mixed Zone. They will only be able to comment on their own performance, and not that of the team as a whole, or other teammates.

Once athletes have finished all competitions, requests may be submitted to the media representative for the sport (Becky Inman: Swimming, Open Water and Synchronised Swimming; Dan McDermott: Diving) to request access.

## ACCESS TO MANAGEMENT TEAM DURING EUROPEANS

During competition the Head Coach (swimming) and Team Leader (diving) may be available for interview on an ad-hoc basis. Please submit your request to the media representative for the sport who will check availability or provide a statement, if appropriate. Other coaching staff will not be available during this period.



# MEDIA PROTOCOL

## HOW THE COMMUNICATIONS TEAM WILL SUPPLY INFORMATION

### British Swimming Website

The British Swimming website will always be the first place to find breaking news stories around our sports. It will be updated regularly and will feature quotes, images and video content that can be accessed by the public and the media.

**This information will also be used across social channels;**

Website:

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

Facebook:

**[facebook.com/BritishSwimming](https://facebook.com/BritishSwimming)**

Twitter:

**[twitter.com/britishswimming](https://twitter.com/britishswimming)**

Instagram:

**[BritishSwimming](https://www.instagram.com/BritishSwimming)**

LinkedIn:

**[www.linkedin.com/company/british-swimming](https://www.linkedin.com/company/british-swimming)**

## PRESS RELEASES

For major news stories, such as squad announcements, press releases will be issued to the media, as well as loaded up onto British Swimming's own channels. If you would like to be added onto the British Swimming media distribution list please email: **[bscommunications@swimming.org](mailto:bscommunications@swimming.org)**

## EMBARGOES

If embargoes are used on press releases or announcements they will be clearly highlighted above the headline of the press release.

## PRESS CONFERENCES

Press conferences will usually only be arranged in the event of a major incident.

They may on occasion be used during an event if required to handle the level of media enquiries around a certain incident.

News conferences will be managed on the day by the Communications Manager who will advise of timeframes for questioning ahead of the event.



# SWIMMING PROFILES





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# FREYA ANDERSON

**DOB:** 4th March 2001

**COACH:** Alan Bircher

**CLUB:** Ellesmere College Titans

EVENTS	PB	SB
50m Freestyle	25.35	25.35
100m Freestyle	53.88	54.65
Freestyle Relay		
Medley Relay		

## FACTS:

Best friend on the team is Emily Large – the pair have an Instagram page together called Gingers on Tour.

Is a good photographer and is studying an art A-level.

 @freyaandersonn

 @freyaanderson\_





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# CHARLOTTE ATKINSON

**DOB:** 29th November 1996

**COACH:** Andi Manley

**CLUB:** Loughborough University

EVENTS	PB	SB
50m Butterfly	26.80	27.24
100m Butterfly	57.88	57.88
200m Butterfly	2:07.06	2:08.50
Medley Relay		

## FACTS:

Studying for a degree in Human Biology at Loughborough University.

She would love to be a Forensic Scientist after swimming.

Has a tattoo of the motto of the Isle of Man- “Quocunque Jeceris Stabit” which means “Whichever way you throw me I will stand”, hence the three legs on the flag!

 @charlatkinson

 @charlatkinson







**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# IMOGEN CLARK

**DOB:** 1st June 1999

**COACH:** Andi Manley

**CLUB:** Loughborough University

EVENTS	PB	SB
50m Breaststroke	30.21 BR	30.60
100m Breaststroke	1:07.58	1:09.08

## FACTS:

After getting diagnosed with epilepsy, she got involved with the charity Epilepsy Action to help raise awareness of the condition.

In her free time enjoys sketching.

She will start a course in Human Biology at Loughborough University next year.

 @Imiclark1999

 @imogen\_clark7



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# ELLIOT CLOGG

**DOB:** 22nd December 1999

**COACH:** Mike Taylor

**CLUB:** City of Sheffield

EVENTS	PB	SB
100m Backstroke	54.86	54.86
Freestyle Relay		
Medley Relay		

## FACTS:

Supports Nottingham Forest – and had trials there as a youth.

Started swimming at the same club as Becky Adlington.

 @ElliotClogg

 @elliotclogg





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# DAVID CUMBERLIDGE

**DOB:** 16th July 1996

**COACH:** Chris Jones

**CLUB:** University of Edinburgh

EVENTS	PB	SB
50m Freestyle	22.00	22.00
100m Freestyle	49.08	49.08
Freestyle Relay		

## FACTS:

Just finishing third year of Chemical Engineering degree at University of Edinburgh.

Followed brother and sister into swimming and actually quit the sport at the age of 14 before having a change of heart.

Nickname is DC.

 @davecumberlidge

 @davidcumberlidge



**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 2 | SILVER 1 | BRONZE 3

# GEORGIA DAVIES

**DOB:** 11th October 1990

**COACH:** James Gibson

**CLUB:** National Centre Loughborough

EVENTS	PB	SB
<b>50m Backstroke</b>	<b>27.49 BR</b>	<b>27.75</b>
<b>100m Breaststroke</b>	<b>59.34</b>	<b>100.17</b>
<b>Medley Relay</b>		

## FACTS:

Her ideal treat is chocolate.

She started swimming because her parents were nervous about her growing up near the sea.

Is one of the teams most senior members, having competed at two Olympics and Three World Championships.

 @GeOrgiaDavies90

 @georgiabdavies



**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 0 | BRONZE 0

# KATHLEEN DAWSON

**DOB:** 3rd October 1997

**COACH:** Steven Tigg

**CLUB:** University of Stirling

EVENTS	PB	SB
<b>50m Backstroke</b>	<b>28.11</b>	<b>28.17</b>
<b>100m Breaststroke</b>	<b>59.68</b>	<b>1:00.67</b>
<b>Medley Relay</b>		

## FACTS:

She was the first Scottish woman to break the one-minute barrier for the 100m backstroke.

Is doing a Sports Studies degree at the University of Stirling.

Wanted to be an astronaut when she was little.

 @Dawson\_Kathleen

 @dawson\_kathleen





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# TOM DEAN

**DOB:** 2nd May 2000

**COACH:** Paul Lloyd

**CLUB:** Maidenhead ASC

EVENTS	PB	SB
200m Individual Medley	1:59.17	1:59.17
400m Individual Medley	4:18.07	4:18.07
Freestyle Relay		

## FACTS:

Currently doing A-levels in Maths, Further Maths, Physics and Chemistry.

He is going to the Bath National Centre whilst studying Mechanical Engineering at Bath University.

He has four brothers and sisters, and his older sister swims in the NCAAs in America.

 @tomdean00

 @tomdean00





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# TOM DERBYSHIRE

**DOB:** 13th May 1998

**COACH:** David McNulty

**CLUB:** National Centre Bath

EVENTS	PB	SB
800m Freestyle	7:59.78	8.01.59
1500m Freestyle	15:02.12	15:07.07

## FACTS:

He studies Sports and Exercise Science at the University of Bath.

After swimming he wants to become a strength and conditioning coach, ideally in football.

He is a proud supporter of Stoke City... despite their recent relegation. Is also a keen fan of boxing.

 @Derbyshire66

 @tom\_derbyshire66





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# TOM FANNON

**DOB:** 20th May 1998

**COACH:** Robin Armayan

**CLUB:** Plymouth Leander

EVENTS	PB	SB
50m Freestyle	22.09	22.09

## FACTS:

Studying Sports Coaching and Development at Marjon and is currently in his second year.

Can play the piano.

Played basketball in Estonia and Sweden for SW England.

His party trick is making balloon animals (only dogs).

 @TomJFannon

 @tom.fannon







**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# ELLIE FAULKNER

**DOB:** 5th January 1993

**COACH:** Russ Barber / Mike Taylor

**CLUB:** City of Sheffield

EVENTS	PB	SB
200m Freestyle	1:56.76	1:56.76
400m Freestyle	4:06.90	4:06.90
Freestyle Relay		
Medley Relay		

## FACTS:

Once got stopped in an airport because her bag had traces of explosives on it.

Loves Home and Away.

800m running champion at school level.

Was accidentally announced as a medallist in the lawn bowls during the Commonwealth Games instead of actual medallist Ellen Falkner.

 @elliefaulkner

 @elliefaulkner



**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# LUKE GREENBANK

**DOB:** 17th September 1997

**COACH:** Mel Marshall

**CLUB:** National Centre Loughborough

EVENTS	PB	SB
<b>50m Backstroke</b>	<b>25.86</b>	<b>26.17</b>
<b>100m Backstroke</b>	<b>54.37</b>	<b>54.37</b>
<b>200m Backstroke</b>	<b>1:56.89</b>	<b>1:57.43</b>
<b>Medley Relay</b>		

## FACTS:

Has just finished his first year studying Sports Science at Loughborough College.

Supports Liverpool FC.

Has inspired his little brother (15) to swim – he also swims backstroke as well as fly.

 @lukegreenbank97

 @lukegreenbank





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# KAT GREENSLADE

**DOB:** 18th January 1998

**COACH:** Chris Jones

**CLUB:** University of Edinburgh

EVENTS	PB	SB
200m Freestyle	1:58.27	1:58.53
200m Backstroke	2:11.67	2:11.67
Freestyle Relay		

## FACTS:

Can play the piano to grade 8 level.

She supports Preston North End football team and used to go to games every week with her brother and dad.

Studies Medicine at Edinburgh University (although currently on a year out).

 @KatGreenslade11

 @katgreenslade





**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 0 | BRONZE 1

# JAMES GUY

**DOB:** 26th November 1995

**COACH:** Jol Finck

**CLUB:** National Centre Bath

EVENTS	PB	SB
200m Freestyle	1:45.14 BR	1:46.40
100m Butterfly	50.67 BR	51.44
200m Butterfly	1:55.91	1:56:88
Freestyle Relay		
Medley Relay		

## FACTS:

Learnt the saxophone and clarinet when he was younger.

Loves the American Pie films.

Loves Craig David.

 @Jimbob95goon

 @james.g.guy





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# HOLLY HIBBOTT

**DOB:** 13th December 1999

**COACH:** Sean Kelly

**CLUB:** Stockport Metro

EVENTS	PB	SB
200m Freestyle	1:58.10	1:58.10
400m Freestyle	4:05.31	4:05.31
Freestyle Relay		

## FACTS:

Owns two horses called Jack and Hugo.

Learnt to swim in a pool built by her dad.

 @HHibbott

 @hollyhibbott



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# LUCY HOPE

**DOB:** 30th January 1997

**COACH:** Chris Jones

**CLUB:** University of Edinburgh

EVENTS	PB	SB
50m Freestyle	25.42	25.66
200m Freestyle	1:58.85	1:59.00
50m Backstroke	28.18	28.18
Freestyle Relay		

## FACTS:

Is studying Business and Accounting at the University of Edinburgh.

In her free time relaxes by binge watching TV series.

Studied Higher French at school so is fairly good, but not fluent!

 @LucyHope\_

 @lucyhope\_



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# ANNA HOPKIN

**DOB:** 26th April 1996

**COACH:** Mark Skimming

**CLUB:** University of Bath

EVENTS	PB	SB
50m Freestyle	25.07	25.28
100m Freestyle	54.76	54.76
Medley Relay		

## FACTS:

Recently graduated in Sport and Exercise Science from the University of Bath.

Worked with skins compression last year on work placement.

Is doing a master's degree at the University of Arkansas next year in Kinesiology.

Used to be a cheerleader.

 @annahopkin

 @anna\_hopkin





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# CALUM JARVIS

**DOB:** 12th May 1992

**COACH:** Jol Finck

**CLUB:** National Centre Bath

EVENTS	PB	SB
100m Freestyle	48.79	49.65
200m Freestyle	1:46.53	1:46.53

## FACTS:

Is studying Strength and Conditioning and hopes to earn a UKSC accreditation.

Helps at his local surf lifesaving club teaching the dangers of the water and how to stay safe.

The club also trains future lifeguards and Calum used to do competitions until he switched his focus fully to swimming.

 @CalumJarvis

 @calum.jarvis





**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# DAN JERVIS

**DOB:** 9th June 1996

**COACH:** Adam Baker

**CLUB:** City of Swansea Aquatics

EVENTS	PB	SB
400m Freestyle	03:48.08	03:48.08
800m Freestyle	07:54.62	07:54.62
1500m Freestyle	14:48.67	14:48.67

## FACTS:

As well as swimming is also a painter and decorator.

 @daniel\_jervis1

 @danieljervis1



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# CAMERON KURLE

**DOB:** 19th July 1997

**COACH:** Jol Finck

**CLUB:** National Centre Bath

EVENTS	PB	SB
200m Freestyle	1:47.63	0:47.63
Freestyle Relay		

## FACTS:

Cross Country National Champion in Year 7 and 8 at school.

Had trials for Bristol Rovers and City at 13.

Had to be airlifted to hospital last year after his heart stopped. His dad managed to keep him alive by giving him chest compressions.

Is a huge Spurs fan and his favourite player is Harry Kane.

