



LONDON 2012 OLYMPIC GAMES

27 JULY – 12 AUGUST
MEDIA GUIDE



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BRITISH
Swimming



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MEDIA CONTACTS

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USEFUL WEBSITES

British Swimming

www.swimming.org/britishswimming

Team GB

www.teamGB.com

Olympic website

www.london2012.com

Fina

www.fina.org



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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 Attaché. Those wishing to put a question to the National Performance Director and Head Coach should provide as much notice as possible so the Press Attaché can identify a window of opportunity to respond. If the National Performance Director and Head Coach is unable to respond in person, the Press Attaché 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 Attaché. 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 Attaché. Whereas media deadlines will always be considered, these interviews will be arranged at a time the athlete or coach can be made available. This is obviously due to the demands of the competition 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 Attaché.

Access to athletes and coaches will be limited to the official mixed zone, press conferences or through prior arrangements made via the Press Attaché. All athletes will be encouraged to speak to the media, 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 Attaché 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 Attaché or Team Manager will be present during interviews. The Press Attaché 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 Attaché. Efforts will be made to meet these as long as they don't impact on the rest of the team.



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MEDIA PROTOCOL (CONT.)

MEDIA NOT PRESENT AT THE GAMES

Not all media will be accredited for the Games but the Press Attaché and Media team 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 Attaché 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 Attaché.

For all media interviews, athletes and staff will only wear Team GB 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 athlete village. It is requested that this privacy be respected.

All media enquiries should be made to the Press Attaché. If unavailable the media should approach the Team Manager. The Press Attaché 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.



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LIST OF ATHLETES AND EVENTS: MALE SWIMMING

ATHLETE	CLUB	EVENT
Robert Bale	Stirling ITC	4x200m Freestyle relay
Craig Benson	Warrender	100m Breaststroke
Adam Brown	Hatfield	50m Freestyle, 4x100m Freestyle relay
Simon Burnett	Tucson	4x100m Freestyle
David Carry	Stockport ITC	400m Freestyle, 4x200m Freestyle relay
Ross Davenport	Loughborough ITC	4x200m Freestyle
David Davies	City of Cardiff	1500m Freestyle
James Disney-May	Auburn	4x100m Freestyle
Daniel Fogg	Loughborough ITC	1500m Freestyle, 10KM Marathon Swim
Craig Gibbons	Maxwell	4x100m Freestyle
James Goddard	Stockport ITC	200m Individual Medley
Antony James	Plymouth Leander	100m Butterfly
Michael Jamieson	Bath ITC	100m and 200m Breaststroke
Ieuan Lloyd	City of Cardiff	200m Freestyle, 4x200m Freestyle relay
Marco Loughran	Guildford City	200m Backstroke
Roberto Pavoni	Loughborough ITC	400m Individual Medley, 200m Butterfly
Robbie Renwick	City of Glasgow	200m Freestyle, 400m Freestyle
Michael Rock	Stockport ITC	100m Butterfly
Joe Roebuck	Loughborough Uni	200m Individual Medley, 400m Individual Medley, 200m Butterfly

ATHLETE	CLUB	EVENT
Liam Tancock	Loughborough ITC	100m Backstroke
Grant Turner	Loughborough ITC	4x100m Freestyle relay
Chris Walker-Hebborn	Bath ITC	100m Backstroke, 200m Backstroke
Andrew Willis	Bath ITC	200m Breaststroke



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LIST OF ATHLETES AND EVENTS: FEMALE SWIMMING

ATHLETE	CLUB	EVENT
Rebecca Adlington	Nova Centurion	400m & 800m Freestyle, 4x200m Freestyle relay
Sophie Allen	Stockport ITC	200m Individual Medley
Georgia Davies	Swansea ITC	100m Backstroke
Eleanor Faulkner	City of Sheffield	800m Freestyle, 4x200m Freestyle relay
Ellen Gandy	Nunawading	100m Butterfly, 200m Butterfly
Francesca Halsall	Loughborough ITC	100m Butterfly, 100m Freestyle, 50m Freestyle
Kate Haywood	Nunawading	100m Breaststroke
Joanne Jackson	Loughborough ITC	400m Freestyle, 4x200m Freestyle relay
Jemma Lowe	Swansea ITC	200m Butterfly
Jessica Lloyd	City of Manchester	4x100 Freestyle relay
Caitlin McClatchey	Loughborough Uni	200m Freestyle, 4x100m Freestyle relay, 4x200m Freestyle relay
Hannah Miley	Garioch	200m Individual Medley, 400m Individual Medley
Siobhan-Marie O'Connor	Bath ITC	100m Breaststroke
Keri-anne Payne	Stockport ITC	10km Marathon Swim
Steph Proud	Florida Gators	200m Backstroke
Elizabeth Simmonds	Loughborough ITC	200m Backstroke
Amy Smith	Loughborough Uni	100m Freestyle, 50m Freestyle
Gemma Spofforth	Florida Gators	100m Backstroke
Stacey Tadd	University of Bath	200m Breaststroke

ATHLETE	CLUB	EVENT
Rebecca Turner	City of Sheffield	200m Freestyle, 4x100m Freestyle relay, 4x200m Freestyle relay
Aimee Willmott	Middlesbrough	400m individual medley



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LIST OF ATHLETES AND EVENTS: DIVING

ATHLETE	CLUB	EVENT
Tom Daley	Plymouth Diving	10m Platform, 10m Synchro
Jack Laugher	City of Leeds	3m Springboard
Chris Mears	Southampton Diving	3m Springboard, 3m Synchro
Nick Robinson-Baker	City of Sheffield	3m Synchro
Peter Waterfield	Southampton Diving	10m Platform, 10m Synchro
Sarah Barrow	City of Leeds	10m Synchro
Alicia Blagg	City of Leeds	3m Synchro
Tonia Couch	Plymouth Diving	10m Synchro
Rebecca Gallantree	City of Leeds	3m Synchro
Monique Gladding	City of Sheffield	10m Platform
Stacie Powell	Southampton Diving	10m Platform
Hannah Starling	City of Leeds	3m Springboard



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LIST OF ATHLETES AND EVENTS: SYNCHRONISED SWIMMING

ATHLETE	EVENT
Yvette Baker	Team
Katie Clark	Team
Katie Dawkins	Team
Olivia Federici	Team
	Duet
Jennifer Knobbs	Team
Vicki Lucass	Team
Asha Randall	Team
Jenna Randall	Team
	Duet
Katie Skelton	Team



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LIST OF ATHLETES: WATER POLO

MEN

Craig Figes
Matt Holland
Ciaran James
Sean King
Joe O'Regan
Rob Parker
Alex Parsonage
Glen Robinson
Sean Ryder
Adam Scholefield
Ed Scott
Jake Vincent
Jack Waller

WOMEN

Fran Clayton
Lisa Gibson
Ciara Gibson-Byrne
Beckie Kershaw
Fran Leighton
Fiona McCann
Rosie Morris
Hazel Musgrove
Robyn Nicholls
Francesca Painter-Snell
Alex Rutlidge
Chloe Wilcox
Angie Winstanley-Smith



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OLYMPIC STATS

The Great Britain swimming team has won a total of 65 medals at the Olympic Games made up of 15 Gold, 22 Silver and 28 Bronze medals

YEAR	VENUE	GOLD	SILVER	BRONZE
1900	Paris	2	-	1
1908	London	4	2	1
1912	Stockholm	1	2	3
1920	Antwerp	-	1	1
1924	Paris	1	2	1
1928	Amsterdam	-	2	2
1932	Los Angeles	-	-	2
1936	Berlin	-	-	-
1948	London	-	-	1
1952	Helsinki	-	-	1
1956	Melbourne	1	-	1
1960	Rome	1	1	1
1964	Tokyo	-	1	-
1968	Mexico City	-	1	-
1972	Munich	-	1	-
1976	Montreal	1	1	1
1980	Moscow	1	3	1
1984	Los Angeles	-	1	4
1988	Seoul	1	1	1
1992	Barcelona	-	-	1
1996	Atlanta	-	1	1
2000	Sydney	-	-	-
2004	Athens	-	-	2
2008	Beijing	2	2	2
TOTAL		15	22	28

- The most recent gold medals were won by Rebecca Adlington in both the 400m and 800m Freestyle events in Beijing 2008, ending Great Britain's 20 year wait for an Olympic champion.
- Britain's other medallists in Beijing were Jo Jackson who won bronze in the 400m Freestyle, Keri-anne Payne and Cassandra Patten, who won silver and bronze respectively in the 10km Open Water and David Davies who also won a silver in the 10km Open Water. The six medals won in Beijing was Great Britain's largest medal haul since the 1912 Olympics.
- Should David Davies manage to win a medal in London he will become the first British swimmer to win a medal in three consecutive Olympics.
- The largest British swimming team at an Olympics was in 1976 when GB took 39 different swimmers to Montreal, the smallest squad was the 6 participants in Athens in 1906.
- William Henry is the oldest GB swimming medallist with bronze in the relay in 1906 aged 47 while Sarah Hardcastle is the youngest at age 15 winning silver in 1984.
- Overall Great Britain has won more medals in the 200m Breaststroke than any other, winning ten medals including four gold.



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OLYMPIC STATS (CONT.)

WOMEN'S OLYMPIC FACTS

- Great Britain has won six gold medals on the women's program: the 4x100m Freestyle Relay team in 1912, **Lucy Morton** in the 200m Breaststroke in 1924, **Judith Grinham** in the 100m Backstroke in 1956, **Anita Lonsborough** in the 200m Breaststroke in 1960 and **Rebecca Adlington** in both the 400m Freestyle and 800m Freestyle in 2008.
- At the 2008 Beijing Games, **Rebecca Adlington** became Britain's most successful swimmer for 100 years when she won two gold medals. Her feat of winning the 400m Freestyle and the 800m Freestyle gave her the honour of being the first British swimmer to have won two gold medals since 1908 and the first Olympic Champion since 1988.
- The Beijing Olympics also saw the inaugural Open Water 10km Marathon Swimming event which saw **Keri-anne Payne** and **Cassandra Patten** win two of the three medals on offer.
- Britain is still searching for its first Olympic medal in both the 50m Freestyle and 200m Freestyle events.
- No Backstroker has won a medal since **Natalie Steward** took silver in the 100m in 1960.
- In reaching the final of the 100m Backstroke in Beijing 2008 **Gemma Spofforth** became Britain's first finalist in the event since 1984.
- Britain has had a finalist in the last two Olympics in the 200m Backstroke through **Lizzie Simmonds** (2008) and **Katy Sexton** (2004).
- The last women's Breaststroke medallist was in 1960 when **Anita Lonsborough** struck gold.
- No Briton has reached a breaststroke final since 1984 and no Briton has won a medal in the 100m Breastroke.
- Great Britain has never won an Olympic medal in either the 100m or 200m Butterfly events. **Jemma Lowe** reached the 100m final in Beijing 2008 while the last finalist in the 200m event was **Samantha Purvis** in 1984.
- **Sharron Davies** is the only Individual Medley medallist, taking the silver in 1980 in the 400m in Moscow, while the last British finalist in the 200m Individual Medley was **Shelagh Ratcliffe** in 1968.
- Great Britain has not been on the relay podium since 1980 where the 4x100m Medley Relay team won silver.
- **Joyce Cooper** holds the record for the most Olympic swimming medals by a British woman with four: silver in the 400m Freestyle Relay in 1928, and three bronzes in the 100m Freestyle and 100m Backstroke also in 1928, plus the 400m Freestyle Relay four years later.
- **June Croft** swam in a British women's swimming record eight Olympic finals, three in 1980 in Moscow and five more 4 years later in Los Angeles.



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OLYMPIC STATS (CONT.)

MEN'S OLYMPIC FACTS

- Great Britain have won nine Olympic gold medals in the men's event: **John Jarvis** in both the 100m Freestyle and 400m Freestyle in 1900, **Henry Taylor** in both the 400m and 1500m Freestyle in 1908, **Frederick Holman** in the 200m Breaststroke in 1908, 4x100m Freestyle Relay in 1908, **David Wilkie** in the 200m Breaststroke in 1976, **Duncan Goodhew** in the 100m Breaststroke in 1980, **Adrian Moorhouse** in the 100m Breaststroke in 1988.
- The last male gold medallist was **Adrian Moorhouse** who claimed the 100m Breaststroke crown in Seoul 1988.
- The last Freestyle medallist was **David Davies** in Athens 2004 who won a bronze medal in the 1500m.
- Great Britain has been represented in the 200m Freestyle final in the past four Olympics.
- The only male Backstroker to win a medal was **Herbert Haresnape** with a bronze in the 100m in 1908.
- In reaching the final of the 100m Backstroke in Beijing 2008 **Liam Tancock** became Britain's first finalist in the event since 1980.
- **Nick Gillingham** with a bronze in the 200m Breaststroke in 1992 was the last Breaststroke medallist.
- **Steve Parry** is the last Butterfly medallist winning bronze in the 200m event in Athens 2004.
- The only male Individual Medley swimmer to win a medal is **Neil Cochran** with a bronze in the 200m event in 1984.
- **James Goddard** and **Liam Tancock** both reached the 200m Individual Medley final in 2008.
- The only Briton to reach the 400m Individual Medley final is **Stephen Poulter** back in 1984.
- Great Britain has not won a relay medal since the 4x200m Freestyle Relay team won bronze in 1984.