 @KurleyRolandCam

 @kurleyrolandcam



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# EMILY LARGE

**DOB:** 1st February 2001

**COACH:** Ryan Livingstone

**CLUB:** Newcastle Swim Team

EVENTS	PB	SB
100m Butterfly	58.62	59.16
200m Butterfly	2:07.74	2:10.96
Medley Relay		

## FACTS:

Has just completed her first year of A-levels in Geography, Maths and PE.

Hoping to go to university but not sure where yet.

Best friend on the team is Freya Anderson – the pair have an Instagram page together called Gingers on Tour.

Played flute to grade 6.

 @emilyylarge

 @emilylouiselarge





**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 1

# JAY LELLIOTT

**DOB:** 1st February 1995

**COACH:** Russ Barber / Mike Taylor

**CLUB:** City of Sheffield

EVENTS	PB	SB
400m Freestyle	3:47.48	3:47.85
800m Freestyle	7:50.97	7:57.31

## FACTS:

He didn't take his presentation tracksuit to the championships in Berlin as he never thought he'd win a medal.

 @mrlelliott53

 @jaylell53



**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# MAX LITCHFIELD

**DOB:** 4th March 1995

**COACH:** Russ Barber / Dave Hemmings

**CLUB:** City of Sheffield

EVENTS	PB	SB
200m Individual Medley	1:56.64 BR	1:59.68
400m Individual Medley	4:09.62 BR	4.16:61
Freestyle Relay		

## FACTS:

His dad, Peter Litchfield, played football for Bradford, Scunthorpe and Preston in the 1980s.

Big fan of other sports including cricket and basketball – has already been to see England play a test at Headingley this summer.

Has spent the majority of 2018 recovering from a SLAP tear in his shoulder.

 @maxlitch1995

 @litchfield.max





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# CRAIG MCLEAN

**DOB:** 25th October 1998

**COACH:** Steven Tigg

**CLUB:** University of Stirling

EVENTS	PB	SB
100m Freestyle	50.36	50.99
Freestyle Relay		

## FACTS:

Studies Business Law at University of Stirling.

Has a black belt in Tae Kwon-Do.

Supports Livingston FC, his hometown team.

 @CraigMcLean98

 @CraigMcLean98





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# CRAIG MCNALLY

**DOB:** 22nd December 1992

**COACH:** Ian Wright

**CLUB:** City of Glasgow

EVENTS	PB	SB
200m Backstroke	1:55.67	1:58.32

## FACTS:

Wanted to be a vet when he was a child.

Is studying Applied Bioscience at University of West Scotland.

Is known as a serial sleepwalker during competitions.

Is interested in learning the art of the vuvuzela.

 @CraigBMcNally



**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 1 | BRONZE 3

# HANNAH MILEY

**DOB:** 8th August 1989

**COACH:** Patrick Miley

**CLUB:** University of Aberdeen

EVENTS	PB	SB
200m Individual Medley	2:09.46	2:12.50
400m Individual Medley	4:31.33 BR	4:35.16

## FACTS:

Her biggest goal is to visit every pool that hosted an Olympic games and swim in it.

Has hyperextensible elbows and has been known to use it as a tactic to put off competitors before races!

Gave up Highland dancing in her youth as she was scared her legs would get cut going over the swords!

 @HannahMiley89

 @smiley8889x





**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 0 | BRONZE 0

# STEPHEN MILNE

**DOB:** 24th April 1994

**COACH:** Ann Dickson

**CLUB:** Perth Swimming Club

EVENTS	PB	SB
400m Freestyle	3:46.00	3:51.65
Freestyle Relay		

## FACTS:

Completed a Diploma in Environmental Science at Perth College, UHI in 2016 and is now an ambassador for the new Academy of Sport and Wellbeing at the college.

Enjoys watching all sport, especially when watching it live.

 @mrStephenMilne

 @mrStephenMilne



**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 2 | SILVER 3 | BRONZE 1

# ROSS MURDOCH

**DOB:** 14th January 1994

**COACH:** Steven Tigg

**CLUB:** University of Stirling

EVENTS	PB	SB
50m Breaststroke	27.25	28.04
100m Breaststroke	59.09	59.89
200m Breaststroke	2:07.30 BR	02:08.32

## FACTS:

Loves Shrek – claims he once watched seven films in one day.

Supports Glasgow Warriors Rugby Team.

Would like to be the face of Iron Bru.

 @RossMurdoch

 @rossmurdoch\_



**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 2 | SILVER 1 | BRONZE 0

# SIOBHAN-MARIE O'CONNOR

**DOB:** 29th November 1995

**COACH:** David McNulty

**CLUB:** Bath National Centre

EVENTS	PB	SB
100m Breaststroke	1:06.64 BR	1:07.40
200m Individual Medley	2:06.88 BR	2:09.80
Freestyle Relay		
Medley Relay		

## FACTS:

Used to be a gymnast in her youth but gave it up to focus on swimming.

Is an ambassador for Crohns & Colitis charity after being diagnosed with ulcerative colitis in 2012.

She was the youngest British swimmer at the London 2012 Olympic Games and missed her school prom to take part.

 @siobhanmoconnor

 @siobhanmoconnor95





**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 8 | SILVER 0 | BRONZE 0

# ADAM PEATY MBE

**DOB:** 28th December 1994

**COACH:** Mel Marshall

**CLUB:** National Centre Loughborough

EVENTS	PB	SB
<b>50m Breaststroke</b>	<b>25.95 WR</b>	<b>26.41</b>
<b>100m Breaststroke</b>	<b>57.13 WR</b>	<b>58.59</b>
<b>Medley Relay</b>		

## FACTS:

Loves vinyl music – can often be found playing Fleetwood Mac.

It is well known that he had a fear of water as a child, but this was because his brothers told him that sharks sometimes popped out of the taps.

 @adam\_peaty

 @adam\_peaty





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# JACOB PETERS

**DOB:** 20th August 2000

**COACH:** Barry Aldrick

**CLUB:** Poole SC

EVENTS	PB	SB
50m Butterfly	24.00	24.00
100m Butterfly	52.92	52.92
200m Butterfly	1:57.16	1:57.16
Medley Relay		

## FACTS:

Has just finished his A-levels in Maths, Biology and Physics.

Used to play basketball and likes to cycle along the beach near his house in the summer.

 @Jac0bP2000

 @jacobpeters\_





**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 0 | BRONZE 3

# BEN PROUD

**DOB:** 21st September 1994

**COACH:** James Gibson

**CLUB:** Plymouth Leander

EVENTS	PB	SB
50m Freestyle	21.16 BR	21.16
50m Butterfly	22.75 BR	22.93
Freestyle Relay		
Medley Relay		

## FACTS:

Plays guitar (in his own words, badly).

Grew up in Malaysia – lived there for 16 years but can't speak any Malay.

Wouldn't wear goggles until he was 16 and used to train in board shorts.

 @BenProud

 @benproudswim





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# NICK PYLE

**DOB:** 17th December 2000

**COACH:** Ryan Livingstone

**CLUB:** Newcastle Swim Team

EVENTS	PB	SB
50m backstroke	25.33	25.33
100m backstroke	54.69	54.69
Medley Relay		

## FACTS:

Just finished his first year of sixth form doing A-levels in Maths, Economics and PE at St Cuthbert's High School, Newcastle upon Tyne.

After swimming would like to go into accountancy or law.

Can speak some Italian.

Used to have a season ticket for Newcastle United with his dad, but swimming took over so now his dad and brother go to matches together.

 @NicholasPyle1

 @Nicholaspyle



**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 1 | BRONZE 0

# MOLLY RENSHAW

**DOB:** 6th May 1996

**COACH:** Dave Hemmings

**CLUB:** National Centre Loughborough

EVENTS	PB	SB
200m Breaststroke	02:22.33	02:23.28

## FACTS:

She owns a horse and once collapsed her lung in a riding incident.

Is known for always smiling – even when she is doing something difficult like the National Firefighters Challenge.

 @Mollyrenshaw

 @molrenshaw





**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 2 | SILVER 0 | BRONZE 0

# DUNCAN SCOTT

**DOB:** 6th May 1997

**COACH:** Steven Tigg

**CLUB:** University of Stirling

EVENTS	PB	SB
100m Freestyle	47.90 BR	48.02
200m Freestyle	1:45.16	1:46.30
200m Individual Medley	1:57.86	1:57.86
Freestyle Relay		
Medley Relay		

## FACTS:

Is a finalist in this year's National Lottery Awards – Athlete of the Year (voting closes on September 14th).

His mum has taken all of his Commonwealth medals for safe keeping!

His medal total on the Gold Coast would have made him the 23rd best Commonwealth Country at the games (between Papa New Guinea and Fiji).

 @dunks\_scott

 @dunks\_scott





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# MARK SZARANEK

**DOB:** 16th August 1995

**COACH:** John Szaraneck

**CLUB:** University of Florida

EVENTS	PB	SB
200m Individual Medley	1:58.39	1:59.24
400m Individual Medley	4:13.72	4:13.72
Freestyle Relay		

## FACTS:

Studying Chemistry at the University.

 @MarkSzaraneck

 @markszaraneck



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# ALYS THOMAS

**DOB:** 10th October 1990

**COACH:** Stuart McNarry

**CLUB:** City of Swansea Aquatics

EVENTS	PB	SB
<b>50m Butterfly</b>	<b>26.72</b>	<b>26.72</b>
<b>100m Butterfly</b>	<b>57.85</b>	<b>58.06</b>
<b>200m Butterfly</b>	<b>2:05.45</b>	<b>2:05.45</b>
<b>Medley Relay</b>		

## FACTS:

She has a degree in Psychology.

She is the proud owner of a dog called Rio.

Regularly goes to watch Welsh rugby international home games.

 @alys\_thomas

 @alys\_thomas



**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 0 | BRONZE 1

# CHLOE TUTTON

**DOB:** 17th July 1996

**COACH:** David McNulty

**CLUB:** National Centre Bath

EVENTS	PB	SB
100m Breaststroke	1:06.88	1:07.87
200m Breaststroke	2:22.34	2:23.42

## FACTS:

Loves the musician Anderson Paak.

Is really interested in interior design and would love to go into that when she is finished swimming.

Her favourite food is anything cooked by her mum.

Wants an Italian greyhound as a pet.

 @ChloeMTutton

 @chloemtutton





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# SARAH VASEY

**DOB:** 29th August 1996

**COACH:** Mel Marshall

**CLUB:** National Centre Loughborough

EVENTS	PB	SB
<b>50m Breaststroke</b>	<b>30.30</b>	<b>30.60</b>
<b>100m Breaststroke</b>	<b>1:06.78</b>	<b>1:08.36</b>
<b>Medley Relay</b>		

## FACTS:

Is a self-confessed tea addict.

Hasn't missed an episode of Home and Away for seven years – on the Gold Coast she recorded them all to binge watch when she got home.

Studies Sports Science at Loughborough University.

 @sarahvasey96

 @sarahvasey96



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# JAMES WILBY

**DOB:** 12th January 1993

**COACH:** Dave Hemmings

**CLUB:** National Centre Loughborough

EVENTS	PB	SB
<b>50m Breaststroke</b>	<b>27.37</b>	<b>27.37</b>
<b>100m Breaststroke</b>	<b>59.43</b>	<b>59.43</b>
<b>200m Breaststroke</b>	<b>2:08.05</b>	<b>2:08.05</b>
<b>Medley Relay</b>		

## FACTS:

Studying a Chemistry degree at Loughborough University.

Travels everywhere with a Nintendo Switch – loves a bit of Mario Kart.

Is the team's go-to man for anything electrical/IT related.

 @jameswilby

 @jameswilby





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# CASSIE WILD

**DOB:** 12th June 2000

**COACH:** Steven Tigg

**CLUB:** University of Stirling

EVENTS	PB	SB
<b>50m Backstroke</b>	<b>28.18</b>	<b>28.18</b>
<b>100m Backstroke</b>	<b>1:00.58</b>	<b>1:00.93</b>
<b>Medley Relay</b>		

## FACTS:

Is a big fan of reality TV.

Her favourite holiday location would be Bali.

 @cassiewild2

 @cassie.wild





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# BRODIE WILLIAMS

**DOB:** 18th March 1999

**COACH:** Euan Dale

**CLUB:** Millfield School

EVENTS	PB	SB
100m Backstroke	55.52	55.52
200m Backstroke	1:58.79	1:58.79
400m Individual Medley	4:20.64	4:24.22

## FACTS:

Not to be confused with the other Brodie Williams who was a semi-finalist on MasterChef last year.

He has a perforated ear drum after suffering a severe infection at the age 10.

 @Brodie\_03

 @brodiewilliams99





**FOURTH EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 1 | BRONZE 1

# AIMEE WILLMOTT

**DOB:** 26th February 1993

**COACH:** Steven Tigg

**CLUB:** University of Stirling

EVENTS	PB	SB
200m Individual Medley	2:10.60	2:12.07
400m Individual Medley	4:33.01	4:34.90

## FACTS:

Is a cleaning fan and often goes to other people's homes and ends up tidying up!

Dad Stuart represented Team GB in the pool at the 1984 Olympic Games in Los Angeles.