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SWIMMING TEAM

MEN

Robert Bale

Craig Benson

Adam Brown

Simon Burnett

David Carry

Ross Davenport

David Davies

James Disney-May

Daniel Fogg

Craig Gibbons

James Goddard

Antony James

Michael Jamieson

Ieuan Lloyd

Marco Loughran

Roberto Pavoni

Robbie Renwick

Michael Rock

Joe Roebuck

Liam Tancock

Grant Turner

Chris Walker-Hebborn

Andrew Willis

WOMEN

Rebecca Adlington

Sophie Allen

Georgia Davies

Eleanor Faulkner

Ellen Gandy

Francesca Halsall

Kate Haywood

Joanne Jackson

Jemma Lowe

Jessica Lloyd

Caitlin McClatchey

Hannah Miley

Siobhan-Marie O'Connor

Keri-anne Payne

Steph Proud

Elizabeth Simmonds

Amy Smith

Gemma Spofforth

Stacey Tadd

Rebecca Turner

Aimee Willmott



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SWIMMING SCHEDULE

28 July Olympic Park – Aquatics Centre

10:00 – 13:00 Men's 100m Breaststroke, 400m Freestyle, 400m Individual Medley: heats

Women's 100m Butterfly, 400m Individual Medley, 4 x 100m Freestyle Relay: heats

19:30 – 21:35  Men's 100m Breaststroke: semi-finals, Men's 400m Freestyle: final, victory ceremony

Men's 400m Individual Medley: final, victory ceremony

Women's 100m Butterfly: semi-finals

Women's 400m Individual Medley: final, victory ceremony

Women's 4 x 100m Freestyle Relay: final, victory ceremony

29 July Olympic Park – Aquatics Centre

10:00 – 12:50 Men's 100m Backstroke, 200m Freestyle, 4 x 100m Freestyle Relay: heats

Women's 100m Backstroke, 100m Breaststroke, 400m Freestyle: heats

19:30 – 21:35  Men's 100m Backstroke: semi-finals, Men's 200m Freestyle: semi-finals

Men's 100m Breaststroke: final, victory ceremony

Men's 4 x 100m Freestyle Relay: final, victory ceremony

Women's 100m Backstroke: semi-finals

Women's 100m Breaststroke: semi-finals

Women's 100m Butterfly: final, victory ceremony

Women's 400m Freestyle: final, victory ceremony

30 July Olympic Park – Aquatics Centre

10:00 – 11:40 Men's 200m Butterfly: heats
Women's 200m Freestyle, 200m Individual Medley: heats

19:30 – 21:15  Men's 200m Butterfly: semi-finals

Men's 100m Backstroke: final, victory ceremony

Men's 200m Freestyle: final, victory ceremony

Women's 200m Freestyle: semi-finals

Women's 200m Individual Medley: semi-finals

Women's 100m Backstroke: final, victory ceremony

Women's 100m Breaststroke: final, victory ceremony



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SWIMMING SCHEDULE (CONT.)

31 July Olympic Park – Aquatics Centre

10:00 – 12:15 Men's 100m Freestyle, 200m Breaststroke,
4 x 200m Freestyle Relay: heats

Women's 200m Butterfly: heats

19:30 – 21:20 Men's 100m Freestyle: semi-finals



Men's 200m Breaststroke: semi-finals

Men's 200m Butterfly: final,
victory ceremony

Men's 4 x 200m Freestyle Relay: final,
victory ceremony

Women's 200m Butterfly: semi-finals

Women's 200m Freestyle: final,
victory ceremony

Women's 200m Individual Medley: final,
victory ceremony

1 August Olympic Park – Aquatics Centre

10:00 – 13:05 Men's 200m Backstroke,
200m Individual Medley: heats

Women's 100m Freestyle, 200m Breaststroke,
4 x 200m Freestyle Relay: heats

19:30 – 21:35 Men's 200m Backstroke: semi-finals



Men's 200m Individual Medley: semi-finals

Men's 100m Freestyle: final, victory ceremony

Men's 200m Breaststroke: final,
victory ceremony

Women's 100m Freestyle: semi-finals

Women's 200m Breaststroke: semi-finals

Women's 200m Butterfly: final,
victory ceremony

Women's 4 x 200m Freestyle Relay: final,
victory ceremony

2 August Olympic Park – Aquatics Centre

10:00 – 12:10 Men's 50m Freestyle, 100m Butterfly: heats

Women's 200m Backstroke,
800m Freestyle: heats

19:30 – 21:05 Men's 50m Freestyle: semi-finals



Men's 100m Butterfly: semi-finals

Men's 200m Backstroke: final,
victory ceremony

Men's 200m Individual Medley: final,
victory ceremony

Women's 200m Backstroke: semi-finals

Women's 100m Freestyle: final,
victory ceremony

Women's 200m Breaststroke: final,
victory ceremony



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SWIMMING SCHEDULE (CONT.)

3 August Olympic Park – Aquatics Centre

10:00 – 12:50 Men's 1500m Freestyle,
4 x 100m Medley Relay: heats

Women's 50m Freestyle,
4 x 100m Medley Relay: heats

19:30 – 20:50 Men's 50m Freestyle: final, victory ceremony

Men's 100m Butterfly: final, victory ceremony

Women's 50m Freestyle: semi-finals

Women's 200m Backstroke: final,
victory ceremony

Women's 800m Freestyle: final,
victory ceremony

4 August Olympic Park – Aquatics Centre

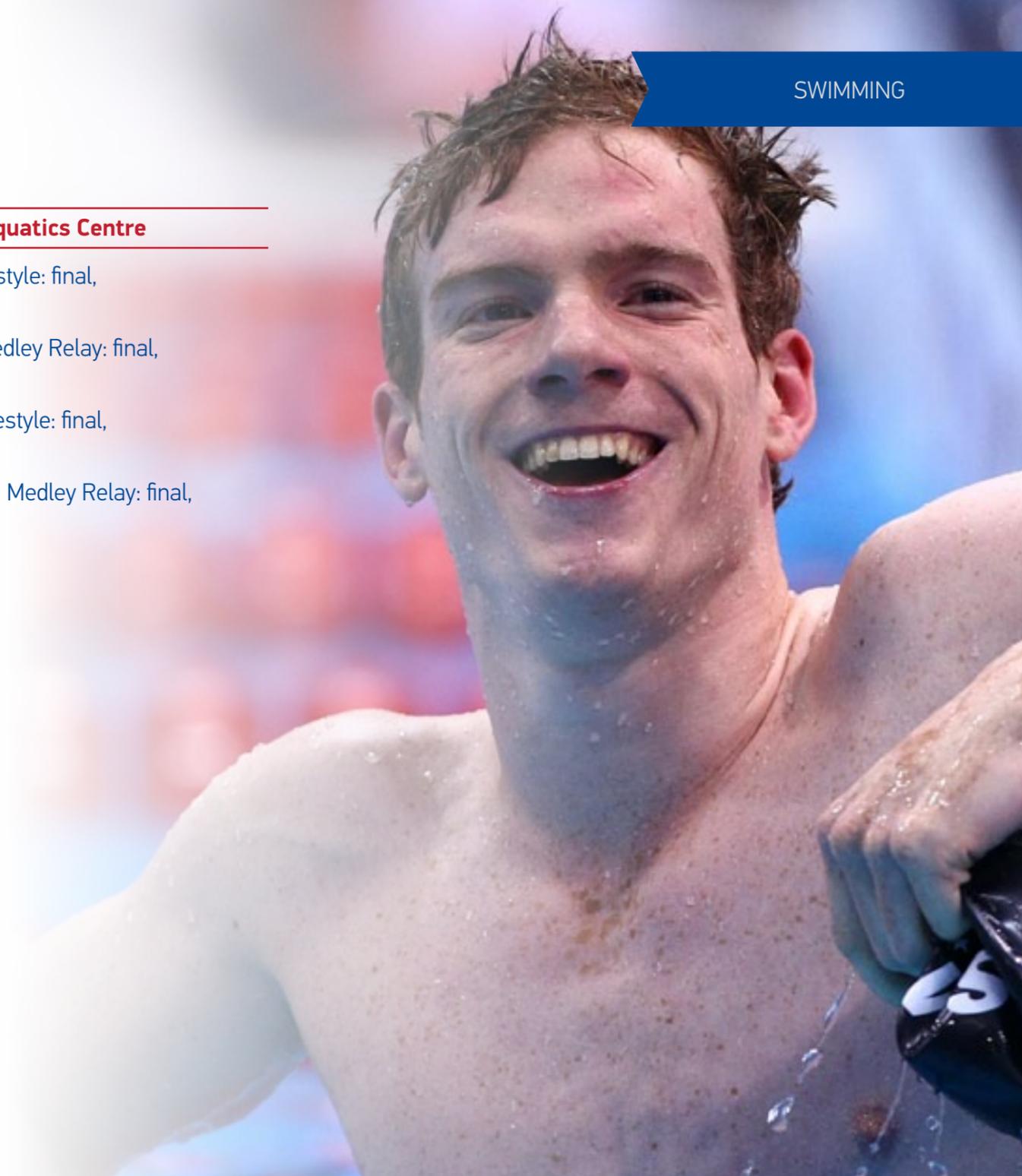
19:30 – 21:00 Men's 1500m Freestyle: final,
victory ceremony



Men's 4 x 100m Medley Relay: final,
victory ceremony

Women's 50m Freestyle: final,
victory ceremony

Women's 4 x 100m Medley Relay: final,
victory ceremony



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OPEN WATER SCHEDULE

9 August **Hyde Park**

12:00 – 15:00 Women's Marathon Swimming 10km,
victory ceremony



10 August **Hyde Park**

12:00 – 15:00 Men's Marathon Swimming 10km,
victory ceremony



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ROBERT BALE



Dob: 19/07/1990

Born: Manchester

Club: Stirling ITC

Coach: Rob Greenwood

Trains: Stirling

Lives: Stirling

Occupation: Full time swimmer

QUALIFIED EVENTS:

4x200m Freestyle Relay

RECORDS:

4x200m Freestyle Relay - **British Record (7:05.67)**

ACHIEVEMENTS:

Commonwealth Games 2010: 200Fr 7th, 400Fr 13th, 4x200FR 5th

European Championships 2010: 200Fr 32nd, 4x200FR 4th

World Championships 2009: 4x200FR 7th

European Junior Championships 2008: 100Fr 5th, 200Fr Gold, 4x100FR 4th, 4x200FR Gold, 4x100MR Gold

World Youth Championships 2008: 50Fr 22nd, 100Fr 18th, 200Fr Silver, 4x100FR 4th, 4x200FR Gold, 4x100MR Gold

IN THE POOL

How were the trials for you? Brilliant. It was pretty nerve wracking before hand as I had a pretty shaky 2011, but once I got my first swim out of the way I grew a lot in confidence and qualified for the relay.

What are your goals for the London Olympics? To be able to swim a PB and make a good impact on the relay team. A medal would be great.

Finest ever performance/Why? At the 2012 Olympic trials just because 2011 was tough and I had to get my head sorted out. I managed to pull it together for the trials and got back close to my personal best from 2010.

Favourite Event? 200m Freestyle. I have done several 100m and 400m but shorter events are generally better!

International senior debut: Rome at the World Championships in 2009. I swam in the final of the 4x200m Freestyle Relay with some of world's best.

Toughest opponent? Robbie Renwick. He can always pull out some big swims when it matters and is a good competitor.

Favourite Venue? The Aquatics Centre in London. The design and the acoustics from the crowd was great. It is the most amazing pool I have swum in and will get better for the Olympics.

OUT OF THE POOL

Favourite way to relax? To chill out listening to music or watching films.

Hobbies away from the pool? Surfing. I don't get much time during the season but I spend time in Cornwall when we have time off.

What's the best thing you cook? Pepperoni pasta with some chillies and a tomato sauce.

Best concert you have been to? Jools Holland Big Orchestra, in Manchester. I am big fan of Jazz and Piano.

Who would you most like to meet? Usain Bolt, he seems a great personality.

Must watch TV? 24, it's action packed and gripping.

Holiday destination? Australia's, Gold Coast for the sun and surf!

Which five people would you want at your ultimate dinner party? Kelly Slater, James Corden, Jools Holland, Robert Downey Jr and my girlfriend.

If you could have a super power what would it be? Teleportation. It would be great to zip away between sessions and head to the beach.



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CRAIG BENSON



Dob: 30/04/1994

Born: Livingston

Club: Warrender Baths

Coach: Laurel Bailey/Kris Gilchrist

Trains: Edinburgh

Lives: Livingston

Occupation: Full time swimmer

QUALIFIED EVENTS:

100m Breaststroke

ACHIEVEMENTS:

European Short Course Championships 2011: 50Br 34th, 100Br 38th, 200Br 35th

Commonwealth Youth Games 2011: 50Br Gold, 100Br Gold, 200Br Gold, 200IM 4th, 4x100MR Silver

World Youth Championships 2011: 50Br Silver, 100Br Gold, 200Br 17th

European Junior Championships 2011: 50Br 4th, 100Br Silver, 200Br 14th, 4x100MR 4th

European Youth Olympic Festival 2009: 100Br 7th, 200Br 13th

IN THE POOL

How were the trials for you? I loved it and achieved everything that I wanted to. The plan was to qualify for the 100m Breaststroke. I did it, although only by 0.03 seconds! The time I did was amazing for me, a PB and a Scottish Record. It was one of the best experiences of my life.

What are your goals for the London Olympics? I don't want to set myself any barriers. I want to win a medal. It might be unlikely but I am aiming really high. If I don't win a medal but make the final I would be ecstatic. A year ago, I was focusing on 2016. But over the last 12 months, my time has dropped so much, so it is a shock to be here.

Finest ever performance/Why? 100m Breaststroke final at the World Youth Games in 2011. I went into it aiming for a medal, got in and just raced and ended up winning, it was a huge shock. I only qualified for the final in fourth so to win was crazy.

Favourite Event? 100m Breaststroke, it's the perfect race for me. 200m is a little too long.

International senior debut: European Short Course in 2011. It was strange being on a senior team. Everything seemed to happen so fast for me last year. Racing against the big names was amazing.

Toughest opponent? Myself.

Favourite Venue? The London Aquatics Centre, just the size of it and I love the atmosphere.

OUT OF THE POOL

Any Superstitions? Not particularly, although I do the same routine before every race.

Favourite way to relax? Like to listen to music in bed.

Hobbies away from the pool? Don't really have any anymore, I have no time. I like watching sport on TV, and meeting up with friends.

What's the best thing you cook? I'm not much of a cook, so probably basic pasta.

Best concert you have been to? The Lion King. The GB squad went to see it during a camp.

Who would you most like to meet? Michael Phelps. Watching him in Beijing he was the highlight of the Games.

Must watch TV? Celebrity Juice, Scrubs. I like watching comedy programmes.

Holiday destination? Australia. I have never been.

Which five people would you want at your ultimate dinner party? Jimmy Carr, Will Smith, Michael Phelps, David Walliams and Katy Perry.

If you could have a super power what would it be? Invincibility.



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PRINT

ADAM BROWN



Dob: 16/01/1989

Born: Cambridge

Club: Hatfield Swimming Club

Coach: Nick Juba

Trains: Hatfield

Lives: Gamlingay

Occupation: Full time swimmer

QUALIFIED EVENTS:

50m Freestyle, 4x100m Freestyle Relay

RECORDS:

4x100m Freestyle Relay - British Record (3:11.62)

ACHIEVEMENTS:

European Short Course Championships 2011: 50Fr 5th, 100Fr 4th, 4x50FR 7th, 4x50MR 5th

World Championships 2011: 50Fr 13th, 100Fr 21st, 4x100FR 8th, 4x100MR 6th

Commonwealth Games 2010: 50Fr 6th, 100Fr 8th, 4x100FR Silver

World Championships 2009: 50Fr 40th, 100Fr 28th, 4x100FR 7th

Olympic Games 2008: 4x100FR 8th

European Championships 2008: 4x100FR 7th

European Short Course Championships 2007: 50Fr 40th, 100Fr 33rd, 200Fr 44th, 4x50FR 7th

European Junior Championships 2007: 50Fr 22nd, 100Fr 8th, 200Fr 23rd, 50Fly 20th, 4x100FR Silver, 4x100MR Silver

European Junior Championships 2006: 100Fly 29th, 4x100FR Silver

IN THE POOL

How were the trials for you? For me the trials were not up to my standards so I was a little disappointed. I didn't race well and let the pressure get to me really. However, I was very pleased to not swim my best and still make the team for the 4x100m Freestyle Relay in what will be my second Olympics. It gives me room to improve leading up to the Games.

What are your goals for the London Olympics? I hope to do my best for the relay and hopefully make the final of the 4x100m Freestyle Relay.

Finest ever performance/Why? My 50m Freestyle heat swim at the 2011 World Championships in Shanghai. I did a best time and also made my first individual semi-final at a senior international.

Favourite Event? 50m Freestyle, It's all about getting everything right and swimming as fast as you can. There is no room for error.

International senior debut: It was in 2007 at the European Short Course in Debrecen, Hungary.

Toughest opponent? Myself

Favourite Venue? I have great memories of the Beijing Olympics in 2008. But I think it has got to be Sheffield just because it's a super-fast pool.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Listen to music or watching television, anything really to take my mind off swimming.

Hobbies away from the pool? I like to play the PS3, walk my dog or hang out with mates.

What's the best thing you cook? I don't cook!

Best concert you have been to? Never been to a concert.

Who would you most like to meet? Eminem.

Must watch TV? I will watch any sport that is on.

Holiday destination? Would have to be Bahamas or any of the Caribbean Islands.

Which five people would you want at your ultimate dinner party? Floyd Mayweather, 50 Cent, Eminem, Lance Armstrong and Richard Branson.

If you could have a super power what would it be? The ability to teleport, I could go wherever I wanted for however long and still not miss training!



CONTENTS

PRINT

SIMON BURNETT

**Dob:** 14/04/1983**Born:** Oxford**Club:** Tucson Ford Dealers**Coach:** Frank Busch**Trains:** Tucson**Lives:** Tucson**Occupation:** Full time swimmer**QUALIFIED EVENTS:****4x100m Freestyle Relay****RECORDS:****100m Freestyle - British Record (48.20)****4x100m Freestyle Relay - British Record (3:11.62)****4x100m Medley Relay - British Record (3:30.68)****ACHIEVEMENTS:****World Championships 2011:** 50Fr 23rd, 100Fr 25th, 4x100FR 8th**Commonwealth Games 2010:** 50Fr 4th, 100Fr Silver, 4x100FR Silver, 4x100MR Bronze**European Championships 2010:** 50Fr 8th, 100Fr 9th, 4x100FR Relay 8th, 4x100MR 4th**World Championships 2009:** 50Fr 22nd, 100Fr 20th, 4x100FR 7th**Olympic Games 2008:** 4x100FR 8th, 4x100MR 6th**World Championships 2007:** 50Fr 19th, 100Fr 12th, 200Fr 25th, 4x100FR 9th, 4x200FR 4th, 4x100MR 5th**European Championships 2006:** 50Fr 12th, 100Fr 10th, 200Fr 5th, 4x200FR Silver, 4x100MR Bronze**Commonwealth Games 2006:** 100Fr Gold, 200Fr Silver, 4x100FR 4th, 4x200FR Gold**Olympic Games 2004:** 200Fr 7th, 4x200FR 4th**Commonwealth Games 2002:** 50Ba 12th, 100Ba 10th, 4x200FR Bronze**IN THE POOL**

How were the trials for you? I was thrilled to have qualified for the Olympic Games in my home country but my goal was to qualify for an individual event as well as the relay. 2012 will be my last year of competitive swimming. It's really crazy that I'll not be racing anymore after this summer.

What are your goals for the London Olympics? I'm looking to end my career on a high. I know that the Games will be awesome and I am looking to swim the fastest that I ever have. I'm not going to have any regrets and am looking forward racing in front of my home crowd.

Finest ever performance/Why? My career has had many highlights and there are a couple of standouts. The 4x200m Freestyle Relay in 2004 when we finished fourth in my first Olympic relay and we all swam so well. It was a great experience, even though we narrowly missed a medal.

Favourite Event? My favourite event to swim was always the 200m Freestyle. I liked the fact that there was some area for strategy and tactics.

International senior debut: 2002 Commonwealth Games in Manchester. I started my career in front of a home crowd and will finish with one!

Toughest opponent? There are too many.

Favourite Venue? Sheffield will always have a place in my heart as I've had some of my best swims there. I qualified for many of my British teams there including two Olympic Games.

OUT OF THE POOL

Any Superstitions? Not really away from the pool.

Favourite way to relax? I like to sit in front of the TV and watch a movie. I could probably watch about six in row (much to my wife's annoyance).

Hobbies away from the pool? Something inactive like watching sport, movies and eating out.

What's the best thing you cook? Honestly I think the best meal that I make is breakfast. I just got a new omelette pan that I love and I make an excellent omelette and breakfast sandwich.

Best concert you have been to? I did go to a country concert with my wife in California that was huge and really fun. Although I don't go to many.

Who would you most like to meet? The Queen. I missed out after the last two Olympics as I had to return to Uni in the US. I won't miss out this time.

Must watch TV? Right now Mad Men is on my must watch list. But Dexter is my favourite show.

Holiday destination? On a beach somewhere. Whitney and I got married in Florida where we've been on holiday before and I love it there.

Which five people would you want at your ultimate dinner party? Ricky Gervais, Derren Brown, David Mitchell, Larry David and Harry Hill.

If you could have a super power what would it be? I think everyone would love to be able to fly.



DAVID CARRY



Dob: 08/10/1981

Born: Aberdeen

Club: Stockport ITC

Coach: Sean Kelly, Lars Humer

Trains: Stockport

Lives: Stockport

Occupation: Full time swimmer

QUALIFIED EVENTS:

400m Freestyle, 4x200m Freestyle Relay

RECORDS:

4x200m Freestyle Relay – British record (7:05.67)

ACHIEVEMENTS:

World Championships 2011: 400Fr 15th, 4x200FR 6th.

Commonwealth Games 2010: 200Fr 8th, 400Fr Bronze, 4x200FR Silver

European Championships 2010: 4x200FR 4th

World Championships 2009: 4x200FR 7th

Olympic Games 2008: 400Fr 15th, 4x200FR 6th

World Championships 2007: 200Fr 12th, 400IM 14th, 4x200FR 5th

European Championships 2006: 200Fr 4th, 400Fr 5th, 400IM 4th, 4x200FR Silver

Commonwealth Games 2006: 400Fr Gold, 400 IM Gold, 4x100FR 5th, 4x200FR Silver

World Championships 2005: 200Fr 12th, 400Fr 21st

Olympic Games 2004: 4x200FR Heats

Commonwealth Games 2002: 200Fr 8th, 200IM 10th, 400IM 11th

IN THE POOL

How were the trials for you? In the first trials I missed the qualifying time by just 0.2 seconds which was upsetting. I had a back injury in December 2011, the first injury I have had in my whole career. Thanks to Lee Herrington my physio to getting me back fit. I was so determined to qualify for London 2012 and have focused and trained more consistently. I was delighted to get a best time in the 400m Freestyle in Sheffield.

What are your goals for the London Olympics? I would absolutely love to make the 400m Freestyle final. After finishing 15th in the World Championships in 2011, I set myself that target. It is going to be tough but I feel I am in the ball park.

Finest ever performance/Why? 400m Freestyle in Sheffield 2012. To do a best time after four years is amazing and to do it under pressure when it mattered was special.

Favourite Event? The 4x200m Freestyle Relay as it is so rare to get the chance to swim as a team.

International senior debut? 2002 at the Commonwealth Games in Manchester. I got to the final in the 200m Freestyle.

Toughest opponent? Ross Davenport. I trained with him for four years in Loughborough and every single session was a competition between the two of us. He is my best friend from swimming too.

Favourite Venue? London Aquatics Centre without a doubt. It will be incredible.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Spending time with friends and family as it doesn't happen very often.

Hobbies away from the pool? I love playing golf. I used to play off a 12 handicap, so I will go back to playing it more once I retire from swimming.

What's the best thing you cook? The only meals I have responsibility for is a barbeque and steaks.

Best concert you have been to? A DJ act called Trance Around the World. Unbelievable.

Who would you most like to meet? Roger Federer.

Must watch TV? I really like Spooks and the Sherlock Holmes series. I watch more films I think.

Holiday destination? I love the south of France. We went there on holiday last year and it was amazing.

Which five people would you want at your ultimate dinner party? It would be my family.

If you could have a super power what would it be? I would want to be able to fly.



ROSS DAVENPORT



Dob: 23/05/1984

Born: Derby

Club: Loughborough ITC

Coach: Ben Tittley

Trains: Loughborough

Lives: Loughborough

Occupation: Full time swimmer

QUALIFIED EVENTS:

4x200m Freestyle Relay

RECORDS:

4x100m Freestyle Relay – British Record (3:11.62)

4x200m Freestyle Relay – British Record (7:05.67)

ACHIEVEMENTS:

World Championships 2011: 200Fr 10th, 4x200FR 6th

Commonwealth Games 2010: 200Fr 5th, 4x200FR 5th

European Championships 2010: 100Fr 29th, 200Fr 10th, 4x100FR 8th, 4x200FR 4th

World Championships 2009: 200FR 11th, 4x100FR 7th, 4x200FR 7th

Olympic Games 2008: 200Fr 10th, 4x100FR 8th, 4x200FR 6th

European Championships 2008: 4x200FR 4th

World Championships 2007: 100Fr 18th, 4x100FR 9th, 4x200FR 4th

European Championships 2006: 200Fr 7th, 4x200FR Silver

Commonwealth Games 2006: 200Fr Gold, 4x100FR 4th, 4x200FR Gold, 4x100MR Silver

Olympic Games 2004: 4x200FR 4th

World Championships 2003: 4x100FR 11th, 4x200FR 6th

European Junior Championships 2002: 4x200FR Bronze

IN THE POOL

How were the trials for you? I was disappointed with my 200m Freestyle as I would like to have swum quicker. But the whole point was qualifying for London which is what I did, so job done.