 @aimee\_willmott

 @aimee\_willmott





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# ABBIE WOOD

**DOB:** 2nd March 1999

**COACH:** Dave Hemmings

**CLUB:** National Centre Loughborough

EVENTS	PB	SB
200 Individual Medley	2:12.49	2:12.85
400 Individual Medley	4:37.25	4:37.25

## FACTS:

Studies Criminology at Loughborough University as she wants to join the police after swimming.

Is proud of her Buxton roots.

Her nickname is Gail even though her name isn't Abigail.

 @abbielouisew

 @abbiewood1



# SWIMMING STAFF

<b>Team Leader</b>	Chris Spice
<b>Head Coach</b>	Bill Furniss
<b>Team Manager</b>	Dawn Peart
<b>Head of Elite Development</b>	Tim Jones
<b>Assistant Team Manager</b>	Lindsay Lewis
<b>Coaches</b>	David McNulty
	Jol Finck
	Mel Marshall
	Steven Tigg
	Dave Hemmings
	Ian Hulme
	Andi Manley
Lisa Bates	
<b>Head of SSSM</b>	Karl Cooke
<b>Doctor</b>	Guy Evans
<b>Physio</b>	Matt Ashman
	Jane Carre
<b>Strength and Conditioning</b>	Rob Norman
<b>Nutritionist</b>	Richard Chessor
<b>Performance Psychologist</b>	Bill Beswick
	Danielle Adams-Norenberg
<b>Analyst</b>	Oliver Logan
	Adrian Campbell
<b>Head of Performance Team Development</b>	Nigel Redman
<b>Communications Manager</b>	Becky Inman



**Chris Spice**



**Bill Furniss**



**Dawn Peart**



# FRIDAY 3RD AUGUST SCHEDULE

<b>Morning</b>	<b>Women's 400m Individual Medley Heats</b>
	<b>Men's 400m Freestyle Heats</b>
	<b>Women's 50m Freestyle Heats</b>
	<b>Men's 50m Backstroke Heats</b>
	<b>Women's 100m Butterfly Heats</b>
	<b>Men's 100m Breaststroke Heats</b>
	<b>Women's 4x100m Freestyle Relay Heats</b>
	<b>Men's 4x100m Freestyle Relay Heats</b>
	<b>Women's 800m Freestyle Heats</b>
<b>Evening</b>	<b>Women's 400m Individual Medley Final</b>
	<b>Men's 400m Freestyle Final</b>
	<b>Women's 50m Freestyle Semi-Finals</b>
	<b>Men's 50m Backstroke Semi-Finals</b>
	<b>Women's 100m Butterfly Semi-Finals</b>
	<b>Men's 100m Breaststroke Semi-Finals</b>
	<b>Women's 400m Individual Medley Medal Ceremony</b>
	<b>Men's 400m Freestyle Medal Ceremony</b>
	<b>Women's 4x100m Freestyle Relay Final</b>
	<b>Men's 4x100m Freestyle Relay Final</b>
	<b>Women's 4x100m Freestyle Relay Medal Ceremony</b>
	<b>Men's 4x100m Freestyle Relay Medal Ceremony</b>



# SATURDAY 4TH AUGUST SCHEDULE

<b>Morning</b>	Men's 100m Freestyle Heats
	Women's 100m Breaststroke Heats
	Men's 200m Butterfly Heats
	Women's 50m Backstroke Heats
	Mixed 4x200m Freestyle Relay Heats
	Men's 1500m Freestyle Heats
<b>Evening</b>	Women's 800m Freestyle Final
	Men's 100m Breaststroke Final
	Women's 100m Butterfly Final
	Men's 100m Freestyle Semi-Finals
	Women's 100m Breaststroke Semi-Finals
	Men's 200m Butterfly Semi-Finals
	Women's 50m Backstroke Semi-Finals
	Women's 800m Freestyle Medal Ceremony
	Men's 100m Breaststroke Medal Ceremony
	Women's 100m Butterfly Medal Ceremony
	Men's 50m Backstroke Final
	Women's 50m Freestyle Final
	Mixed 4x200m Freestyle Relay Final
	Men's 50m Backstroke Medal Ceremony
	Women's 50m Freestyle Medal Ceremony
	Mixed 4x200m Freestyle Relay Medal Ceremony



# SUNDAY 5TH AUGUST SCHEDULE

<b>Morning</b>	Men's 200m Individual Medley Heats
	Women's 200m Butterfly Heats
	Men's 100m Backstroke Heats
	Women's 200m Freestyle Heats
	Men's 200m Breaststroke Heats
	Men's 4x200m Freestyle Relay Heats
<b>Evening</b>	Men's 1500m Freestyle Final
	Men's 100m Freestyle Final
	Women's 100m Breaststroke Final
	Men's 100m Backstroke Semi-Finals
	Women's 200m Butterfly Semi-Finals
	Men's 200m Breaststroke Semi-Finals
	Men's 1500m Freestyle Medal Ceremony
	Men's 100m Freestyle Medal Ceremony
	Women's 100m Breaststroke Medal Ceremony
	Women's 50m Backstroke Final
	Men's 200m Individual Medley Semi-Finals
	Women's 200m Freestyle Semi-Finals
	Men's 200m Butterfly Final
	Men's 4x200m Freestyle Relay Final
	Women's 50m Backstroke Medal Ceremony
	Men's 200m Butterfly Medal Ceremony
	Men's 4x200m Freestyle Relay Medal Ceremony



# MONDAY 6TH AUGUST SCHEDULE

<b>Morning</b>	<b>Men's 200m Freestyle Heats</b>
	<b>Women's 200m Breaststroke Heats</b>
	<b>Men's 50m Butterfly Heats</b>
	<b>Women's 100m Backstroke Heats</b>
	<b>Mixed 4x100m Medley Relay Heats</b>
	<b>Women's 1500m Freestyle Heats</b>
<b>Evening</b>	<b>Women's 200m Butterfly Final</b>
	<b>Men's 100m Backstroke Final</b>
	<b>Women's 100m Backstroke Semi-Finals</b>
	<b>Men's 200m Freestyle Semi-Finals</b>
	<b>Women's 200m Breaststroke Semi-Finals</b>
	<b>Men's 50m Butterfly Semi-Finals</b>
	<b>Women's 200m Butterfly Medal Ceremony</b>
	<b>Men's 100m Backstroke Medal Ceremony</b>
	<b>Women's 200m Freestyle Final</b>
	<b>Men's 200m Breaststroke Final</b>
	<b>Men's 200m Individual Medley Final</b>
	<b>Mixed 4x100m Medley Relay Final</b>
	<b>Women's 200m Freestyle Medal Ceremony</b>
	<b>Men's 200m Breaststroke Medal Ceremony</b>
	<b>Men's 200m Individual Medley Medal Ceremony</b>
	<b>Mixed 4x100m Medley Relay Medal Ceremony</b>



# TUESDAY 7TH AUGUST SCHEDULE

<b>Morning</b>	<b>Women's 100m Freestyle Heats</b>
	<b>Men's 50m Breaststroke Heats</b>
	<b>Women's 200m Individual Medley Heats</b>
	<b>Men's 200m Backstroke Heats</b>
	<b>Women's 4x200m Freestyle Relay Heats</b>
	<b>Men's 800m Freestyle Heats</b>
<b>Evening</b>	<b>Women's 1500m Freestyle Final</b>
	<b>Men's 50m Butterfly Final</b>
	<b>Women's 100m Backstroke Final</b>
	<b>Men's 200m Backstroke Semi-Finals</b>
	<b>Women's 100m Freestyle Semi-Finals</b>
	<b>Men's 50m Breaststroke Semi-Finals</b>
	<b>Women's 200m Breaststroke Final</b>
	<b>Men's 200m Freestyle Final</b>
	<b>Women's 200m Individual Medley Semi-Finals</b>
	<b>Women's 4x200m Freestyle Relay Final</b>
	<b>Women's 1500m Freestyle Medal Ceremony</b>
	<b>Men's 50m Butterfly Medal Ceremony</b>
	<b>Women's 100m Backstroke Medal Ceremony</b>
	<b>Women's 200m Breaststroke Medal Ceremony</b>
	<b>Men's 200m Freestyle Medal Ceremony</b>
	<b>Women's 4x200m Freestyle Relay Medal Ceremony</b>





# WEDNESDAY 8TH AUGUST SCHEDULE

<b>Morning</b>	Women's 200m Backstroke Heats
	Men's 50m Freestyle Heats
	Women's 50m Butterfly Heats
	Men's 100m Butterfly Heats
	Women's 50m Breaststroke Heats
	Mixed 4x100m Freestyle Relay Heats
<b>Evening</b>	Men's 800m Freestyle Final
	Women's 100m Freestyle Final
	Men's 50m Breaststroke Final
	Women's 200m Backstroke Semi-Finals
	Men's 50m Freestyle Semi-Finals
	Women's 50m Butterfly Semi-Finals
	Men's 100m Butterfly Semi-Finals
	Women's 50m Breaststroke Semi-Finals
	Men's 200m Backstroke Final
	Women's 200m Individual Medley Final
	Mixed 4x100m Freestyle Relay Final
	Men's 800m Freestyle Medal Ceremony
	Women's 100m Freestyle Medal Ceremony
	Men's 50m Breaststroke Medal Ceremony
	Men's 200m Backstroke Medal Ceremony
	Women's 200m Individual Medley Medal Ceremony
	Mixed 4x100m Freestyle Relay Medal Ceremony



# THURSDAY 9TH AUGUST SCHEDULE

<b>Morning</b>	Men's 400m Individual Medley Heats
	Women's 400m Freestyle Heats
	Men's 4x100m Medley Relay Heats
	Women's 4x100m Medley Relay Heats
<b>Evening</b>	Women's 50m Butterfly Final
	Men's 50m Freestyle Final
	Women's 50m Breaststroke Final
	Men's 100m Butterfly Final
	Women's 50m Butterfly Medal Ceremony
	Men's 50m Freestyle Medal Ceremony
	Women's 200m Backstroke Final
	Men's 400m Individual Medley Final
	Women's 50m Breaststroke Medal Ceremony
	Men's 100m Butterfly Medal Ceremony
	Women's 400m Freestyle Final
	Men's 4x100m Medley Relay Final
	Women's 4x100m Medley Relay Final
	Women's 200m Backstroke Medal Ceremony
	Men's 400m Individual Medley Medal Ceremony
	Women's 400m Freestyle Medal Ceremony
	Men's 4x100m Medley Relay Medal Ceremony
	Women's 4x100m Medley Relay Medal Ceremony
	Mixed 4x100m Freestyle Relay Medal Ceremony



## GENERAL POINTS

This is the squad's benchmark meet of the year.

Each swimmer will have individual process goals which aim to give them the best performances of the season at this event.

Swimming will return to Glasgow next year for the LEN Short Course European Championships taking place at Tollcross International Swimming Centre between 4th – 8th December 2019.

In 2016 British Swimming finished second on the medal table with seven gold, six silver and nine bronze medals.

## THE WORLD CLASS PROGRAMME

Currently consists of 55 athletes with 17 podium athletes and 36 podium potential athletes.

The programme has 42 English swimmers, seven Scottish, five Welsh and one from the Isle of Man.



# MEDALS AT RECENT EUROPEAN CHAMPIONSHIPS

## 2016

Gold 50m breaststroke – Adam Peaty

Gold 100m breaststroke – Adam Peaty

Gold 200m breaststroke – Ross Murdoch

Gold 4 x 100m medley relay – Chris Walker-Hebborn,  
Adam Peaty, James Guy, Duncan Scott, Ross Murdoch,  
Robbie Renwick

Gold 4 x 100m medley relay – Kathleen Dawson,  
Chloe Tutton, Siobhan-Marie O'Connor, Fran Halsall,  
Georgia Davies, Molly Renshaw, Laura Stevens,  
Harriett Cooper

Gold 4 x 100m mixed relay – Chris Walker-Hebborn,  
Adam Peaty, Siobhan-Marie O'Connor, Fran Halsall,  
Sophie Davies, Craig Benson, Duncan Scott

Gold 50m backstroke – Fran Halsall

Silver 100m breaststroke – Ross Murdoch

Silver 50m freestyle – Fran Halsall

Silver 400m freestyle – Jazz Carlin

Silver 800m freestyle – Jazz Carlin

Silver 200m IM – Siobhan-Marie O'Connor

Silver 400m IM – Hannah Miley

Bronze 50m freestyle – Ben Proud

Bronze 50m butterfly – Ben Proud

Bronze 200m freestyle – James Guy

Bronze 50m breaststroke – Ross Murdoch

Bronze 50m backstroke – Georgia Davies

Bronze 100m backstroke – Kathleen Dawson

Bronze 100m breaststroke – Chloe Tutton

Bronze 50m butterfly – Fran Halsall

Bronze 200m IM – Hannah Miley



# EUROPEAN CHAMPIONSHIP FACTS

## THE TEAM

- The biggest team Britain has ever sent to this event.
- The two oldest swimmers are Hannah Miley (will celebrate 29th birthday during Championships) and Georgia Davies (27).
- The two youngest swimmers are Freya Anderson (17) and Emily Large (17).



# MEDALS AT RECENT EUROPEAN CHAMPIONSHIPS

## 2014

Gold 100m backstroke – Chris Walker-Hebborn

Gold 50m breaststroke – Adam Peaty

Gold 100m breaststroke – Adam Peaty

Gold 4 x 100m medley relay – Chris Walker-Hebborn,  
Adam Peaty, Adam Barrett, Ben Proud, Ross Murdoch,  
Steven Milne

Gold 50m backstroke – Fran Halsall

Gold 400m freestyle – Jazz Carlin

Gold 800m freestyle – Jazz Carlin

Gold 50m backstroke – Georgia Davies

Gold 4 x 100m mixed relay – Chris Walker-Hebborn,  
Adam Peaty, Jemma Lowe, Fran Halsall, Ross Murdoch,  
Georgia Davies, Rebecca Turner

Silver 100m breaststroke – Ross Murdoch

Silver 200m breaststroke – Ross Murdoch

Silver 400m IM – Roberto Pavoni

Silver 50m backstroke – Georgia Davies

Silver 200m backstroke – Lizzie Simmonds

Silver 200m breaststroke – Molly Renshaw

Silver 200m IM – Aimee Willmott

Bronze 50m backstroke – Chris Walker-Hebborn

Bronze 50m butterfly – Ben Proud

Bronze 200m IM – Roberto Pavoni

Bronze 100m backstroke – Georgia Davies

Bronze 50m butterfly – Fran Halsall

Bronze 400m IM – Aimee Willmott

Bronze 400m freestyle – Jay Lelliott

Bronze 4 x 100m medley relay – Georgia Davies,  
Sophie Taylor, Jemma Lowe, Fran Halsall, Lizzie  
Simmonds, Rebecca Turner

## 2012

Silver 200m IM – James Goddard

Silver 200m IM – Sophie Allen



# MEDALS AT RECENT EUROPEAN CHAMPIONSHIPS

## 2010

Gold 100m freestyle – Fran Halsall

Gold 400m freestyle – Rebecca Adlington

Gold 100m backstroke – Gemma Spofforth

Gold 200m backstroke – Lizzie Simmonds

Gold 400m IM – Hannah Miley

Gold 4 x 100m medley – Gemma Spofforth,  
Kate Haywood, Fran Halsall, Amy Smith

Silver 50m backstroke – Liam Tancock

Silver 100m backstroke – Lizzie Simmonds

Silver 200m backstroke – Gemma Spofforth

Silver 50m breaststroke – Kate Haywood

Silver 100m butterfly – Fran Halsall

Silver 4 x 100m freestyle relay – Amy Smith,  
Francesca Halsall, Jessica Sylvester, Joanne Jackson

Bronze 100m backstroke – Liam Tancock

Bronze 200m IM – Joseph Roebuck

Bronze 50m freestyle – Fran Halsall

Bronze 200m IM – Hannah Miley

Bronze 4 x 200m freestyle relay – Rebecca Adlington,  
Jazz Carlin, Hannah Miley, Joanne Jackson

## 2008

Gold 4 x 100m medley relay – Lizzie Simmonds,  
Kate Haywood, Jemma Lowe, Fran Halsall

Silver 1500m freestyle – David Davies

Silver 4 x 200m freestyle relay – Joanne Jackson,  
Mel Marshall, Ellen Gandy, Caitlin McClatchey



# DIVING PROFILES





**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 1 | BRONZE 0

# ROBYN BIRCH

**DOB:** 10th January 1994

**COACH:** Jane Figueiredo

**CLUB:** Dive London

## 2018 HIGHLIGHTS:

### 10M INDIVIDUAL

**FINA Diving Grand Prix Calgary – 334.00 Bronze**

**Commonwealth Games – 308.40 8th**

**FINA Diving World Cup – 305.50 10th**

**British Championships – 258.60 5th**

## FACTS:

Has previously studied Coaching and Physical Education at the University of St Mark & St John in Plymouth.

Spends a lot of free time watching Love Island.

After diving she wants to work with children or do a beauty course as she enjoys experimenting with make-up.

Used to be an acrobat and is a fan of gymnastics.

 @Robynnbirch

 @robynbirch





**SEVENTH EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 1 | BRONZE 1

# ALICIA BLAGG

**DOB:** 21st October 1996

**COACH:** Randy Ableman

**CLUB:** City of Leeds / University of Miami

## 2018 HIGHLIGHTS:

### 3M INDIVIDUAL

**British Championships – 317.70 Gold**

**FINA Diving Grand Prix Calgary – 292.15 6th**

**Commonwealth Games – 282.40 8th**

**FINA Grand Prix Bolzano – 281.10 4th**

## FACTS:

In 2010 she became the youngest ever double national champion, winning the 1m springboard and the 3m synchro.

Studies Criminology at the University of Miami on a five year scholarship – she wants to be a detective once finishing with diving.

 @AliciaBlagg

 @aliciabagg



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# EDEN CHENG

**DOB:** 2nd December 2002

**COACH:** Lin Chen

**CLUB:** Crystal Palace Diving Club

## 2018 HIGHLIGHTS:

10M SYNCHRO

**FINA Diving World Cup (with Lois Toulson) – 282.12 7th**

**FINA Diving Grand Prix Calgary (with Lois Toulson) – 261.90 5th**

## FACTS:

Currently in year 10 studying for GCSEs at Alleyns school in Dulwich. Her parents were originally from Hong Kong, but settled in England when they were young.

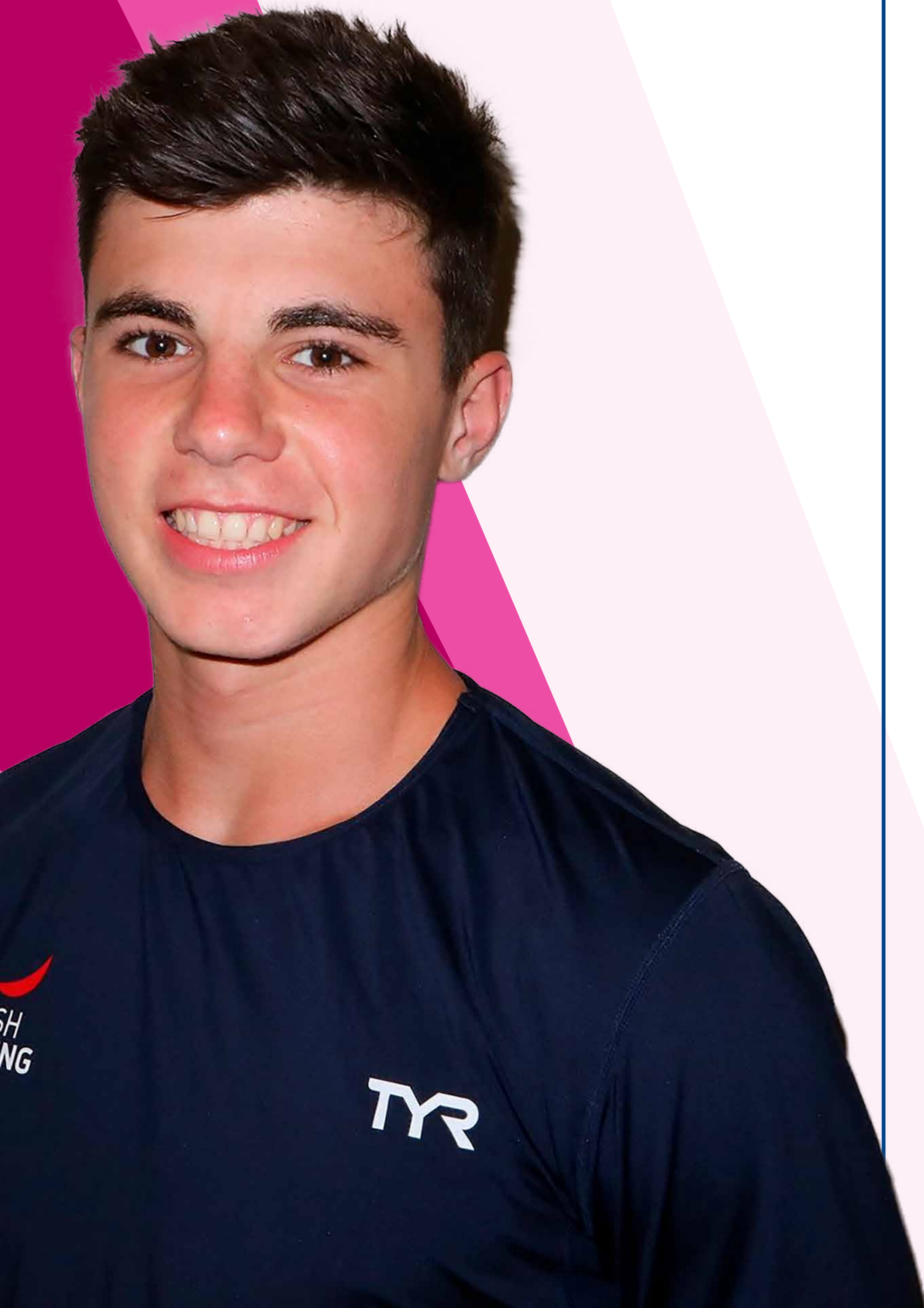
She also has a sister studying Medicine at Leeds.

She decided to take up diving after watching Jack Laugher and Tom Daley at the 2012 London Olympics so finds it very exciting that she has been on teams with them!



 @eden.chengx





**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 1

# MATTHEW DIXON

**DOB:** 19th April 2000

**COACH:** Alex Rochas

**CLUB:** Plymouth Diving Club

## 2018 HIGHLIGHTS:

### 10M INDIVIDUAL

**British Championships – 494.30 Gold**

**Commonwealth Games – 449.55 Silver**

**FINA Diving World Cup – 444.80 9th**

**FINA Grand Prix Rostock – 413.35 5th**

**FINA Diving Grand Prix Calgary – 348.30 10th in semi-final**

## FACTS:

Would love to appear on A League of Their Own.

Has known since he was six that he wanted to be a professional diver.

Is currently studying a BTEC in sport and will be going to university next year to study Strength and Conditioning.

 @mattdixon2000

 @matthew\_dixon19





**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 1 | BRONZE 0

# DANIEL GOODFELLOW

**DOB:** 19th October 1996

**COACH:** Marc Holdsworth

**CLUB:** City of Leeds

## 2018 HIGHLIGHTS:

### 3M INDIVIDUAL

**FINA Diving World Series Beijing – 411.60 9th in semi-final**

**British Championships – 395.55 4th**

**FINA Diving World Cup – 390.90 19th in preliminaries**

**FINA Diving World Series Montreal – 379.50 11th in semi-final**

**FINA Diving World Series Kazan – 377.35 6th**

## FACTS:

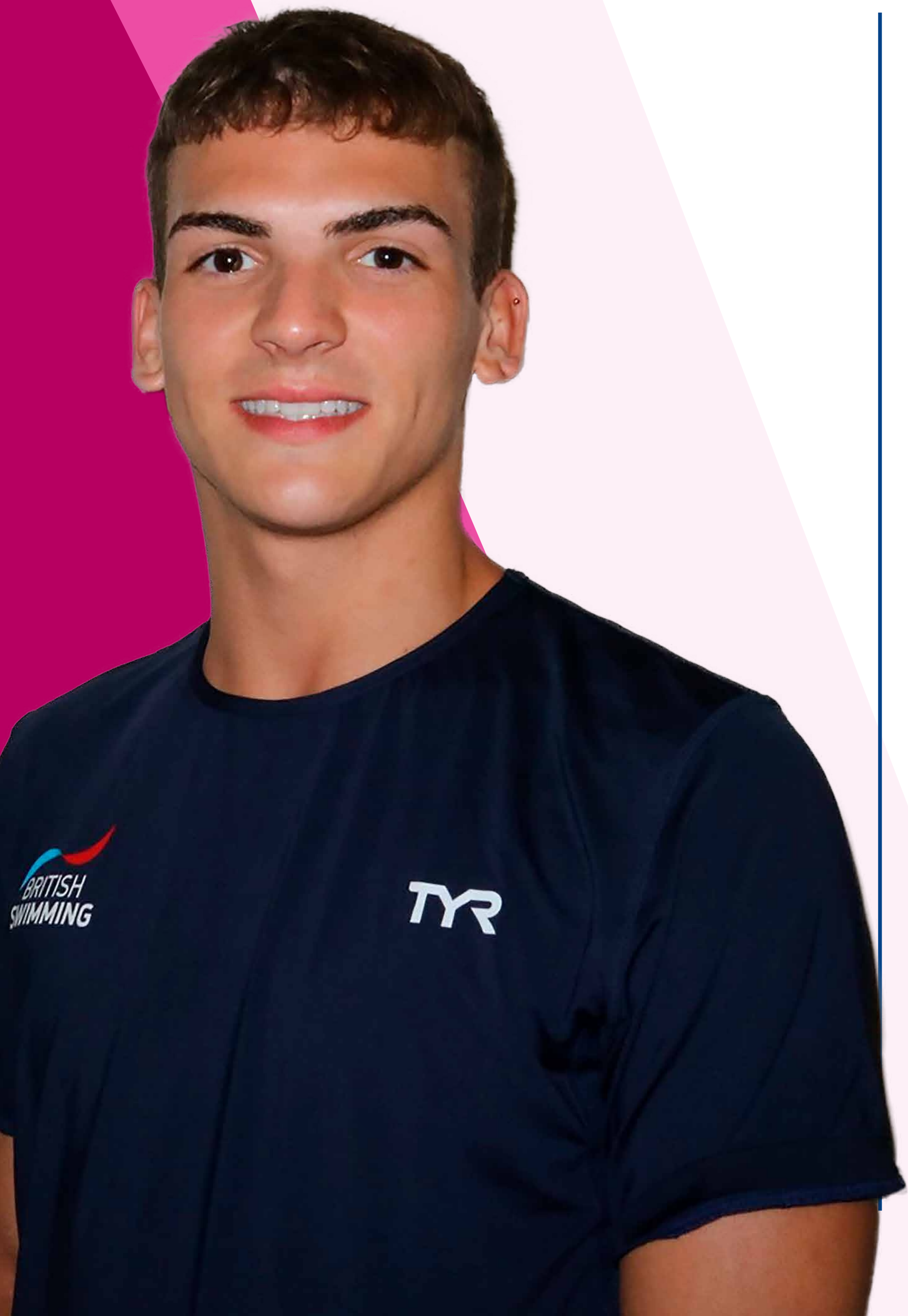
Had to take a year out of diving after waking up with what he thought was a dead shoulder and turned out to be a nerve palsy that meant he couldn't lift his arm over his head.