What are your goals for the London Olympics? To focus on the relay. We need to make sure we make the final. It's extremely competitive as so many nations can put together a good relay team now. Once in the final there are medals up for grabs. Who knows what might happen.

Finest ever performance/Why? The relay at the Commonwealth Games in 2006. We were behind the Australians and to come through on the last leg and win was amazing. The individual 200m was also a highlight. I didn't believe I could go there and win it. It was an incredible week for me.

Favourite Event? The 200m Freestyle. I really enjoy the relay as the race can change so much.

International senior debut: Barcelona in 2003. We went out solely for the relay and finished 6th and qualified GB for the 2004 Olympics.

Toughest opponent? Simon Burnett and Dave Carry have both been very hard to beat over the years. Also Robbie Renwick as you need to be at your best to win.

Favourite Venue? Sheffield as I have had some great success there including my first success at the age of 10! I like Melbourne and the Water Cube in Beijing was memorable.

OUT OF THE POOL

Any Superstitions? Don't put new shoes on a table. That's my mum's fault.

Favourite way to relax? Go for a walk with the two dogs.

Hobbies away from the pool? I am a big Derby County fan and like to watch them whenever I can. I also like to spend time with my family.

What's the best thing you cook? I like cooking. My chocolate fondant is good but I don't tend to cook a great deal.

Best concert you have been to? Last one I went to was LMFAO earlier this year. It was brilliant.

Who would you most like to meet? I really don't know. I used to say the Queen and after Beijing I got that opportunity. Probably another member of the Royal Family, Prince Harry.

Must watch TV? The Apprentice and Spooks.

Holiday destination? Somewhere warm and sunny with a clear blue sea like the Caribbean. I would also like to go to Mozambique or Madagascar.

Which five people would you want at your ultimate dinner party? The Queen, Peter Kay, David Beckham, Mila Kunis and my fiancée, Claire.

If you could have a super power what would it be? To fly. Always dreamt of that!



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PRINT

DAVID DAVIES



Dob: 03/03/1985

Born: Cardiff

Club: City of Cardiff

Coach: Dave Haller

Trains: Cardiff

Lives: Cardiff

Occupation: Full time swimmer

QUALIFIED EVENTS:

1500m Freestyle

RECORDS:

400m Freestyle – British Record (3:45.24)

1500m Freestyle - British Record (14:45.95)

ACHIEVEMENTS:

Commonwealth Games 2010: 400Fr 4th, 1500Fr 5th

World Championships 2009: 400Fr 8th, 800Fr 5th, 1500Fr 6th

Olympic Games 2008: 1500Fr 6th, 10KM Open Water Silver

European Championships 2008: 1500Fr Silver

World Championships 2007: 1500Fr Bronze

Commonwealth Games 2006: 400Fr Bronze, 1500Fr Gold

World Championships 2005: 800Fr 6th, 1500Fr Bronze

Olympic Games 2004: 1500Fr Bronze

World Championships 2003: 400Fr 19th, 1500Fr 4th

European Junior Championships 2003: 200Fr Silver, 400Fr Bronze, 1500Fr Gold, 4x200FR 5th

Commonwealth Games 2002: 200Fr 9th, 400Fr 11th, 1500Fr 6th

European Junior Championships 2002: 200Fr 10th, 400Fr Silver, 200IM 19th, 4x200FR Bronze

IN THE POOL

How were the trials for you? It was a big relief. To come back from such a tough 2011 was hard. It is difficult to wait the whole week and swim on the last day. But I am so proud to have qualified for my third Olympics and to show I can still do it.

What are your goals for the London Olympics? Knowing I get what I deserve. To know I have given everything and have no regrets. To thrive and enjoy a home Olympics. Appreciate that this is a once in a lifetime experience and enjoy it.

Finest ever performance/Why? Winning Olympic silver in 2008 and bronze in 2004. To win medals is always so special. I had a really good uninterrupted cycle of work leading into both events and that is why they are special.

Favourite Event? The 1500m Freestyle. But I love to watch the 200m Freestyle, it's the big show down event.

International senior debut: Commonwealth Games 2002, Manchester. It was 10 years ago and I learnt a lot from the whole experience.

Toughest opponent? Graeme Smith was always tough as was Yuri Prilulov in the pool. Thomas Lurz in the Open Water is such a tough, consistent competitor and my former training partner Dan Fogg is too.

Favourite Venue? Athens 2004. It was an outdoor pool, my first Olympics, big crowds, first senior medal and so much history with the Games being in Greece.

OUT OF THE POOL

Any Superstitions? Not really, I always splash water on before a race.

Favourite way to relax? Walking the dog or watching Cardiff City.

Hobbies away from the pool? Try to play golf, but I am not that good.

What's the best thing you cook? Not bad all round, but really I make good steaks.

Best concert you have been to? Kasabian, Stereophonics, Killers.

Who would you most like to meet? Robert Di Nero.

Must watch TV? Entourage and Californication.

Holiday destination? Greek Islands.

Which five people would you want at your ultimate dinner party? Michael McIntyre, Nelson Mandela, Cheryl Cole, Keith Lemon and Michael Jordan.

If you could have a super power what would it be? Fly.



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PRINT

JAMES DISNEY-MAY



Dob: 04/08/1992

Born: Chertsey

Club: Auburn University

Coach: Brett Hawke

Trains: Auburn, Alabama, USA

Lives: Auburn, Alabama, USA

Occupation: Economics Student at Auburn

QUALIFIED EVENTS:

4x100m Freestyle Relay

ACHIEVEMENTS:

European Junior Championships 2010: 50Fr 13th, 100Fr 10th, 50Ba 26th, 4x100FR Silver

IN THE POOL

How were the trials for you? The trials were overall successful for me as my main goal was to qualify for the team which I achieved. I would have like to have swum a faster time, but I still did a personal best so I can't complain.

What are your goals for the London Olympics? My goal for the Olympics is to swim faster than I ever have to help the GB relay team.

Finest ever performance/Why? My 100m Freestyle from the 2012 British Trials. It was technically a good swim, a PB and the first time I have medalled at a senior national meet.

Favourite Event? The 100 Freestyle is my favourite event, it is what I am best at and I enjoy sprinting.

International senior debut: I went to the 2011 World Championships as a relay alternate, but didn't swim.

Toughest opponent? I am my toughest opponent. I am very hard on myself when I don't perform to the level of my expectations

Favourite Venue? London is my favourite venue as it's where I swam my best and where I managed to qualify for the Olympics. It has the most seating of any pool that I have swum at and the atmosphere during races is really exciting.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Listen to music or watch TV.

Hobbies away from the pool? Golf, I don't have a handicap, I just enjoy playing with friends and family. Good way to relax and socialise.

What's the best thing you cook? I would say steaks.

Best concert you have been to? Lil Wayne.

Who would you most like to meet? Usain Bolt.

Must watch TV? Dexter.

Holiday destination? Portugal.

Which five people would you want at your ultimate dinner party? My parents, girlfriend, sister and best mate.

If you could have a super power what would it be? Super strength.



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PRINT

DANIEL FOGG



Dob: 24/08/1987

Born: London

Club: Loughborough ITC

Coach: Kevin Renshaw

Trains: Loughborough

Lives: Loughborough

Occupation: Full time swimmer

QUALIFIED EVENTS:

1500m Freestyle, OW 10KM Marathon Swim

ACHIEVEMENTS:

European Short Course Championships 2011: 400Fr 42nd, 1500Fr 15th

World Championships 2011: 1500Fr 14th, 10KM Open Water 15th

Commonwealth Games 2010: 1500Fr Bronze

European Championships 2010: 10KM Open Water 11th

European Short Course Championships 2009: 400Fr 40th, 1500Fr 23rd

World Championships 2009: 10KM Open Water 17th

European Short Course Championships 2008: 400Fr 28th, 1500Fr 14th

European Short Course Championships 2007: 400Fr 25th, 1500Fr 10th

European Junior Championships 2005: 1500Fr 8th

IN THE POOL

How were the trials for you? It was a difficult week. The 400m Freestyle was on day one but then I had to wait for five days for the 1500m. I was delighted with my time though. I wanted to break 15 minutes and to go faster than I planned was beyond my expectations.

What are your goals for the London Olympics? After breaking 15 minutes for the first time, I feel I have more in me. Making the final would be a goal for London but I know I will need to be close to breaking my PB in the morning heats to get in.

Finest ever performance/Why? 1500m Freestyle at the Olympic Trials. To break the English record and the 15 minute barrier whilst under pressure at the Olympic qualifying event was great. It was such a tense call room before the race.

Favourite Event? At the moment the 1500m as it is the one that I have done the best at recently.

International senior debut: European Short Course in 2007 in Debrecen. I was excited to be at my first international meet and getting in there and racing all the top names.

Toughest opponent? David Davies. We have raced each other so often. We trained together for a few years too so I know how tough he trains.

Favourite Venue? As I qualified for the Olympics it has to be the London Aquatics Centre. It's a brilliant venue and such a good atmosphere from the crowd.

OUT OF THE POOL

Any Superstitions? No, but I have a daily routine.

Favourite way to relax? I like to watch films and play the Playstation.

Hobbies away from the pool? Not really a great deal of time to have any. I try to play golf during the summer but not a lot of time to during the season.

What's the best thing you cook? I enjoy cooking. Probably chicken en crouete is my best.

Best concert you have been to? We saw the Lion King whilst on camp earlier this year. It was brilliant.

Who would you most like to meet? Arnold Schwarzenegger.

Must watch TV? The Apprentice, Robson Green's Extreme Fishing, The Big Bang Theory and Come Dine With Me.

Holiday destination? Somewhere hot like the Caribbean or Mexico and do nothing for 2 weeks.

Which five people would you want at your ultimate dinner party? Arnold Schwarzenegger, Paul Gascoigne, Kelly Brook, Michael Jackson and Ricky Gervais.

If you could have a super power what would it be? To fly.



CRAIG GIBBONS



Dob: 29/11/1985

Born: High Wycombe

Club: Maxwell

Coach: Kevin Brooks

Trains: Aylesbury

Lives: Aylesbury

Occupation: Full time swimmer

QUALIFIED EVENTS:

4x100m Freestyle Relay

ACHIEVEMENTS:

European Championships 2012: 100Fr 30th

European Short Course Championships 2009: 50Fr 25th, 100Fr 6th, 4x50FR 6th, 4x50MR 9th

European Short Course Championships 2008: 50Fr 33rd, 100Fr 21st, 4x50FR 9th

World Short Course Championships 2008: 4x100FR 6th, 4x100MR Heats

European Short Course Championships 2004: 100Fr 14th, 200Fr 24th

European Junior Championships 2003: 100Fr 7th, 4x100FR Bronze, 4x100MR Bronze

IN THE POOL

How were the trials for you? The goal was to make the team which I did and I got two personal bests, so all in all it went really well. There was quite a lot of pressure. You needed to swim your best times and be on top form simply to qualify, you know everyone else will be doing the same thing.

What are your goals for the London Olympics? Just recreate the form I showed at trials and get more PB's. To simply to make sure I swim the best I can and then whatever comes from that will be a bonus.

Finest ever performance/Why? European Short Course in 2009. Finished sixth in the 100m Freestyle. It was also such a good time for me.

Favourite Event? 100m Freestyle holds a special place in my heart. It will always be my number one event, but the 50m Freestyle is good as there is less pressure and I am more relaxed.

International senior debut: European Short Course 2004. It was great to get onto a team with the likes of Mark Foster. It made me realise that I really wanted this being around world class swimmers.

Toughest opponent? My Coach. He is the one who is asking for more and pushing me further. He believes that I am capable of better times and getting me to believe I can too.

Favourite Venue? London. I have not swum in anything like that before. The size of it, and the number of spectators for the summer will be amazing.

OUT OF THE POOL

Any Superstitions? Not really. Although I always put one leg on the block before every start.

Favourite way to relax? Shopping and spending some money. I also play a lot of computer games.

Hobbies away from the pool? Sleeping. Going to watch MK Dons as much as I can.

What's the best thing you cook? I am not that good to be honest, beans on toast!

Best concert you have been to? Drake in Birmingham earlier this year.

Who would you most like to meet? David Beckham.

Must watch TV? Apprentice, Ricky Gervais.

Holiday destination? Always wanted to go to Brazil and Thailand. I am going to Thailand after the Olympics.

Which five people would you want at your ultimate dinner party? David Beckham, Ricky Gervais, Megan Fox, Johnny Depp and Cheryl Cole.

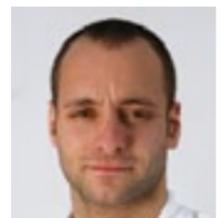
If you could have a super power what would it be? To be able to fly.