Hates flying even though he has to do a lot of it for competition.

 @danngoodfellow

 @danielgoodfellow





**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# ROSS HASLAM

**DOB:** 2nd October 1997

**COACH:** Tom Owens

**CLUB:** City of Sheffield Diving Club

## 2018 HIGHLIGHTS:

**3M MIXED SYNCHRO**

**FINA Diving World Cup (with Grace Reid) – 302.64 Bronze**

## FACTS:

After diving would love to go on Strictly Come Dancing, and he reckons he would be pretty good!

Got 10 A\*s at GCSE.

His biggest fan is grandad Jack, who his brother is named after.

Would like to get into acting after Diving, just like Jason Statham.

 @rosshaslam

 @rosshaslam



**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 1

# JAMES HEATLY

**DOB:** 20th May 1997

**COACH:** Jen Leeming

**CLUB:** City of Edinburgh Diving

## 2018 HIGHLIGHTS:

1M INDIVIDUAL

**Commonwealth Games – 399.25 Bronze**

**British Championships – 369.15 Bronze**

## FACTS:

Started diving in 2006 when his family moved back to the UK from America, but had taken first steps into the sport when stateside using his trampoline and nearby trees to leap into their pool. His Grandpa Sir Peter Heatly was visiting in America, saw this and said if he was going to do it he should do it properly.

Wants to go into coaching, and maybe TV commentary after he finishes competing.

 @JamesHeatly

 @jamesheatly



**FOURTH EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 1 | BRONZE 0

# JACK LAUGHER

**DOB:** 30th January 1995

**COACH:** Adam Smallwood

**CLUB:** City of Leeds Diving

## 2018 HIGHLIGHTS:

1M INDIVIDUAL

**Commonwealth Games – 438.00 Gold**

3M INDIVIDUAL

**Commonwealth Games – 519.40 Gold**

**FINA Diving World Cup – 515.00 Bronze**

3M SYNCHRO

**FINA Diving World Cup (with Chris Mears) – 440.64 Silver**

**Commonwealth Games (with Chris Mears) – 436.17 Gold**

## FACTS:

Was asked to go on I'm a Celebrity after his gold medal in Rio, but turned it down. He would still be keen to go into the jungle though.

His medal total on the Gold Coast would have made him the 17th best Commonwealth Country at the games (between Botswana and Samoa).

 @JackLaugher

 @Jacklaugher





**FOURTH EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 1 | BRONZE 2

# MATTY LEE

**DOB:** 5th March 1998

**COACH:** Marc Holdsworth

**CLUB:** City of Leeds Diving

## 2018 HIGHLIGHTS:

### 10M INDIVIDUAL (BEST PERFORMANCES)

**British Championships – 485.60 Silver**

**FINA Diving World Series Beijing – 439.90 7th in semi-final**

**FINA Diving World Series Fuji – 430.60 7th in semi-final**

### 10M MIXED SYNCHRO

**FINA Diving World Series Fuji (with Lois Toulson) – 303.18 5th**

**FINA Diving World Series Beijing (with Lois Toulson) – 305.10 Bronze**

**FINA Grand Prix Rostock (with Lois Toulson) – 317.88 Silver**

## FACTS:

His current bedroom is the room he was born in.

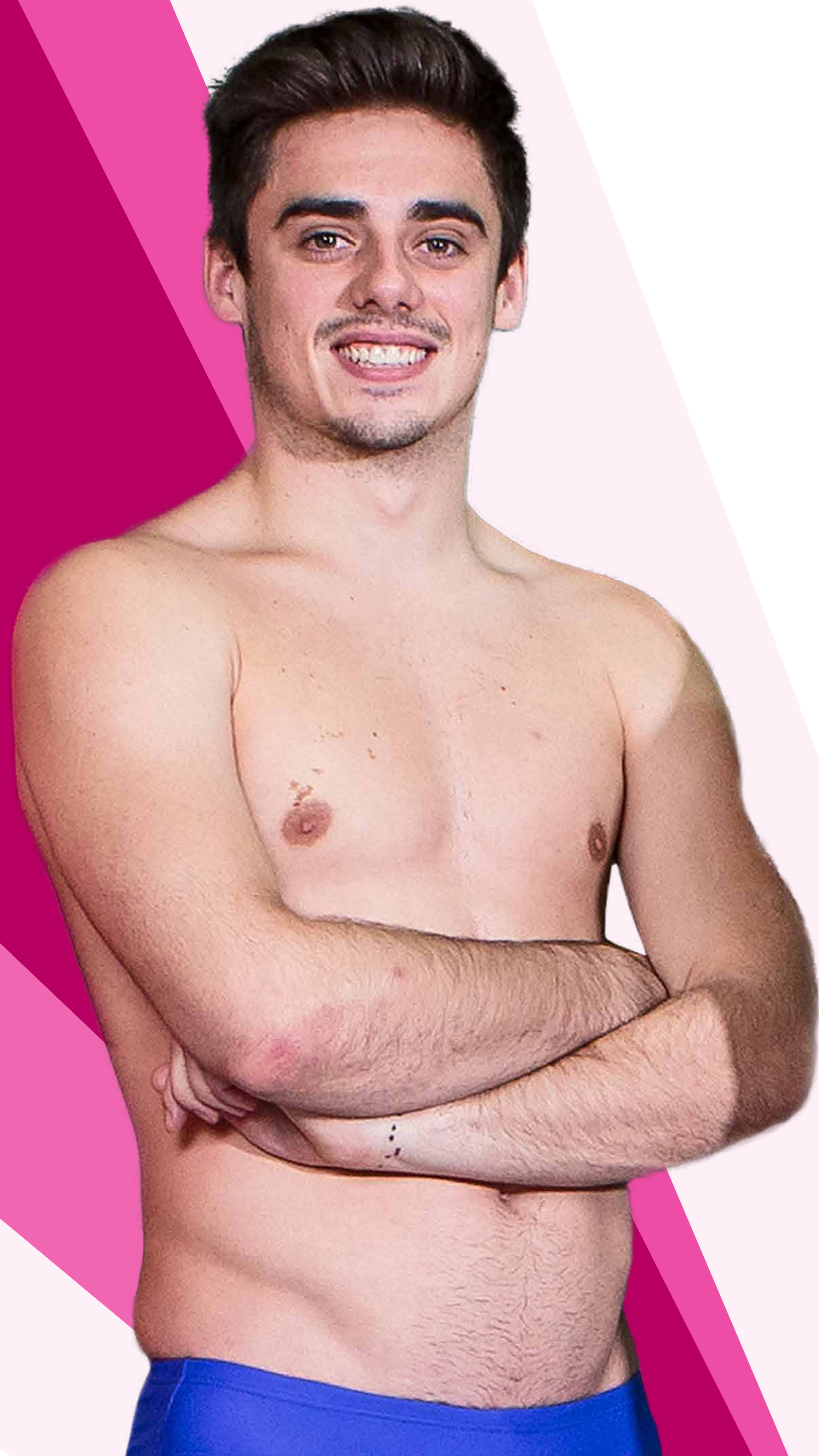
His nickname is Big Dog.

Enjoys watching F1 and supports the Mercedes team.

 @mattydiver

 @mattydiver





**FIFTH EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 0 | BRONZE 0

# CHRIS MEARS

**DOB:** 7th February 1993

**COACH:** Adam Smallwood

**CLUB:** City of Leeds

## 2018 HIGHLIGHTS:

**3M SYNCHRO**

**FINA Diving World Cup (with Jack Laugher) – 440.64 Silver**

**Commonwealth Games (with Jack Laugher) – 436.17 Gold**

## FACTS:

Produces music and is signed to the same management team as Nicole Scherzinger.

Has spoken openly about his mental health struggles following Rio and how achieving his dreams at such a young age left him feeling low.

 @mearschris93

 @mearschris93



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# SCARLETT MEW JENSEN

**DOB:** 31st December 2001

**COACH:** David Jenkins

**CLUB:** Dive London

## 2018 HIGHLIGHTS:

1M INDIVIDUAL

**British Championships – 230.65 5th**

## FACTS:

This is her first GB senior appearance.

She has just completed her GCSEs at St Marylebone School for Girls in Westminster.

Is a GLL Sport Foundation (GSF) supported athlete.



 @scarmewjensen

 @scarlettjensen





**FOURTH EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 0 | BRONZE 1

# GRACE REID

**DOB:** 9th May 1996

**COACH:** Jane Figueiredo

**CLUB:** Dive London

## 2018 HIGHLIGHTS:

### 3M INDIVIDUAL (BEST PERFORMANCES)

**FINA Diving World Series Montreal – 330.75 5th**

**FINA Diving World Series Kazan – 308.10 8th in semi-final**

**FINA Diving World Series Fuji – 297.90 6th**

### 3M SYNCHRO (BEST PERFORMANCES)

**FINA Diving World Series Kazan (with Kat Torrance) – 289.29 Bronze**

**FINA Diving World Series Montreal (with Kat Torrance) – 283.08 5th**

### 3M MIXED SYNCHRO (BEST PERFORMANCES)

**FINA Diving World Series Kazan (with Tom Daley) – 317.70 Silver**

**FINA Diving World Series Beijing (with Tom Daley) – 308.67 Silver**

**FINA Diving World Cup (with Ross Haslam) – 302.64 Bronze**

## FACTS:

Gave up chocolate at New Year and hasn't eaten any since.

Her nickname is Gromit.

 @graceereid



**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# KATHERINE TORRANCE

**DOB:** 10th October 1998

**COACH:** Marc Holdsworth

**CLUB:** City of Leeds Diving

## 2018 HIGHLIGHTS:

### 1M INDIVIDUAL

**British Championships – 264.05 Gold**

**Commonwealth Games – 237.50 5th**

### 3M SYNCHRO

**FINA Diving World Series Kazan (with Grace Reid) – 289.29 Bronze**

**FINA Diving World Series Montreal (with Grace Reid) – 283.08 5th**

**Commonwealth Games (with Alicia Blagg) – 276.90 Silver**

**British Championships (with Alicia Blagg) – 266.70 Gold**

## FACTS:

She is a great artist and loves doing portraits.

She wears an anklet to remind her which leg to take off from.