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PRINT

JAMES GODDARD



Dob: 30/03/1983

Born: Seychelles

Club: Stockport ITC

Coach: Sean Kelly/Lars Humer

Trains: Stockport

Lives: Stockport

Occupation: Full time swimmer

QUALIFIED EVENTS:

200m Individual Medley

RECORDS:

200m Backstroke - Commonwealth Record (1:55.58)

200m Individual Medley - British Record (1:57.12)

ACHIEVEMENTS:

European Championships 2012: 200IM Silver

World Championships 2011: 200IM 4th

Commonwealth Games 2010: 200Ba Gold, 200IM Gold

World Championships 2009: 200IM 6th

Olympic Games 2008: 200IM 6th

World Championships 2007: 200Ba 6th

World Championships 2005: 100Ba 17th, 200Ba 11th

Olympic Games 2004: 200Ba 4th

World Championships 2003: 200Ba 25th

Commonwealth Games 2002: 200Ba Gold, 200IM Bronze

European Junior Championships 2001: 200IM Gold, 400IM Gold

European Junior Championships 2000: 200IM Silver

IN THE POOL

How were the trials for you? The Trials went Okay in London. The aim was to qualify, which I did, so it was job done. At the World Championships in Shanghai 2011 I pulled out of the Backstroke event because of my shoulder injury and only competed in the Individual Medley and finished fourth. Because of that the whole focus this year is the Medley.

What are your goals for the London Olympics? I want to enjoy it as I think it will be over before we know it. I want to put a really good time in and put in the race I know I can do. It will be tough with my opposition, but I like to race. Things are going well and I swam well at the Europeans winning the silver medal, going faster than I did in March.

Finest ever performance/Why? 200m Backstroke in Delhi. I smashed my best time and broke the Commonwealth Record. Everything just went to plan. My splits for each 50m were superb and exactly what we had targeted with my coach.

Favourite Event? Probably the 200m Backstroke. I actually love training on Backstroke.

International senior debut? 1999 at the San Diego World Cup. I was only 16 and I got lapped in the 400m Individual Medley short course race!

Toughest opponent? Ryan Lochte and Michael Phelps. They are the best swimmers in the world.

Favourite Venue? Manchester where I won the Commonwealth Games in my home town. I really liked Delhi as I did so well there.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Xbox. I am a bit of a gamer. I also watch a bit of television.

Hobbies away from the pool? Between Daddy duties and training I don't get time for anything else. I really miss playing football so would like to do that again. I watch sport on TV also.

What's the best thing you cook? Spaghetti bolognese, nice and easy.

Best concert you have been to? I don't really go to many. I am a big Manchester City fan and went to watch them play at Newcastle this season. It was amazing.

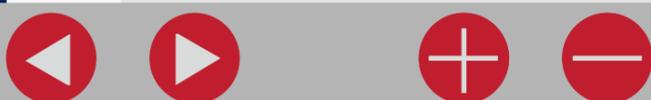
Who would you most like to meet? Mark Hamill.

Must watch TV? I really like Supernatural and Friends. I actually watch a lot of day time television like Jeremy Kyle and Judge Judy!

Holiday destination? I really want to go back to Las Vegas at some point. I also really want to take my daughter to Disney in Florida.

Which five people would you want at your ultimate dinner party? George Lucas, Katy Perry, Mark Hamill, Sergio Aguero and Noel Gallagher.

If you could have a super power what would it be? I would like to be indestructible.



ANTONY JAMES



Dob: 05/11/1989

Born: Plymouth

Club: Plymouth Leander

Coach: Jon Rudd

Trains: Plymouth

Lives: Plymouth

Occupation: Full time swimmer. I go back to Plymouth University in September to start the second year of my Psychology degree.

QUALIFIED EVENTS:

100m Butterfly

ACHIEVEMENTS:

European Short Course Championships 2011: 50Fly 7th, 100Fly 15th, 100IM 33rd, 4x50FR 7th, 4x50MR 5th

World Championships 2011: 50Fly 15th, 100Fly 19th, 4x100MR 6th

Commonwealth Games 2010: 50Fly 8th, 100Fly Silver, 4x100MR Bronze

European Championships 2010: 50Fly 17th, 100Fly 8th, 4x100MR 4th.

European Short Course Championships 2009: 50Fly 12th, 100Fly 7th, 4x50MR 8th

IN THE POOL

How were the trials for you? The Trials have been a roller-coaster with some ups, downs and unexpected twists and turns. I was gutted after the Trials in London as they didn't go to plan but picked myself up and trained really hard for the second Trials. I was pleased with my swim there and I am delighted to get the opportunity to swim in London. I really can't wait now.

What are your goals for the London Olympics? To move through the rounds in the 100m Butterfly and finish the season with a best time. Having 17,000 people cheering for me will be exciting.

Finest ever performance/Why? In Delhi at the Commonwealth Games in 2010. I won the silver in the 100m Butterfly and I wasn't expecting to win a medal at all. It was such a surreal feeling. It took a while to sink in. I also won bronze in the relay.

Favourite Event? 100m Butterfly. It's the one that I have always been good at and the one that I have achieved the most in.

International senior debut: In 2009 at the European Short Course Championships in Istanbul. I got to the final in the 100m Fly. The event was about having fun and getting used to the international environment.

Toughest opponent? Myself. No one else can affect my race other than me.

Favourite Venue? The London Aquatics Centre, it has a great feel to it and I can't wait to return.

OUT OF THE POOL

Any Superstitions? I always salute when I see a magpie.

Favourite way to relax? Sleep is the big one!

Hobbies away from the pool? I like to go running when I can and meet up with my friends. I follow Manchester United, enjoy watching tennis and I read quite a lot on my Kindle.

What's the best thing you cook? I do a mean lasagne. I am actually quite proud of it.

Best concert you have been to? I went to see Lee Evans stand up and it was hilarious.

Who would you most like to meet? Muhammad Ali.

Must watch TV? I am addicted to Game of Thrones at the moment. I really like Lost and watch Prison Break too.

Holiday destination? I would love to go to the Gold Coast in Australia as I have never been to Australia.

Which five people would you want at your ultimate dinner party? The Queen, Muhammad Ali, Michael McIntyre, Roger Federer and Morgan Freeman.

If you could have a super power what would it be? To be able to read minds. To know what everyone is thinking would be fun.



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PRINT

MICHAEL JAMIESON



Dob: 05/08/1988

Born: Glasgow

Club: Bath ITC

Coach: Dave McNulty

Trains: Bath

Lives: Bath

Occupation: Studying Sports Performance at Bath University. I've just finished my second year.

QUALIFIED EVENTS:

100m Breaststroke, 200m Breaststroke

ACHIEVEMENTS:

European Championships 2012: 200Br 12th

European Short Course Championships 2011: 100Br 8th, 200Br Bronze, 4x50MR 5th

World Championships 2011: 100Br 16th, 200Br 5th, 4x100MR 6th

Commonwealth Games 2010: 100Br 4th, 200Br Silver, 4x100MR 5th

European Championships 2010: 100Br 34th, 200Br 10th

European Short Course Championships 2009: 100Br 54th, 200Br 13th, 200IM 37th

IN THE POOL

How were the trials for you? Probably the most draining competition I have done as a swimmer. The plan was to qualify in the 100m Breaststroke first and have a bonus event but I came third. For the 200m event I qualified in second, but I put a lot of pressure on myself for that event. I had a great start to the season at the European Short Course and hoped to really put a marker down. I wasn't happy finishing third and second in my events as I won both in 2011. However, the ultimate plan was just to qualify for London which I did, and there are no Olympic medals won at the trials.

What are your goals for the London Olympics? The aim is the podium. I am on the team so the pressure is lifted. Training has been going well and I am more relaxed. Reaching the final is the minimum target.

Finest ever performance/Why? World Championships in 2011. Three months before I ruptured an ankle ligament, so was not entirely sure I would even compete. But I reached the final.

Favourite Event? 200m Breaststroke. I am most comfortable with it and have raced the most.

International senior debut: European Short Course 2009.

Toughest opponent? I am. Over the years it has been Kris Gilchrist.

Favourite Venue? Budapest. It's an outdoor pool, the sun was out and it was amazing in 2010.

OUT OF THE POOL

Any Superstitions? No

Favourite way to relax? Playing golf.

Hobbies away from the pool? Golf, watching football (I support Celtic) and American football. I really enjoy watching sport if I can't play it.

What's the best thing you cook? I'm good at casseroles or hot pots. I have been trying to experiment more recently though with some fish dishes.

Best concert you have been to? I am into House music and went to Ibiza last summer and had a great time.

Who would you most like to meet? Muhammad Ali.

Must watch TV? Sons of Anarchy, Game of Thrones.

Holiday destination? Ibiza that I have been to, I would love to go to South America, Rio, New York.

Which five people would you want at your ultimate dinner party? Muhammad Ali, Peter Griffin (Family Guy), Miranda Kerr, Jeff Stelling and one of my mates.

If you could have a super power what would it be? Instant regeneration. If I never had to sleep that would be amazing.



IEUAN LLOYD

**Dob:** 09/07/1993**Born:** Cardiff**Club:** Cardiff**Coach:** Dave Haller**Trains:** Cardiff**Lives:** Cardiff**Occupation:** Full time swimmer, finished A-Levels in 2011**QUALIFIED EVENTS:****200m Freestyle, 4x200m Freestyle Relay****ACHIEVEMENTS:****European Junior Championships 2011:** 200Fr 4th, 400Fr 4th, 200IM Gold, 4x100FR 6th, 4x200FR Gold, 4x100MR 4th**Commonwealth Games 2010:** 100Fr 15th, 200Fr 15th, 400Fr 10th, 200IM 10th**European Junior Championships 2010:** 200Fr 4th, 200IM Silver, 400IM 11th, 4x200FR Silver**European Youth Olympic Festival 2009:** 200IM Gold, 400IM Silver, 4x100FR 5th, 4x100MR 4th**IN THE POOL**

How were the trials for you? Trials were the best meet I've had in my life. I had to step up going in as an underdog. I broke personal bests in three events by about two seconds each time and qualified for the 4x200m Freestyle relay. I also hit the FINA A time in each event. I remember when they called my name out for the 400m Freestyle final, the nerves hit me, in a good way. The crowd were going crazy!

What are your goals for the London Olympics? Getting into the relay final at a home Olympics would be great. Then see what happens in the final.

Finest ever performance/Why? 200m Freestyle at the Trials, as it was a big PB and got me onto the Olympic team.

Favourite Event? The 200m Freestyle. Freestyle is my preferred stroke and it's shorter than the 400m! I have focused on the Freestyle for this year as it was my best shot to qualify for London 2012.

International senior debut: Commonwealth Games Delhi in 2010 for Wales

Toughest opponent? Robbie Renwick, he beat me in both events at trials.

Favourite Venue? The London pool as I swam really well there. The atmosphere is amazing. It will be a great boost in the summer to the British swimmers having a home crowd.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Sleeping.

Hobbies away from the pool? Heading into Cardiff with my mates.

What's the best thing you cook? Scrambled Eggs.

Best concert you have been to? I have not been to many. I went to the Cardiff v West Ham play-off match in May, does that count?

Who would you most like to meet? The character Stifler from American Pie.

Must watch TV? Apprentice.

Holiday destination? Australia for the sun. We went on training camps there but that doesn't really count.

Which five people would you want at your ultimate dinner party? The boys from the Inbetweeners and Alan from the Hangover.

If you could have a super power what would it be? Teleportation.



MARCO LOUGHRAN



Dob: 24/03/1989

Born: Wimbledon

Club: Guildford City

Coach: Josh Williamson

Trains: Guildford

Lives: Surbiton

Occupation: Full time swimmer.

QUALIFIED EVENTS:

200m Backstroke

ACHIEVEMENTS:

Commonwealth Games 2010: 50Ba 5th, 100Ba 4th, 200Ba 6th

World Championships 2009: 50Ba 29th, 100Ba 24th, 200Ba 22nd

European Short Course Championships 2008: 50Ba 7th, 100Ba 7th, 200Ba 6th.

European Short Course Championships 2007: 100Ba 15th, 200Ba 13th

European Junior Championships 2007: 50Ba Silver, 100Ba Gold, 200Ba Silver, 4x100MR Silver

European Junior Championships 2006: 50Ba 5th, 100Ba 8th, 200Ba 5th, 4x100MR Bronze

IN THE POOL

How were the trials for you? I had some time off before the London trials and moved back to the UK in January 2012 so my preparation for March trials were not ideal. I wasn't expecting too much and to finish second in the 200m Backstroke, I so was happy with the time I did and the result. Since then my training has been focused on the 200m Backstroke and it paid off in Sheffield where I qualified for the Olympics. I gave it my all and was really delighted with the result and surprised to swim that fast.

What are your goals for the London Olympics? To focus on each round as it comes.

Finest ever performance/Why? Winning the European Junior title in 2007 was amazing and qualifying in Sheffield for London 2012 was also special.

Favourite Event? I like the 100m Backstroke as it is shorter and I think I am naturally better suited to it. But I get better results in the 200m Backstroke.

International senior debut? At the European Short Course Championships in 2007 in Debrecen. Racing short course is such fun.

Toughest opponent? Chris Walker-Hebborn. We were at the Offshore Centre together in Australia for a couple of years so know each other quite well.

Favourite Venue? Duel in the Pool in Atlanta in 2011 was awesome. The atmosphere was crazy.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Chilling with my girlfriend and friends. I like listening to music too.