 @Kat\_Torrance

 @katt\_torrance



**FOURTH EUROPEANS**  
EUROPEAN MEDALS  
GOLD 2 | SILVER 0 | BRONZE 0

# LOIS TOULSON

**DOB:** 26th September 1999

**COACH:** Marc Holdsworth

**CLUB:** City of Leeds Diving

## 2018 HIGHLIGHTS:

10M INDIVIDUAL (BEST PERFORMANCES)

**Commonwealth Games – 344.20 Bronze**

**FINA Diving Grand Prix Calgary – 336.90 Bronze**

**British Championships – 336.90 Gold**

10M SYNCHRO

**FINA Diving World Cup (with Eden Cheng) – 282.12 7th**

10M MIXED SYNCHRO

**FINA Grand Prix Rostock (with Matty Lee) – 317.88 Silver**

**FINA Diving World Series Beijing (with Matty Lee) – 305.10 Bronze**

**FINA Diving World Series Fuji (with Matty Lee) – 303.18 5th**

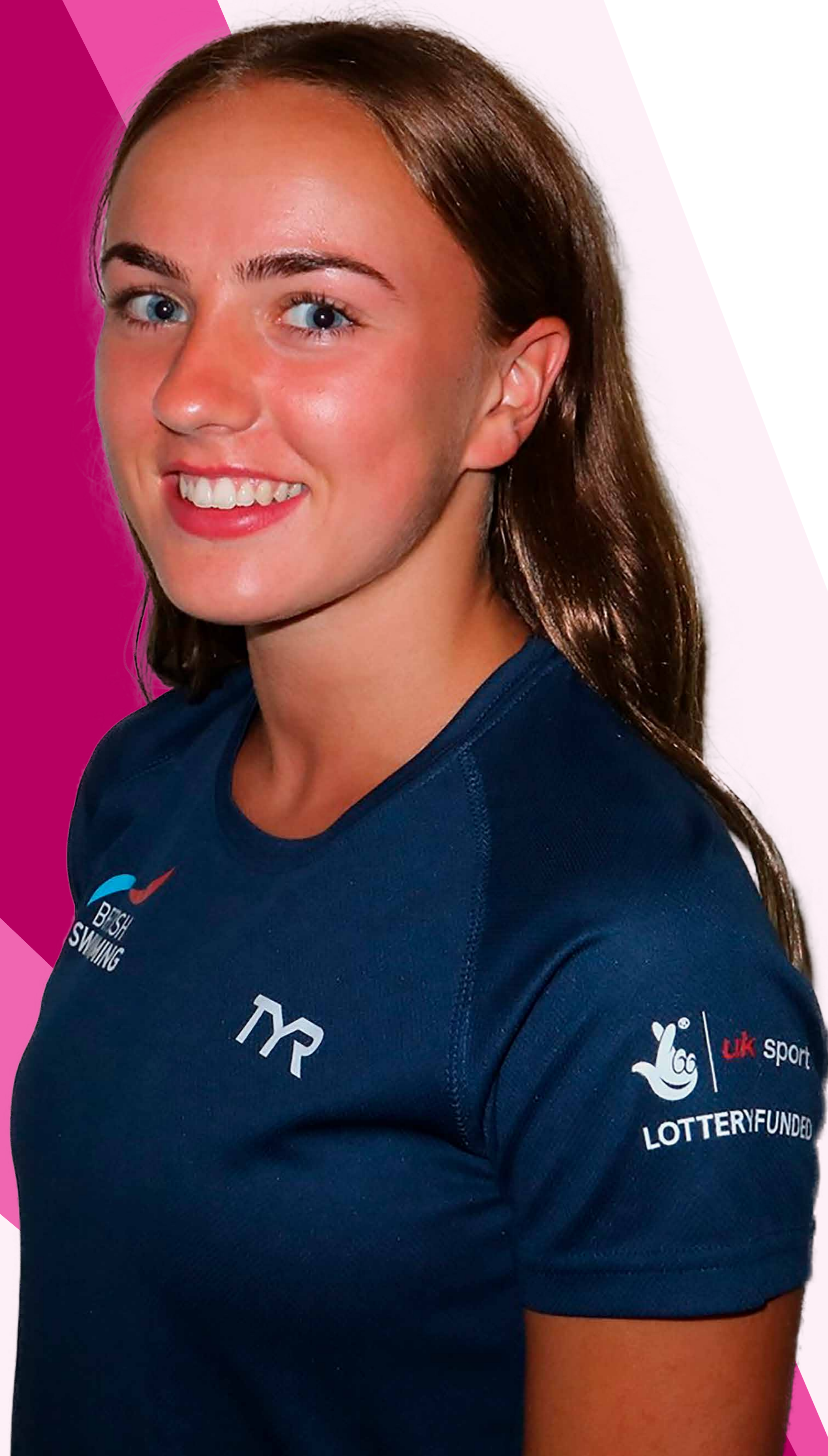
## FACTS:

Recently got an eight week old Jack Russell puppy called Stanley.

Loves winding down listening to Bruno Mars.

 @LoisToulson

 @lois\_toulson



**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 1

# NOAH WILLIAMS

**DOB:** 15th May 2000

**COACH:** David Jenkins

**CLUB:** Dive London

## 2018 HIGHLIGHTS:

### 10M SYNCHRO

**British Championships (with Matthew Dixon) – 388.50 Silver**

**FINA Diving World Cup (with Matthew Dixon) – 384.81 6th**

**FINA Diving Grand Prix Calgary (with Matthew Dixon) – 397.98**

**Commonwealth Games (with Matthew Dixon) – 399.99 Silver**

## FACTS:

Has just finished his A-Levels in Maths and Physics at Oaklands Sixth Form.

Claims his free time is spent with a lot of sleeping and watching Netflix (usually It's Always Sunny in Philadelphia or Brooklyn 99).

Is a fan of football and boxing.

 @noah\_w9

 @noah\_w9



# DIVING STAFF

<b>Team Leader</b>	<b>Kim White</b>
<b>Team Manager</b>	<b>Rachel Burrows</b>
<b>Coaches</b>	<b>Jane Figueiredo</b>
	<b>Marc Holdsworth</b>
	<b>Adam Smallwood</b>
	<b>Alex Rochas</b>
	<b>David Jenkins</b>
	<b>Lin Chen</b>
	<b>Tom Owens</b>
	<b>Jenny Leeming</b>
<b>Physiotherapists</b>	<b>Gareth Ziyambi</b>
	<b>Lucy Gledhill</b>
<b>Soft Tissue / S&amp;C</b>	<b>Paul Murphy</b>
<b>Gymnastics Coach</b>	<b>Ruslan Panteleymonov</b>
<b>Communications</b>	<b>Dan McDermott</b>





# SCHEDULE

<b>Monday 6 August</b>	<b>Morning</b>	Team Event 3m/10m Final
		Team Event Medal Ceremony
<b>Tuesday 7 August</b>	<b>Morning</b>	Men's 1m Springboard Preliminary
	<b>Afternoon</b>	Women's 10m Synchro Final
		Men's 1m Springboard Final
		Women's 10m Synchro Medal Ceremony
Men's 1m Springboard Medal Ceremony		
<b>Wednesday 8 August</b>	<b>Morning</b>	Women's 10m Preliminary
	<b>Afternoon</b>	Mixed 3m Synchro Final
		Women's 10m Platform Final
		Mixed 3m Synchro Medal Ceremony
Women's 10m Platform Medal Ceremony		
<b>Thursday 9 August</b>	<b>Morning</b>	Men's 3m Springboard Preliminary
	<b>Afternoon</b>	Men's 10m Synchro Final
		Men's 3m Springboard Final
		Men's 10m Synchro Medal Ceremony
Men's 3m Springboard Medal Ceremony		



# SCHEDULE

<b>Friday 10 August</b>	<b>Morning</b>	Women's 1m Springboard Preliminary
	<b>Afternoon</b>	Men's 3m Synchro Final
		Women's 1m Springboard Final
		Men's 3m Synchro Medal Ceremony
		Women's 1m Springboard Medal Ceremony
<b>Saturday 11 August</b>	<b>Morning</b>	Women's 3m Springboard Preliminary
	<b>Afternoon</b>	Mixed 10m Synchro Final
		Women's 3m Springboard Final
		Mixed 10m Synchro Medal Ceremony
		Women's 3m Springboard Medal Ceremony
<b>Sunday 12 August</b>	<b>Morning</b>	Men's 10m Platform Preliminary
	<b>Afternoon</b>	Women's 3m Synchro Final
		Men's 10m Platform Final
		Women's 3m Synchro Medal Ceremony
		Men's 10m Platform Medal Ceremony



## GENERAL POINTS

This is the squad's benchmark meet of the year. Prior to competition the team has been away in camp in Turkey.

The Diving World Series will be taking place in London from 17th to 19th May. It will be a chance to see the World's best divers, including Tom Daley, at the Aquatics Centre on Olympic Park.

In 2016 British Diving finished first on the medal table with three gold, five silver and three bronze medals.

British Diving compete in a European Championship each year, rather than every two years.

## THE PROGRAMME

There are currently 28 divers on National Team - one of the biggest in the world apart from China.

Team A currently consists of 8 divers (Team A are divers ranked Top 8 in the world and on Podium).

Team B currently consists of 15 divers (Podium Potential - some of these are also Team J as they compete both Junior & Senior International events).

Team J currently consists of five divers that only compete at junior level but another six divers also compete with Team B.

Team A is based in the two High Performance Centres in Leeds (six) and London (two).

Team B & J are based in Sheffield (six), London (five), Leeds (four), Plymouth (two) and Edinburgh, Southampton & Crystal Palace (one each).



# MEDALS AT RECENT EUROPEAN CHAMPIONSHIPS

(MAIN LEN EVENT EVERY 2 YEARS)

## 2016

Bronze Team Event – Georgia Ward & Matty Lee

Gold Mixed 3m Synchro – Tom Daley & Grace Reid

Silver Men's 3m – Jack Laugher

Silver Men's 10m Synchro – Tom Daley & Daniel  
Goodfellow

Silver Women's 10m – Tonia Couch

Bronze Women's 10m – Georgia Ward

Gold Men's 3m Synchro – Jack Laugher & Chris Mears

Bronze Women's 3m – Grace Reid

Silver Mixed 10m Synchro – Georgia Ward & Matty Lee

Gold Men's 10m Platform – Tom Daley

Silver Women's 3m Synchro – Alicia Blagg &  
Rebecca Gallantree



# EUROPEAN CHAMPIONSHIP FACTS

## THE TEAM

- The biggest team Britain has ever sent to this event.
- The team includes nine coaches, three physios/soft tissue, one judge, one press officer, one Team Manager and one Team Leader.
- Seven divers are competing at this event for the first time - Scarlett Mew Jensen, Eden Cheng, Robyn Birch, James Heatly, Ross Haslam, Matthew Dixon & Noah Williams.
- The two oldest divers are Chris Mears (25) and Robyn Birch (24).
- The two youngest divers are Eden Cheng (15) and Scarlett Mew Jensen (16).
- Average age of team is 20.



# MEDALS AT RECENT EUROPEAN CHAMPIONSHIPS

(MAIN LEN EVENT EVERY 2 YEARS)

2014

Gold Women's 10m – Sarah Barrow

Silver Men's 10m – Tom Daley

2012

Gold Men's 10m – Tom Daley

Gold Women's 10m Synchro – Tonia Couch  
& Sarah Barrow

2010

Bronze Women's 10m Synchro – Monique Gladding  
& Megan Sylvester

2008

Gold Men's 10m – Tom Daley

2000

Bronze Men's 10m Synchro – Leon Taylor  
& Peter Waterfield



# OPEN WATER PROFILES



**THIRD EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 1 | BRONZE 0

# JACK BURNELL

**DOB:** 13th June 1993

**COACH:** Dave Hemmings

**CLUB:** National Centre Loughborough

## 2018 HIGHLIGHTS:

**FINA 10K World Series Doha – 20th**

**FINA 10K World Series Seychelles – Silver**

**LEN Cup Gravelines – 7th**

**FINA 10K World Series Setubal – Bronze**

**FINA 10K World Series Balatonfured – 8th**

## FACTS:

Has been battling a rib injury lately but is now back to full fitness.

Says he feels like one of the old men of the team, but relishes the chance at being able to support the younger swimmers.

 @jackburnell

 @jackrexburnell





**FOURTH EUROPEANS**  
EUROPEAN MEDALS  
GOLD 2 | SILVER 2 | BRONZE 1

# JAZZ CARLIN

**DOB:** 17th September 1990

**COACH:** David McNulty

**CLUB:** National Centre, Bath

## 2018 HIGHLIGHTS:

**LEN Cup Barcelona – 22nd**

## FACTS:

Got into open water swimming as a new challenge, and because she struggled with turns in the pool so open water offered a chance to race without dealing with turns!

This is Jazz's fourth European Championship, but first as an open water competitor.

Is an ambassador for the Royal Life Saving Society UK which promotes safety in open water.

 @jazzcarlin

 @jazzcarlin



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# ALICE DEARING

**DOB:** 23rd April 1997

**COACH:** Andi Manley

**CLUB:** Loughborough University

## 2018 HIGHLIGHTS:

**FINA 10K World Series Doha – 14th**

**FINA 10K World Series Seychelles – 10th**

**LEN Cup Gravelines – 11th**

## FACTS:

Is from Birmingham, approximately a five minute drive away from where the Commonwealth 2022 pool is planning to be built.

Studying politics with a minor in English at Loughborough University, hoping to become a political or broadcast journalist after swimming.

Her mum is from Ghana and her dad from Hull, and currently lives in Dubai.

 @aliceferrellx

 @alicedearingx



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# POLLY HOLDEN

DOB: 14th August 1999

COACH:

CLUB: Newcastle (Staffs) ASC

## 2018 HIGHLIGHTS:

**LEN Cup Barcelona – 14th**

**European Juniors in Malta – 4th**

## FACTS:

She has just completed her first year at the University of Nottingham studying Biology.

Around racing and university she likes to go home to see her family and two cockerpoo dogs.