Hobbies away from the pool? Sleeping is my main hobby. I like to discover new bands that not a lot of people know about.

What's the best thing you cook? I do really good poached eggs.

Best concert you have been to? I am not really sure. Justin Bieber.

Who would you most like to meet? I have no idea. That is such a tough question. Probably Will Smith.

Must watch TV? Family Guy is my favourite at the moment.

Holiday destination? I would like to go to South Africa as I never been. Australia is a great place too and I would like to go back there.

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

If you could have a super power what would it be? To be invisible.



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PRINT

ROBERTO PAVONI



Dob: 22/03/1991

Born: Harold Wood

Club: Loughborough ITC

Coach: Kevin Renshaw

Trains: Loughborough

Lives: Loughborough

Occupation: Full time swimmer. I have taken 2012 off to focus on the Olympics. I have completed one year of a Sport and Exercise Science degree at Loughborough University.

QUALIFIED EVENTS:

200m Butterfly, 400m Individual Medley

ACHIEVEMENTS:

European Short Course Championships 2011: 200Ba 31st, 200Fly 21st, 200IM 24th, 400IM 12th

World Championships 2011: 400IM 8th

Commonwealth Games 2010: 200Fly 7th, 200IM 9th, 400IM 7th

European Championships 2010: 200Fly 17th, 200IM 26th, 400IM 12th

European Junior Championships 2009: 200Fly 5th, 400IM Gold

European Junior Championships 2008: 200Fly Silver, 200IM Bronze, 400IM Gold

European Youth Olympic Festival 2007: 200Fly 4th, 200IM Gold, 400IM Gold

IN THE POOL

How were the trials for you? Probably the meet of my life. I made three out of four personal bests and picked up two qualifying spaces with an English record in the 400m IM, it was amazing. I had trained so hard so I was overjoyed to do what I thought I was capable of.

What are your goals for the London Olympics? To make the final in the 400m IM and the semi-finals in the 200m Fly. Both are challenging goals but are not totally out of reach.

Finest ever performance/Why? The 400m IM at the 2008 European Junior Championships. I was quite far behind with a length to go and made up a big deficit to win gold. I was so pleased. I also think the 200m Fly at the 2010 Trials as I qualified for both the European Championships and Commonwealth Games. It was such a big PB I thought wow when I looked up at the scoreboard.

Favourite Event? The 200m Butterfly because everyone else thinks it's so difficult. It was also the first title I won at county level at the age of nine!

International senior debut: European Championships in 2010 in Budapest. It was very special as I got to race against Laszlo Cseh.

Toughest opponent? Joe Roebuck.

Favourite Venue? It was Sheffield, but now it is the London Aquatics Centre. It's a world class venue and the place that I qualified for the Olympics, which has always been my dream.

OUT OF THE POOL

Any Superstitions? No not really.

Favourite way to relax? Being out in the sun. I also like to hang out with friends at the weekend. I get to go home once every couple of months, not as much as I like though.

Hobbies away from the pool? I like watching sport on TV.

What's the best thing you cook? Chicken risotto.

Best concert you have been to? I've been to so many, it's difficult to choose. I am going to see Michael McIntyre in September so hopefully that will be good.

Who would you most like to meet? The Queen.

Must watch TV? I am into Prison Break at the moment.

Holiday destination? The Gold Coast in Australia. I lived out there for a couple of years as I was part of the British Swimming Offshore Centre.

Which five people would you want at your ultimate dinner party? Michael Schumacher, Usain Bolt, Michael Phelps, my girlfriend Georgia and The Queen.

If you could have a super power what would it be? I would like to be able to fly.



ROBBIE RENWICK



Dob: 21/07/1988

Born: Abu Dhabi

Club: City of Glasgow

Coach: Graham Wardell

Trains: Glasgow

Lives: Glasgow

Occupation: Full time swimmer

QUALIFIED EVENTS:

200m Freestyle, 400m Freestyle, 4x200m Freestyle Relay

RECORDS:

200m Freestyle – British Record (1:45.99)

4x200m Freestyle Relay – British Record (7:05.67)

ACHIEVEMENTS:

European Championships 2012: 200 Fr 8th, 400 Fr 4th

World Championships 2011: 200Fr 12th, 400Fr 18th, 4x200FR 6th

Commonwealth Games 2010: 200Fr Gold, 400Fr 6th, 4x100FR 5th, 4x200FR Silver

European Championships 2010: 200Fr 5th, 400Fr 6th, 4x200FR 4th

World Championships 2009: 400Fr 14th, 4x200FR 7th

Olympic Games 2008: 200Fr 8th, 4x200FR 6th

World Championships 2007: 400Fr 15th, 4x200FR 4th

European Championships 2006: 200Fr 13th, 400Fr 20th

European Junior Championships 2006: 100Fr 8th, 200Fr Gold, 400Fr 5th, 4x100FR Silver, 4x200FR 5th, 4x100MR Bronze

Commonwealth Games 2006: 200Fr 14th, 400Fr 7th, 4x100FR 5th, 4x200FR Silver

European Junior Championships 2005: 200Fr 5th, 400Fr Silver, 4x200FR 5th

IN THE POOL

How were the trials for you? Everything went to plan. The aim was to qualify and I did. I got a really good PB in the 400m Freestyle on day one. I wanted to go faster than I did in the 200m Freestyle but I can't complain. It has given me confidence going into the Olympics.

What are your goals for the London Olympics? To make three finals. A top five finish in the 400m would be amazing. In the relay if we could sneak a medal that would be the best feeling ever. The crowd will hopefully help us. I qualified for a final in Beijing 2008 and that will help me this year.

Finest ever performance/Why? 400m Freestyle at Olympic trials this year, or the 200m Freestyle leading off the relay team in Rome 2009 when I broke the British Record. Everything clicked in both those races. The 400m meant a lot, it was a good time and qualified me for my second Olympics.

Favourite Event? It changes between the 200/400. 400m is the one I have made most improvement on and the one where I think I can improve further. My training tends to gear towards that now.

International senior debut: Commonwealth Games 2006, for Scotland. I won a relay silver.

Toughest opponent? Michael Phelps or Ryan Lochte, but really anyone who is faster than me.

Favourite Venue? The pool in Beijing. It was brilliant and so big.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Kitesurfing at the weekends, to get away. Maybe 2016 Olympics!

Hobbies away from the pool? Training takes up most of my time, but I like to catch up with friends and family or go kitesurfing.

What's the best thing you cook? Nothing fancy. I do good homemade burgers and chips.

Best concert you have been to? Red Hot Chilli Peppers. Have seen them a few times.

Who would you most like to meet? Michael Jackson.

Must watch TV? Game of Thrones, Homeland, Man V food.

Holiday destination? Rio in Brazil.

Which five people would you want at your ultimate dinner party? Jeremy Clarkson, Bear Grylls, Kevin Bridges, Billy Connolly and Usain Bolt

If you could have a super power what would it be? To be able to fly.



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PRINT

MICHAEL ROCK



Dob: 13/03/1987

Born: Liverpool

Club: Stockport ITC

Coach: Sean Kelly

Trains: Stockport

Lives: Stockport

Occupation: Full time swimmer

QUALIFIED EVENTS:

100m Butterfly

RECORDS:

100m Butterfly – British Record (51.41)

200m Butterfly – British Record (1:54.58)

4x100m Medley Relay - British Record (3:30.68)

ACHIEVEMENTS:

World Championships 2011: 100Fly 25th, 200Fly 16th

Commonwealth Games 2010: 100Fly 12th, 200Fly Silver

World Championships 2009: 100Fly 13th, 200Fly 7th, 4x100MR Heats

Olympic Games 2008: 100Fly 27th, 200Fly 12th, 4x100MR 6th

European Championships 2008: 4x100MR 7th

World University Games 2007: 100Fly 14th, 200Fly 4th

European Junior Championships 2004: 50Fly 16th, 100Fly 4th, 200Fly 12th, 4x100MR 4th

IN THE POOL

How were the trials for you? A mixed experience really. started with great disappointment in the 200m Butterfly finishing third and not making the team. I didn't put together a good race at all, I died a bit in the last length, not sure why. It hit my confidence, but I was able to refocus over the next couple of days before the 100m Butterfly. I think it was the most under pressure I have ever felt. I'm very proud how I came through it and overjoyed to qualify. I also swam my best textile time.

What are your goals for the London Olympics? I want to come away and be able to look back and be proud of what I did. To know that I prepared and did everything I possibly could.

Finest ever performance/Why? 100m Butterfly at the Olympic Trials in 2008. It was a special moment because I qualified for the Olympics for the first time. I achieved my actual race plan perfectly.

Favourite Event? 100m Butterfly, it's all about speed and you concentrate on getting the one turn inch perfect.

International senior debut: European Short Course Championships in 2005, Italy

Toughest opponent? It's hard to look further than Michael Phelps. It is fantastic what he has achieved and he has set the standards for everyone else.

Favourite Venue? Beijing Olympic Pool just an amazing experience at my first Olympics.

OUT OF THE POOL

Any Superstitions? No

Favourite way to relax? Watch TV or read a book. I like to cook and at the weekends go to the cinema.

Hobbies away from the pool? It is pretty much just swimming at the moment. I read a lot and enjoy playing the piano. Also support Liverpool so try to watch as many games as I can.

What's the best thing you cook? Slow cooked Moroccan Lamb goes down well. I do a good roast dinner also.

Best concert you have been to? Elton John a few years ago. He is better live than recorded.

Who would you most like to meet? John Lennon as he was very creative and passionate. He wanted to change the world for the better.

Must watch TV? The Big Bang Theory, 24 also anything Sci-Fi.

Holiday destination? Always wanted to go to New York as it is lively, but would probably then need a chill out holiday to recover.

Which five people would you want at your ultimate dinner party? Michael Jackson, Shakira, Rowan Atkinson, Kenny Dalglish, and my girlfriend. I would get Basil Fawlty to do the catering.

If you could have a super power what would it be? Time-travel.



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PRINT

JOE ROEBUCK



Dob: 05/06/1985

Born: Rotherham

Club: Loughborough University

Coach: Ian Armiger

Trains: Loughborough

Lives: Loughborough

Occupation: Full time swimmer

QUALIFIED EVENTS:

200m Butterfly, 200m Individual Medley,
400m Individual Medley

ACHIEVEMENTS:

European Short Course Championships 2011: 200Fly Bronze,
200IM 12th, 400IM 7th

World Championships 2011: 200Fly 24th, 200IM 19th, 400IM 10th

Commonwealth Games 2010: 200Fly 6th, 200IM Silver,
400IM Silver

European Championships 2010: 200IM Bronze, 400IM 10th

European Short Course Championships 2009: 200Fly 4th,
200IM 6th, 400IM 4th

World Championships 2009: 200Fly 25th, 200IM 14th

European Short Course Championships 2008: 200Fly 7th,
200IM 9th, 400IM 5th

World Short Course Championships 2008: 200Fly 8th

World University Games 2007: 200Fly 12th, 200IM 17th,
400IM 7th

European Championships 2006: 200Fly 13th, 200IM 16th,
400IM 18th

IN THE POOL

How were the trials for you? The aim was to qualify for three events. Things can always go better but the main goal was accomplished so I was really happy. Qualifying on the first day helped but every race has new competition so I didn't want to relax too much and continued to race hard for the whole week. I knew I was in good shape coming into the year which helped my confidence.

What are your goals for the London Olympics? I am simply looking to swim three personal bests in my three events.

Finest ever performance/Why? I am really proud of my bronze medal at the 2010 European Championships. Another highlight was setting a Commonwealth Record in the 400m Individual Medley short course in 2009.

Favourite Event? The 200m Individual Medley is the one that we are focusing on at the moment so that is my favourite. Also, I am higher ranked in this event.

International senior debut: 2006 European Championships. I remember that there were massive storms and they had to abandon a session.

Toughest opponent? I race against a lot of top guys including Michael Phelps, Ryan Lochte, Laszlo Cseh and also James Goddard.

Favourite Venue? I like the pool in Budapest. I enjoyed racing there in 2010 at the European Championships. Obviously I am looking forward to racing again in the London pool with a full crowd.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? I watch quite a lot of UFC and martial arts. It gives me motivation for my own sport but also helps me take my mind off of swimming.

Hobbies away from the pool? I enjoy watching movies and reading.

What's the best thing you cook? My lasagne and spaghetti bolognese are pretty good.

Best concert you have been to? I am really looking forward to seeing Jay-Z and Kanye West before the Olympics.

Who would you most like to meet? Randy Couture is my sporting hero.

Must watch TV? The series Game of Thrones.

Holiday destination? There are so many places that I want to go to and visit. We are lucky to be able to travel with swimming but we don't get the chance to explore. I would like to go Hawaii as it looks amazing and also go back to Rome and explore.

Which five people would you want at your ultimate dinner party? Randy Couture, Peter Kay, Chuck Liddell, Michael McIntyre and Rachelle Leah.

If you could have a super power what would it be? To fly would be awesome.



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PRINT

LIAM TANCOCK



Dob: 07/05/1985

Born: Exeter

Club: Loughborough ITC

Coach: Ben Tittley

Trains: Loughborough

Lives: Loughborough

Occupation: Full time swimmer

QUALIFIED EVENTS:

100m Backstroke

RECORDS:

50m Backstroke – World Record (24.04)

100 Backstroke – Commonwealth Record (52.73)

4x100m Freestyle Relay – British Record (3:11.62)

4x100m Medley Relay – British Record (3:30.68)

ACHIEVEMENTS:

World Championships 2011: 50Ba Gold, 100Ba 6th, 4x100FR 8th, 4x100MR 6th

Commonwealth Games 2010: 50Ba Gold, 100Ba Gold, 4x100FR Silver, 4x100MR Bronze

European Championships 2010: 50Ba Silver, 100Ba Bronze, 4x100FR 8th, 4x100MR 4th

World Championships 2009: 50Ba Gold, 100Ba 4th, 4x100FR 7th

Olympic Games 2008: 100Ba 6th, 200IM 8th, 4x100MR 6th

European Championships 2008: 100Ba 9th

World Championships 2007: 50Ba Bronze, 100Ba Bronze, 4x100MR 5th

European Championships 2006: 50Ba 6th, 100Ba 4th, 4x100MR Bronze

Commonwealth Games 2006: 50Ba Silver, 100Ba Gold, 4x100MR Silver

World Championships 2005: 50Ba Bronze, 100Ba 10th

IN THE POOL

How were the trials for you? They were great. My time was where I wanted to be and I am really pleased to qualify for London 2012. I feel like I am on target and am now in my second phase of training leading up to the Olympics.

What are your goals for the London Olympics? I just want to do everything right and enjoy the experience. To make sure I go out there and swim as fast as I can and transfer my skills from training.

Finest ever performance/Why? I am still waiting. After each race I am always looking to better myself and swim faster. Obviously becoming world champion twice and having a world record is a great achievement. Being the first Briton to retain a world title for a number of years is really special.

Favourite Event? I just love racing. The Backstroke is my focus for this year.

International senior debut: World Championships in 2005, Montreal. I remember it was a small British Team. To compete against the best in the world was great and to win a bronze in the 50m Backstroke was amazing.

Toughest opponent? I don't really look at it that way. If you put someone up there it is difficult to knock them down.

Favourite Venue? The London Aquatics Centre will be amazing when it is all opened up. I really liked swimming in the MEN Arena in Manchester though for the World Short Course in 2008.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Just to chill out with my family and friends. I enjoy going out to eat too.

Hobbies away from the pool? I don't get much time with training, but I support Exeter football and rugby clubs. I enjoy going to festivals and live sporting events.

What's the best thing you cook? A barbeque. I like cooking roasts too.

Best concert you have been to? I went to see Drake for my birthday recently. That was good.

Who would you most like to meet? David Attenborough.

Must watch TV? I enjoy nature programmes like Planet Earth.

Holiday destination? Somewhere hot with the perfect beach. I would also like to go somewhere adventurous like Peru or Brazil.

Which five people would you want at your ultimate dinner party? David Attenborough, Jake Humphrey, Prince Harry, David Beckham and Michael Jackson.

If you could have a super power what would it be? Teleporting would be cool.



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PRINT

GRANT TURNER



Dob: 11/03/1989

Born: Swindon

Club: Loughborough ITC

Coach: Ben Tittley

Trains: Loughborough

Lives: Hathern

Occupation: Full time swimmer. I am doing a diploma in freelance journalism as well.

QUALIFIED EVENTS:

4 x 100m Freestyle Relay

ACHIEVEMENTS:

World Championships 2011: 4x100FR 8th

Commonwealth Games 2010: 50Fr 9th, 100Fr 9th, 4x100FR Silver

European Championships 2010: 50Fr 32nd, 100Fr 14th, 4x100FR 8th

European Championships 2008: 4x100FR 7th

European Junior Championships 2007: 50Fr 16th, 100Fr 9th, 4x100FR Silver, 4x200FR 4th

IN THE POOL

How were the trials for you? I was healthy going into the Trials but I think I tensed up in London and that affected my performances. For Sheffield I tried to just stay calm and not try too hard in the first 50m. I did a 0.4 second best time in the 100m Freestyle and I know there are a few things that weren't great. Heading into the Olympics as the fastest Brit is great and has given me a lot of confidence. I am delighted to have made the team.

What are your goals for the London Olympics? My target is to be part of the relay team for London and focus on getting into the final. Individually, I want to break 49 seconds for the first time and with the extra support that will push me forward.

Finest ever performance/Why? The 49.01 in the heats in Sheffield in June 2012. It was such a pressured swim and to be able to perform and focus on doing the job, I am delighted.

Favourite Event? I am better suited to the 100m but obviously like the 50m as it's shorter!

International senior debut: Europeans in Eindhoven in 2008. I was part of the relay team.

Toughest opponent? I have grown up competing against Adam Brown and we were at the Offshore Centre in Australia together for two years. Also Simon Burnett who is so experienced and achieved so much.

Favourite Venue? Sheffield. The pool has always been good to me and is a fast pool.

OUT OF THE POOL

Any Superstitions? Not out of the pool. I always tap the block twice before every race though.

Favourite way to relax? I like going to the cinema and walking the dog.

Hobbies away from the pool? I play golf when I can, but I have all the gear and not much idea! I like most sports and support Manchester United. I went to the Darts a few years ago which was brilliant. I enjoy writing also.

What's the best thing you cook? I do a good chorizo risotto.

Best concert you have been to? Jay-Z and Kanye West were really good. Such a great show.

Who would you most like to meet? David Beckham.

Must watch TV? I really like The Big Bang Theory at the moment. I am a big fan of Keeping up Appearances to as it always makes me laugh.

Holiday destination? I went to Las Vegas a couple of years ago and it was amazing.

Which five people would you want at your ultimate dinner party? David Beckham, Jon Bon Jovi, Cesar Millan, Sir Alex Ferguson and Barack Obama.

If you could have a super power what would it be? To teleport would be cool and save time.



CHRIS WALKER-HEBBORN



Dob: 01/07/1990

Born: Enfield

Club: Bath ITC

Coach: Dave McNulty

Trains: Bath

Lives: Bath

Occupation: Full time swimmer

QUALIFIED EVENTS:

100m Backstroke, 200m Backstroke

ACHIEVEMENTS:

European Short Course Championships 2011: 50Ba 30th, 100Ba 23rd, 200Ba 28th, 4x50FR 7th, 4x50MR 5th

World Championships 2011: 200Ba 17th

Commonwealth Games 2010: 100Ba 6th, 200Ba 4th, 4x200FR 5th

World Championships 2009: 200Ba 9th

European Junior Championships 2008: 100Ba Gold, 200Ba Gold, 4x100FR 4th, 4x200FR Gold, 4x100MR Gold

World Youth Championships 2008: 100Ba Bronze, 200Ba 9th, 4x100FR 4th, 4x200FR Gold, 4x100MR Gold

European Junior Championships 2007: 100Ba 5th, 200Ba 6th, 4x200Fr 4th.

IN THE POOL

How were the trials for you? London trials were tough. I come down with Laryngitis the week before the trials and just did the best I could on the day. At Sheffield, fully fit, I qualified in both the 100m and 200m Backstroke events. I tried to make a statement during the heats and posted some fast times that set me up to go faster in the finals.

What are your goals for the London Olympics? I want to swim faster than I did in Sheffield and get back to the times I did in Rome 2009. I want to progress through the rounds and try not to put too much pressure on myself. I was born in London so the Olympics are going to be special.

Finest ever performance/Why? At the European Juniors in 2008 I won four gold medals and it was a great few days for me. As a senior the swims in Sheffield 2012 were strong or breaking the British Record in 2009 in Rome.

Favourite Event? I get more nervous for the 200m Backstroke but enjoy it more as I feel I am more in control of the event. I like the 100m also as I think I am a sprinter. I would love to go back to the 200m Freestyle again at some point in the future also.

International senior debut: World Championships in Rome 2009. It was a shock to actually qualify for the event. I swam really well.

Toughest opponent? Myself. I can only control what I do in the water, no one else.

Favourite Venue? Rome was amazing.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Sleeping, playing the Playstation and spending time with my mates.

Hobbies away from the pool? I don't get time for much. I am a big Arsenal fan and follow them. I don't really get to go much as I train on Saturdays.

What's the best thing you cook? I make a mean chorizo hotpot. Michael Jamieson made it for us once and I took the recipe off him.

Best concert you have been to? DJ called Skrillex was the best time of my life.

Who would you most like to meet? Muhammad Ali.

Must watch TV? I watch a lot of sport. I watch lots of programmes on E4 and really like Friends.

Holiday destination? I would like to go to Bali. I didn't get the chance to go there when I lived in Australia. Thailand would be great also.

Which five people would you want at your ultimate dinner party? Muhammad Ali, Chris Brown, Angelina Jolie, Jason Statham and Sophie Bush.

If you could have a super power what would it be? To be able to fly.



ANDREW WILLIS



Dob: 03/12/1990

Born: Frimley

Club: Bath ITC

Coach: Dave McNulty

Trains: Bath

Lives: Bath

Occupation: Full time swimmer

QUALIFIED EVENTS:

200m Breaststroke

ACHIEVEMENTS:

European Short Course Championships 2011: 50Br 29th, 100Br 15th, 200Br 7th

World Championships 2011: 200Br 8th

Commonwealth Games 2010: 100Br 10th, 200Br 4th

European Junior Championships 2008: 200Br 6th

IN THE POOL

How were the trials for you? I was ecstatic after winning the 200m Breaststroke. My target was to break 2:10 and get top two and I achieved that. It was a nice surprise and relief to qualify as I knew the race would be tight. Training had gone well, so I felt a PB was possible.

What are your goals for the London Olympics? Go in and enjoy the experience. Take each round as it comes, knowing what I need to do to get through each round. The ultimate target is to have another PB. To be in the final would be such a huge occasion especially with the home support.

Finest ever performance/Why? 200m Breaststroke final at the Olympic Trials this year, because the splits during the race were on target. It was so tense and quite draining at the trials. Breaststroke has come on so much with lots of people dropping times. I think a home Olympics has spurred a lot of people on.

Favourite Event? 200m Breaststroke. I enjoy the pace work and the event suits my stroke.

International senior debut: Commonwealth Games 2010. It was a crazy but great experience. It was my first multi games event and being in the village will really help me at the Olympics.

Toughest opponent? Kosuke Kitajima of Japan

Favourite Venue? The pool in Shanghai for the 2011 World Championships was great. I saw what a home crowd can do for the home swimmers.

OUT OF THE POOL

Any Superstitions? I do touch wood sometimes.

Favourite way to relax? Reading a book or watching TV.

Hobbies away from the pool? Play golf, catching up with friends, and watching TV.

What's the best thing you cook? Beef casserole is probably my best – my Nan taught me.

Best concert you have been to? Summafieldayze in Australia.

Who would you most like to meet? Muhammad Ali.

Must watch TV? Game of Thrones, House, Homeland, Facejacker, Modern Family.

Holiday destination? Would love to go travelling in Thailand.

Which five people would you want at your ultimate dinner party? Kris Gilchrist, Millie McIntosh, Michael McIntyre, Didier Drogba and Tiger Woods.

If you could have a super power what would it be? To be able to recover faster between sessions.



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PRINT

REBECCA ADLINGTON



Dob: 17/02/1989

Born: Mansfield

Club: Nova Centurion

Coach: Bill Furniss

Trains: Nottingham

Lives: Nottingham

Occupation: Full time swimmer

QUALIFIED EVENTS:

400m Freestyle, 800m Freestyle, 4x200m Freestyle Relay

RECORDS:

800m Freestyle - World Record (8:14.10)

4x200m Freestyle relay - European Record (7:45.51)

ACHIEVEMENTS:

World Championships 2011: 200Fr 24th, 400Fr Silver, 800Fr Gold

Commonwealth Games 2010: 200Fr Bronze, 400Fr Gold, 800Fr Gold, 4x200FR Bronze

European Championships 2010: 400Fr Gold, 800Fr 7th, 4x200FR Bronze

World Championships 2009: 400Fr Bronze, 800Fr 4th, 4x200FR Bronze

Olympic Games 2008: 400Fr Gold, 800Fr Gold

World Championships 2007: 800Fr 10th.

European Championships 2006: 400Fr 11th, 800Fr Silver

European Junior Championships 2004: 800Fr Gold

IN THE POOL

How were the trials for you? Very good. I didn't go into trials with any time targets, just focused on making the team. It was such relief to have qualified for the 400m Freestyle. I'm so pleased that the hard work paid off as we have been talking about London 2012 for about six years now and it was great to know that I was going. Ahead of the 800m Freestyle I was nervous. I was really surprised with how quick I went. The times I did show that I am still improving.

What are your goals for the London Olympics? I just want to keep improving and get faster, that is all I can do. As long as I do my best I will be happy.

Finest ever performance/Why? Beijing 2008 Olympics. The 400m was the first one. It was amazing to be able to share that with Jo Jackson. The 800m was special as I broke the world record and my parents were also in the crowd.

Favourite Event? It is the most painful, but I am most comfortable and confident with the 800m Freestyle. I made my first team over 800m so it has always been special.

International senior debut: In 2006 in Budapest the European Championships. There were huge rainstorms, so much that one of the sessions was cancelled! I have never seen that much rain before.

Toughest opponent? I think it changes every year.

Favourite Venue? Beijing was amazing. I loved the atmosphere in Rome also being outdoors.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? I love going to the cinema.

Hobbies away from the pool? I wish I had time for a hobby! I would like to take dancing lessons, play tennis and do some active things which I can't do at the moment. I like baking, but I have to stop making cakes so much!

What's the best thing you cook? My favourite is a steak pie. I did my first roast this year also, it is not as good as my mum's yet though.

Best concert you have been to? V-Festival was good last summer. I also like going to watch comedians like Jason Manford and Michael McIntyre.

Who would you most like to meet? Ricky Gervais is really funny, the Beckhams and also Adele.

Must watch TV? The Voice, The Big Bang Theory, Friends.

Holiday destination? Bora Bora. I have not been but I would love to go. I would like to tour around New Zealand too.

Which five people would you want at your ultimate dinner party? Alan Carr, Kim Kardashian, Beyonce, David Beckham and Will.I.Am.

If you could have a super power what would it be? I hate being stuck in traffic as I am quite impatient, so teleportation would be great.



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PRINT

SOPHIE ALLEN



Dob: 21/03/2012

Born: Lincoln

Club: Stockport ITC

Coach: Lars Humer

Trains: Stockport

Lives: Cheadle Hulme

Occupation: Part-Time Student at Stockport College, Beauty Therapy

QUALIFIED EVENTS:

200m Individual Medley

ACHIEVEMENTS:

European Championships 2012: 100Br 21st, 200IM Silver

World University Games 2011: 200Fr 17th, 100Br 25th, 100Fly 17th, 200IM 6th

European Junior Championships 2008: 100Br 10th, 200Br 14th, 200IM Silver, 4x100FR 7th

European Junior Championships 2007: 200IM 11th, 400IM 15th

IN THE POOL

How were the trials for you? I was really happy. I got my Olympic spot in the 200m Individual Medley with an English Record and achieved several other personal bests during the week, 100m Breaststroke, 100m Butterfly and 100m Freestyle! The Breaststroke was such a surprise as I had an operation on my left hip in April 2010 so that stroke has been tough.

What are your goals for the London Olympics? My main goal is to swim as well as I can, swim another personal best and hopefully that will be enough to make the final of the 200m IM.

Finest ever performance/Why? The 200m Individual Medley final at trials. I back end my medley as that is where my strength is, so I had to really work on the pacing of the event through the first half of the race. It is hard to make sure you are focusing on your own swim and you do not react to others going out too quick. You need to be aware of other people's strengths and weaknesses.

Favourite Event? The 200m Individual Medley. I enjoy it the most so that is probably why it's my best event.

International senior debut: European Championships 2012 in Hungary.

Toughest opponent? Hannah Miley, she is the Queen of Medley in GB and a tough target.

Favourite Venue? The pool in Stockholm for the Short Course World Cup. I like the whole set up.

OUT OF THE POOL

Any Superstitions? I stretch my fingers before every race.

Favourite way to relax? I like to bake.

Hobbies away from the pool? I study Beauty Therapy so am busy with that mainly.

What's the best thing you cook? Sponge cakes, definitely.

Best concert you have been to? Kings of Leon in Manchester.

Who would you most like to meet? Paul Walker.

Must watch TV? One Tree Hill and 90210.

Ideal holiday destination? I went to Egypt a couple of years ago and loved it.

Which five people would you want at your ultimate dinner party? Paul Walker, The Queen, Robert Pattinson, Olly Murs and Russell Brand.

If you could have a super power what would it be? To click my fingers and be anywhere I want to be.



GEORGIA DAVIES



Dob: 11/10/1990

Born: London

Club: Swansea ITC

Coach: Bud McAllister

Trains: Swansea

Lives: Swansea

Occupation: Full time swimmer

QUALIFIED EVENTS:

100m Backstroke

ACHIEVEMENTS:

European Short Course Championships 2011: 50Ba Silver, 100Ba 5th, 200Ba 16th, 4x50FR 9th, 4x50MR 4th

World Championships 2011: 50Ba 10th, 4x100MR 6th

Commonwealth Games 2010: 200Fr 15th, 50Ba Bronze, 100Ba 6th, 4x200FR 6th, 4x100MR 4th

European Short Course Championships 2009: 50Ba 12th, 100Ba 30th

European Short Course Championships 2008: 50Ba 12th, 100Ba 9th, 200Ba 6th, 100IM 33rd

Commonwealth Youth Games 2008: 50Ba Silver, 100Ba Silver, 200Ba 4th, 4x100FR Bronze, 4x200FR Gold, 4x100MR Silver

European Short Course Championships 2007: 50Ba 21st, 100Ba 15th, 200Ba 18th

European Junior Championships 2006: 100Ba Bronze

World Youth Championships 2006: 50Ba 5th, 100Ba 6th, 200Ba 8th, 4x200FR 4th, 4x100MR Bronze

IN THE POOL

How were the trials for you? Nerve wracking. I've done Olympic trials before but knew I had a chance to qualify this time and put extra pressure on myself. I had prepared well and was ready to swim fast and tried to focus on racing the other girls. Everyone has raised their game with it being Olympic year and I expected both slots to go after the first trials, so felt it was one shot to get in. The heat swim didn't go well but I brought it back for the semi and final. I was shocked to have made it but delighted. I was so relieved once it had sunk in.

What are your goals for the London Olympics? My goal is to get a PB. To go through the rounds and get faster each time. The relay will be amazing.

Finest ever performance/Why? ASA Nationals in 2011. I attacked the race and was aggressive. It was a huge PB. It was a relief to prove to everyone that I could go that fast. Also, the relay at the World Championships breaking the minute in a big race.

Favourite Event? Love the 50m Backstroke, a splash and dash. I enjoy Freestyle and have started to do more in training so I could race it next year.

International senior debut: European Short Course 2007.

Toughest opponent? Gemma Spofforth and Lizzie Simmonds, Backstroke is so tough in Britain.

Favourite Venue? London Aquatics Centre. I can't wait to see it full with the atmosphere. Sheffield is always good though as it's so familiar.

OUT OF THE POOL

Any Superstitions? I have a race routine to help organise me before races.

Favourite way to relax? Watching films and going to the cinema with friends

Hobbies away from the pool? Cinema, cooking and I like going to the beach weather permitting!

What's the best thing you cook? I use my Dad's recipes. I like making spicy things, Thai curry is good.

Best concert you have been to? I would like to go and see more to be honest.

Who would you most like to meet? Ian Thorpe, he was an inspiration to me.

Must watch TV? Made in Chelsea and The Only Way is Essex, New Girl, The Voice, Dexter.

Holiday destination? A Caribbean Island somewhere chilled with a perfect beach. Nice and relaxing.

Which five people would you want at your ultimate dinner party? Ian Thorpe, Michael McIntyre, Channing Tatum, Rihanna and Usain Bolt

If you could have a super power what would it be? Teleport myself to wherever I wish



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PRINT

ELEANOR FAULKNER



Dob: 05/01/1993

Born: Sheffield

Club: City of Sheffield

Coach: Russ Barber

Trains: Sheffield

Lives: Sheffield

Occupation: Full time swimmer

QUALIFIED EVENTS:

800m Freestyle, 4x200m Freestyle Relay

ACHIEVEMENTS:

European Short Course Championships 2011: 100Fr 36th, 200Fr 27th, 400Fr 17th, 800Fr 5th

European Junior Open Water Championships 2011: 5Km 14th
2010: 5Km 8th, 2009: 5Km Gold

Youth Olympic Games 2010: 100Fr 20th, 200Fr 9th, 400Fr Bronze, 100Fly 27th

European Short Course Championships 2009: 200Fr 34th, 400Fr 33rd

European Junior Championships 2009: 200Fr 5th, 1500Fr 9th, 4x200FR Gold

IN THE POOL

How were the trials for you? It was a really good week. My focus was the 2016 Games so to get onto the team was a massive shock. I was a bit gutted after the 400m freestyle finishing third. I can't explain the 200m Freestyle result, I was in shock, I did a PB and went into the final. To drop over two seconds was a surprise as I had not focused on the event. I went into the 800m freestyle, my main event, knowing I was on the team which helped me relax. But I wanted the individual spot and got it.

What are your goals for the London Olympics? Get the heat swims finished and make the 800m final. To get into the team for the 4x200m Freestyle Relay, a medal would be nice, but tough.

Finest ever performance/Why? 400m Freestyle at the Trials. I enjoyed the race so much. I went looking for the place on the team but I wasn't as nervous for this event as the 800m. I did a three second PB which was great.

Favourite Event? 800m freestyle. It is long enough to be able to think about what you are doing.

International senior debut: European Short Course 2009. It was scary. I was the baby on the team.

Toughest opponent? Becky Adlington, she is such a great target being the best in the world.

Favourite Venue? London Aquatics Centre, because I qualified there. It was a new, different environment and it was great.

OUT OF THE POOL

Any Superstitions? Always put my shoes on first.

Favourite way to relax? Sleeping on the sofa

Hobbies away from the pool? Reading The Hunger Games at the moment. I enjoy shopping with my friends and mum too.

What's the best thing you cook? Chocolate cake

Best concert you have been to? The Saturdays last year in Sheffield.

Who would you most like to meet? Ryan Reynolds.

Must watch TV? Britain's Got Talent and Made in Chelsea.

Holiday destination? Hawaii. I have been a couple of times, I love it.

Which five people would you want at your ultimate dinner party? My brother, Sean Connery, Stephen Fry, Beyonce and Ryan Reynolds.

If you could have a super power what would it be? Invisibility



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PRINT

ELLEN GANDY



Dob: 15/08/1991

Born: Bromley

Club: Nunawading Swimming Club

Coach: Rohan Taylor

Trains: Melbourne

Lives: Melbourne

Occupation: Full time swimmer

QUALIFIED EVENTS:

100m Butterfly, 200m Butterfly

RECORDS:

100m Butterfly – British Record (57.25)

200m Butterfly – British Record (2.04.83)

4x100m Medley Relay – British Record (3:57.03)

ACHIEVEMENTS:

World Championships 2011: 50Fly 20th, 100Fly 5th, 200Fly Silver, 4x100MR 6th

Commonwealth Games 2010: 50Fly 5th, 100Fly Silver, 200Fly Bronze, 4x100MR Silver

European Championships 2010: 100Fly 23rd, 200Fly Bronze

World Championships 2009: 50Fly 38th, 100Fly 16th, 200Fly 15th, 4x100MR 4th

Olympic Games 2008: 200Fly 15th

European Championships 2008: 4x200FR Silver

European Junior Championships 2007: 100Fr 14th, 200Fr 5th Heats, 400Fr 4th, 50Fly 6th, 100Fly Bronze, 4x100FR Silver, 4x200FR Gold, 4x100MR Gold

IN THE POOL

How were the trials for you? Great, they really couldn't have gone more to plan. The aim was to qualify in both 100m/200m Butterfly and to win both was great.

What are your goals for the London Olympics? To enjoy it. The scary part was making the team. Now that's over I can get my head down and prepare better than I ever have before and put everything I've learnt over the last four years into practice. To come away knowing I've left no stone unturned.

Finest ever performance/Why? Winning the silver medal at last year's World Champs. Although it stings slightly because I know I was 0.04 away from being World Champion, I know that I overcame some massive mental hurdles that had stopped me from performing at international meets before. I was able to put together everything that I had done in training at the right moment and everything fell into place.

Favourite Event? The 100m Butterfly. Less pressure, more enjoyable and half the distance!

International senior debut: 2008 Olympics.

Toughest opponent? Probably me. Knowing how to deal with the doubts and fears is something that I struggled with in the past. With experience you learn how to cope with them, and I know exactly what to do to use them to my advantage now.

Favourite Venue? London Olympic Pool, it's unbelievable, I still can't believe we have a facility like that in the UK!

OUT OF THE POOL

Any Superstitions? No, I'm pretty laid back about everything

Favourite way to relax? Going down to the beach and playing on my stand up paddle board - it's my new favourite sport!

Hobbies away from the pool? I spend a lot of time down the beach when I'm not swimming.

What's the best thing you cook? I make a pretty good roast veggie and lamb salad, it's so good in summer when you're having a barbeque.

Best concert you have been to? Florence and The Machine; she is just unreal to watch.

Who would you most like to meet? Beyonce, but I would probably break down into tears like the One Direction fans!

Must watch TV? Programmes like Ace of Cakes and Choccywoccydoodah, I'm always watching stuff like that. Love Gavin and Stacey.

Holiday destination? Hawaii, I've never been.

Which five people would you want at your ultimate dinner party? Beyonce, Jay-Z, Dizzee Rascal, James Corden and Michael McIntyre

If you could have a super power what would it be? Girl version of Iron man - Iron woman.



FRANCESCA HALSALL



Dob: 12/04/1990

Born: Southport

Club: Loughborough ITC

Coach: Ben Tittley

Trains: Loughborough

Lives: Loughborough

Occupation: Full time swimmer

QUALIFIED EVENTS: 50m Freestyle, 100m Freestyle, 100m Butterfly, 4x100m Freestyle Relay

RECORDS:

50m