 @holden\_polly

 @polyholden



**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 1

# CALEB HUGHES

**DOB:** 22nd November 1995

**COACH:** Andi Manley

**CLUB:** Loughborough University

## 2018 HIGHLIGHTS:

**FINA 10K World Series Doha – 35th**

**LEN Cup Barcelona – 38th**

## FACTS:

Currently studying Sports Coaching  
at Loughborough University.

His favourite food is banoffee pie.

 @calebhughesswim

 @calebhughesswim



**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 1 | SILVER 0 | BRONZE 0

# DANIELLE HUSKISSON

**DOB:** 27th March 1993

**COACH:** Steven Tigg

**CLUB:** University of Stirling

## 2018 HIGHLIGHTS:

**FINA 10K World Series Doha – 19th**

**FINA 10K World Series Seychelles – 18th**

**LEN Cup Gravelines – 23rd**

**FINA 10K World Series Setubal – 21st**

## FACTS:

Would love to meet Jennifer Lawrence, Miley Cyrus or Ant and Dec.

Her favourite food is steak and chips.

 @danielle\_huski

 @daniellehuskisson





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# HECTOR PARDOE

**DOB:** 29th March 2001

**COACH:** Alan Bircher

**CLUB:** Ellesmere College Titans SC

## 2018 HIGHLIGHTS:

**LEN Cup Barcelona – 29th**

**European Juniors in Malta – 7th**

## FACTS:

Just finished first year of A-levels at Ellesmere College in History, Economics and Sociology. In history lessons one of the first topics he covered was the Lib/Lab Pact of 1970s which was handy as his Grandfather was a Liberal Member of Parliament at the time (John Pardoe).

He is planning to take a year out in between school and university to concentrate on swimming.

Has been vegetarian from birth.

Appeared on Blue Peter, aged nine, to give tips to other young swimmers.

Follows AFC Wimbledon.

 @pardoehector

 @hectorpardoe





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# TOBIAS ROBINSON

**DOB:** 22nd August 1996

**COACH:** Dave Hemmings

**CLUB:** National Centre Loughborough

## 2018 HIGHLIGHTS:

**FINA 10K World Series Doha – 15th**

**FINA 10K World Series Seychelles – 21st**

**LEN Cup Barcelona – 8th**

**FINA 10K World Series Setubal – 26th**

**FINA 10K World Series Balatonfured – 4th**

## FACTS:

Studies Computing and Management  
at Loughborough University.

 @tobiasrobinson\_

 @tobiasrobinson



# OPEN WATER STAFF

<b>Team Leader</b>	<b>Bernie Dietzig</b>
<b>Open Water Team Manager</b>	<b>Adam Clarke</b>
<b>Assistant Team Manager</b>	<b>Bid Stanger</b>
<b>Coaches</b>	<b>Alan Bircher</b>
	<b>Laurel Bailey</b>
<b>Physiotherapist</b>	<b>Angela George</b>
<b>Doctor</b>	<b>Kate Jordan</b>





# SCHEDULE

<b>Wednesday 8 August</b>	<b>Morning</b>	<b>Women's 5km Race</b>
		<b>Women's 5km Medal Ceremony</b>
		<b>Men's 5km Race</b>
		<b>Men's 5km Medal Ceremony</b>
<b>Thursday 9 August</b>	<b>Morning</b>	<b>Women's 10km Race</b>
		<b>Women's 10km Medal Ceremony</b>
		<b>Men's 10km Race</b>
		<b>Men's 10km Medal Ceremony</b>
<b>Saturday 11 August</b>	<b>Morning</b>	<b>Team Event 5km Race</b>
		<b>Team Event Medal Ceremony</b>
<b>Sunday 12 August</b>	<b>All Day</b>	<b>Men's &amp; Women's 25km Race</b>
		<b>Men's 25km Medal Ceremony</b>
		<b>Women's 25km Medal Ceremony</b>



## GENERAL POINTS

This is the squad's benchmark meet of the year.

Each swimmer will have individual process goals which aim to give them the best performances of the season at this event.

In 2016 British Swimming came third on the overall medal table with one gold, one silver and one bronze medal.



# MEDALS AT RECENT EUROPEAN CHAMPIONSHIPS

2016

Danielle Huskisson – 5km Gold

Jack Burnell – 10km Silver

Caleb Hughes – 5km Bronze

2014

Daniel Fogg – 5km Gold



# SYNCHRONISED SWIMMING PROFILES





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## TEAM

# ILARIA BRANDIMARTE

**DOB:** 13th July 1993

**COACH:** Georgie Coombs

**CLUB:** University of Bath

### FACTS:

Has recently completed a Masters at King's College London in Global Ethics and Human Value after a BSc from Bath in Politics and International Relations.

Is a keen photographer.

Speaks five languages: English, Italian, French and Spanish fluent, Russian basic.





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## **TEAM**

# **MILLICENT COSTELLO**

**DOB:** 18th July 2002

**COACH:** Sarah Speers, Rosie Barrington  
and Deanne Hopkins

**CLUB:** City of Leeds

### **2018 HIGHLIGHTS:**

**FINA Artistic Swimming World Series Paris**

– Women Team Free 6th 77.3667

**LEN European Junior Championships Helsinki**

– Team Free Combination 6th 79.5667

**LEN European Junior Championships Helsinki**

– Team Technical 9th 76.5742

**LEN European Junior Championships Helsinki**

– Team Free 9th 76.4667

**FINA World Junior Championships**

– Team Technical 12th 78.0997

– Team Free 12th 79.7000

– Team Free Combination 9th 80.3333

### **FACTS:**

Has recently completed her GCSEs.



**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

# TEAM CERY'S LARSEN

**DOB:** 8th October 2002

**COACH:** Katie Clark

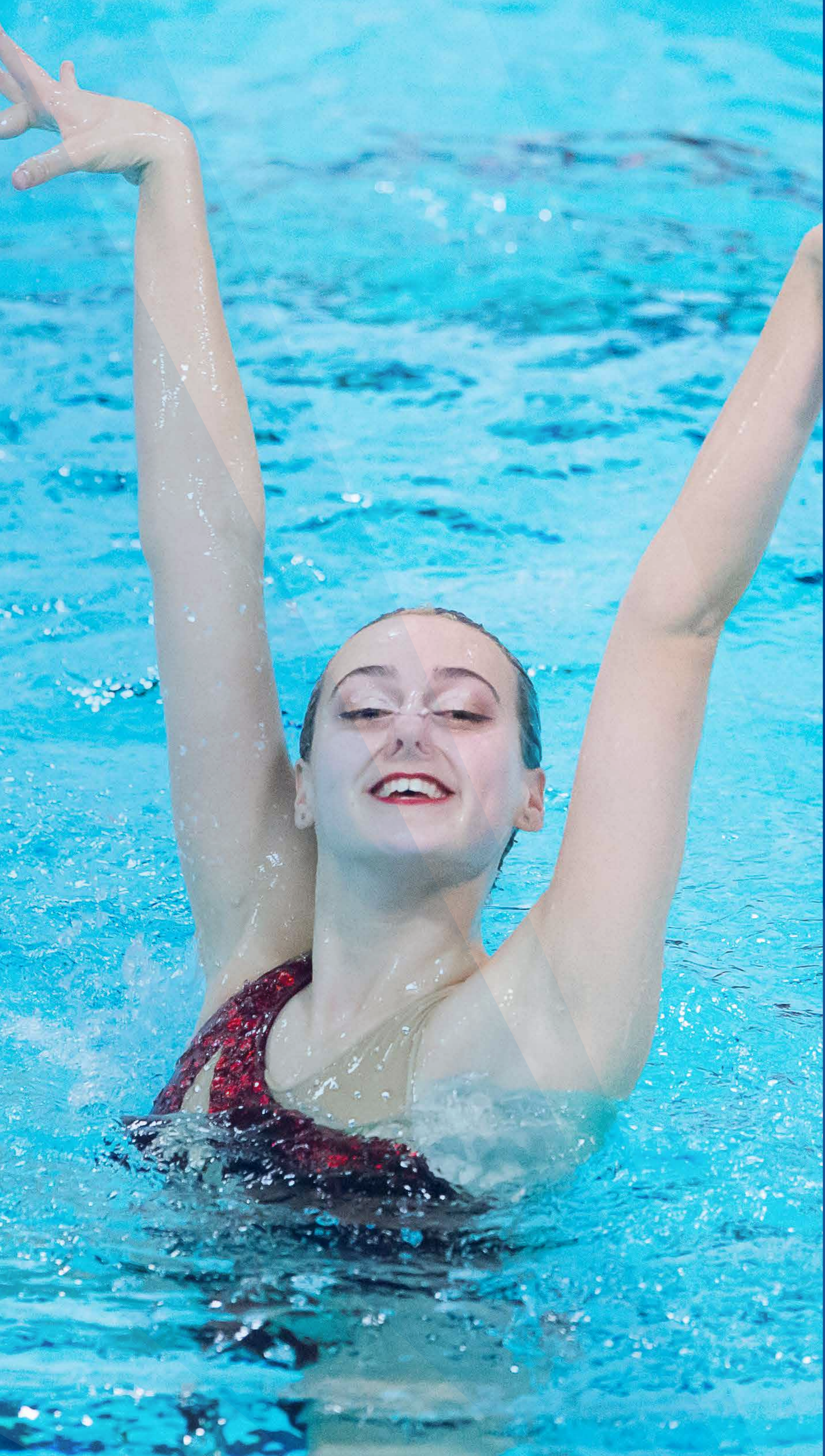
**CLUB:** Reading Royals

## 2018 HIGHLIGHTS:

### **FINA World Junior Championships**

- Team Technical 12th 78.0997
- Team Free 12th 79.7000
- Team Free Combination 9th 80.3333





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## **TEAM**

# **GRETA HAMPSON**

**DOB:** 20th August 2000

**COACH:** Maria Shortman / Deanne Hopkins

**CLUB:** City of Leeds / City of Bristol

### **2018 HIGHLIGHTS:**

**FINA Artistic Swimming World Series Paris**

– Women Team Free 6th 77.3667

**LEN European Junior Championships Helsinki**

– Team Free Combination 6th 79.5667

**LEN European Junior Championships Helsinki**

– Team Technical 9th 76.5742

**LEN European Junior Championships Helsinki**

– Team Free 9th 76.4667

**FINA World Junior Championships**

– Team Technical 12th 78.0997

– Team Free 12th 79.7000

– Team Free Combination 9th 80.3333

### **FACTS:**

Has just completed her A-levels.







**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## **TEAM**

# **CERYS HUGHES**

**DOB:** 9th January 2001

**COACH:** Maria Shortman

**CLUB:** City of Bristol

### **FACTS:**

First time included in a GB squad selection.





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## TEAM

# DANIELLA LLOYD

**DOB:** 17th November 2001

**COACH:** Maria Shortman

**CLUB:** City of Bristol

### 2018 HIGHLIGHTS:

**FINA Artistic Swimming World Series Paris**

– Women Team Free 6th 77.3667

**LEN European Junior Championships Helsinki**

– Team Free Combination 6th 79.5667

**LEN European Junior Championships Helsinki**

– Team Technical 9th 76.5742

**LEN European Junior Championships Helsinki**

– Team Free 9th 76.4667

**FINA World Junior Championships**

– Team Technical 12th 78.0997

– Team Free 12th 79.7000

– Team Free Combination 9th 80.3333

### FACTS:

Just completed her GCSEs.





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## **TEAM**

# **DAISY RUSHTON**

**DOB:** 17th June 2003

**COACH:** Deanne Hopkins

**CLUB:** City of Leeds

### **2018 HIGHLIGHTS:**

**FINA Artistic Swimming World Series Paris**

– Women Team Free 6th 77.3667

**LEN European Junior Championships Helsinki**

– Team Free Combination 6th 79.5667

**LEN European Junior Championships Helsinki**

– Team Technical 9th 76.5742

**LEN European Junior Championships Helsinki**

– Team Free 9th 76.4667

**FINA World Junior Championships**

– Team Technical 12th 78.0997

– Team Free 12th 79.7000

– Team Free Combination 9th 80.3333





**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## **SOLO | DUET | TEAM**

# **KATE SHORTMAN**

**DOB:** 17th November 2001

**COACH:** Maria Shortman

**CLUB:** City of Bristol

### **2018 HIGHLIGHTS:**

#### **FINA Artistic Swimming World Series Paris**

– Solo Free 11th 83.4000 | Solo Technical 80.0406  
Team Free 6th 77.3667

#### **LEN European Junior Championships Helsinki**

– Duet Technical 7th 79.6877 | Duet Free 8th 81.5000  
Solo Free 6th 83.1667 | Solo Technical 7th 82.4159  
Team Free Combination 6th 79.5667

#### **FINA World Junior Championships**

– Solo Free 9th 83.8333 | Solo Technical 9th 83.1096  
Duet Technical 10th 81.6957 | Duet Free 10th 82.9000

### **FACTS:**

Just finished her GCSEs.





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## **TEAM**

# **HARRIETTE SMITH**

**DOB:** 25th July 2001

**COACH:** Kelly Ann Russell

**CLUB:** Reading Royals

### **2018 HIGHLIGHTS:**

**LEN European Junior Championships Helsinki**

– Team Free Combination 6th 79.5667

**FINA Artistic Swimming World Series Paris**

– Women Team Free 6th 77.3667

**LEN European Junior Championships Helsinki**

– Team Technical 9th 76.5742

**LEN European Junior Championships Helsinki**

– Team Free 9th 76.4667

**FINA World Junior Championships**

– Team Technical 12th 78.0997

– Team Free 12th 79.7000

– Team Free Combination 9th 80.3333





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## **TEAM**

# **ABIGAIL TAYLOR**

**DOB:** 28th September 2001

**COACH:** Katie Clark

**CLUB:** Reading Royals

### **2018 HIGHLIGHTS:**

#### **FINA Artistic Swimming World Series Paris**

– Women Team Free 6th 77.3667

#### **LEN European Junior Championships Helsinki**

– Team Free Combination 6th 79.5667

#### **LEN European Junior Championships Helsinki**

– Team Technical 9th 76.5742

#### **LEN European Junior Championships Helsinki**

– Team Free 9th 76.4667

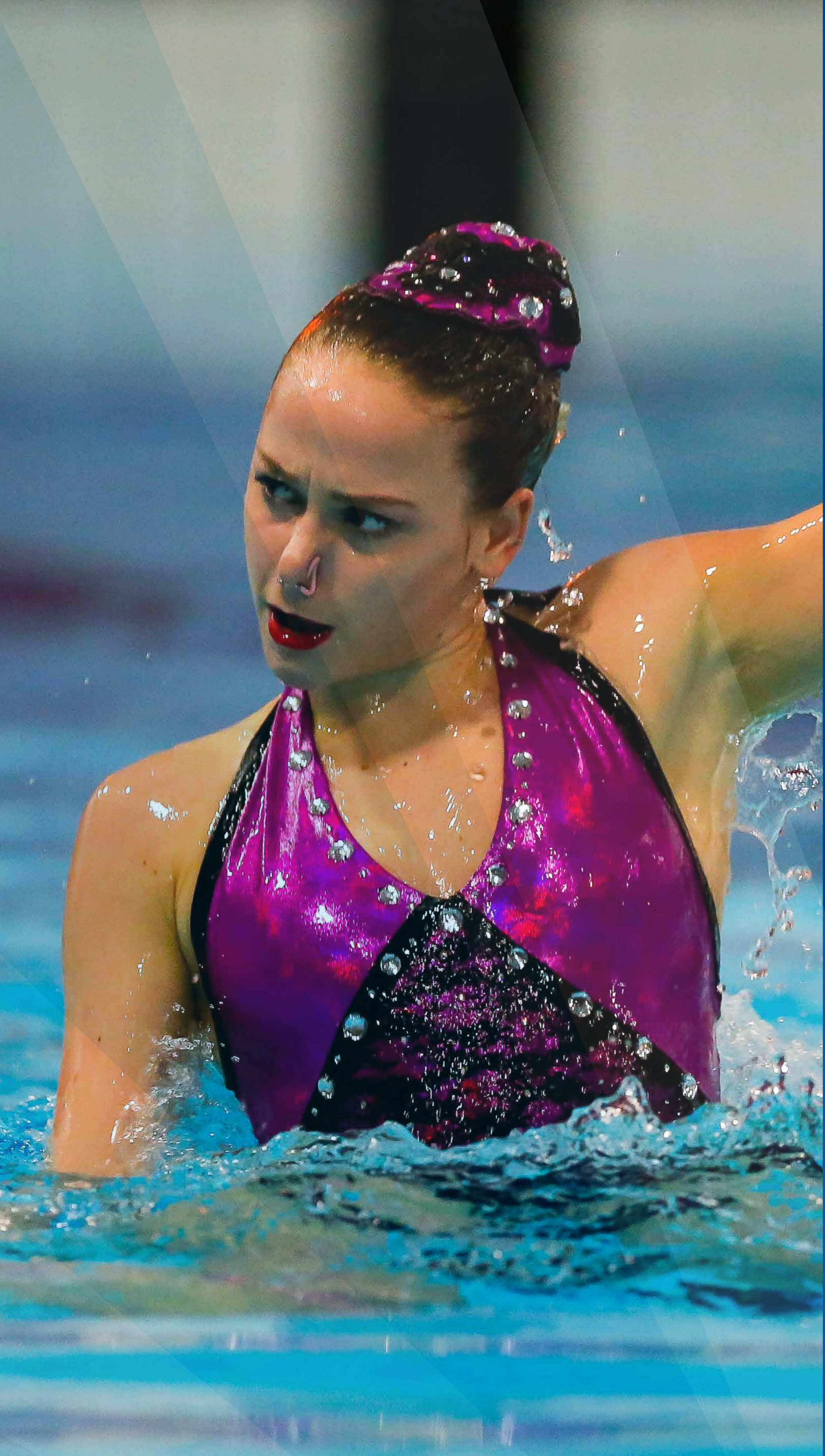
#### **FINA World Junior Championships**

– Team Technical 12th 78.0997

– Team Free 12th 79.7000

– Team Free Combination 9th 80.3333





**SECOND EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## **DUET | TEAM**

# **ISABELLE THORPE**

**DOB:** 4th March 2001

**COACH:** Maria Shortman

**CLUB:** City of Bristol

### **2018 HIGHLIGHTS:**

**LEN European Junior Championships Helsinki**

– Women Duet Technical 7th 79.6877

**LEN European Junior Championships Helsinki**

– Women Duet Free 8th 81.5000

**LEN European Junior Championships Helsinki**

– Team Free Combination 6th 79.5667

**FINA World Junior Championships**

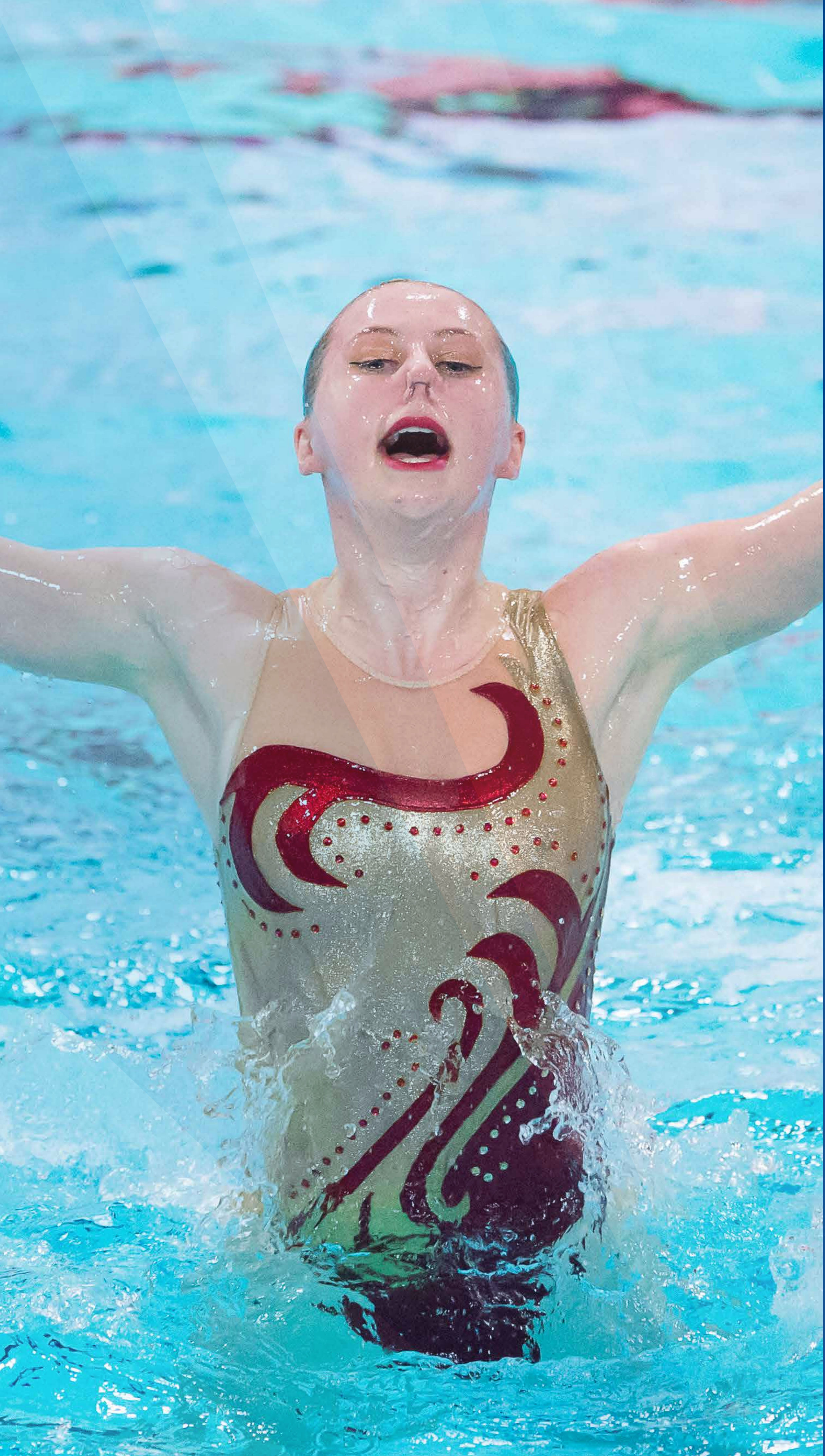
– Duet Technical 10th 81.6957

– Duet Free 10th 82.9000

### **FACTS:**

Has recovered from a stress fractured rib at the start of the season so missed out on competing at the French Open but returned and was fully fit for the Junior Europeans.





**FIRST EUROPEANS**  
EUROPEAN MEDALS  
GOLD 0 | SILVER 0 | BRONZE 0

## TEAM

# VICTORIA (TORRIE) USHER

**DOB:** 31st August 2000

**COACH:** Jenny Gray

**CLUB:** Rushmoor

### 2018 HIGHLIGHTS:

**FINA Artistic Swimming World Series Paris**

– Women Team Free 6th 77.3667

**LEN European Junior Championships Helsinki**

– Team Free Combination 6th 79.5667

**LEN European Junior Championships Helsinki**

– Team Technical 9th 76.5742

**LEN European Junior Championships Helsinki**

– Team Free 9th 76.4667

**FINA World Junior Championships**

– Team Technical 12th 78.0997

– Team Free 12th 79.7000

– Team Free Combination 9th 80.3333





# SYNCHRO STAFF

<b>Team Leader</b>	<b>Karen Thorpe</b>
<b>Coach and Choreographer</b>	<b>Stefania Speroni – solo, duet and team</b>
	<b>Paola Basso – solo, duet and team</b>
<b>Acrobatic Coach</b>	<b>Davide Torreggiani – team</b>
<b>Assistant Coach</b>	<b>Sisy Wang – team</b>



# SCHEDULE

<b>Friday 3 August</b>	<b>Morning</b>	Team Free Preliminary
	<b>Afternoon</b>	Duet Technical Final
		Mixed Duet Technical Final
		Duet Technical Medal Ceremony
		Mixed Duet Technical Medal Ceremony
<b>Saturday 4 August</b>	<b>Morning</b>	Duet Free Preliminary
	<b>Afternoon</b>	Team Free Final
		Team Free Medal Ceremony
<b>Sunday 5 August</b>	<b>Morning</b>	Solo Free Preliminary
	<b>Afternoon</b>	Free Combination Final
		Free Combination Medal Ceremony



# SCHEDULE

<b>Monday 6 August</b>	<b>Morning</b>	Solo Technical Final
		Solo Technical Medal Ceremony
	<b>Afternoon</b>	Team Technical Final
		Team Technical Medal Ceremony
<b>Tuesday 7 August</b>	<b>Morning</b>	Duet Free Final
		Mixed Duet Free Final
		Duet Free Medal Ceremony
		Mixed Duet Free Medal Ceremony
	<b>Afternoon</b>	Solo Free Final
		Solo Free Medal Ceremony
		Gala Event



## GENERAL POINTS

The squad is a young team who have just returned from Finland for the Junior European Championships and Hungary for the Junior World Championships, with only one addition to the team.

They have trained together as a team for six weeks during the season between club training.

The squad have been focussed on making improvements and closing the gap to their rival nations.

The duet will be starting to train in a centralised programme as of September when they start to study at the same school. The school has organised the study of their A-levels in the morning and have allowed them to use the school facilities to train in the afternoon. After a problematic start to the 2018 season with a stress fractured rib and GCSEs, 2019 is set to be a crucial year for the duet to make improvements and start on their quest for Olympic qualification in 2020.

The team and duet have been coached and choreographed by Italian Stefania Speroni who will continue to work with the duet through to 2020. Paola Basso will lead on coaching the duet from September within the new school programme and will remain the head coach of the team.

The team has been working on new routines this year with the combo theme being spiders, Free Team theme is Tribal and technical is Celtic with music by Lindsey Stirling.

Instagram:

**Team - gbsynchro**

**Duet - kate.isabelle\_official**

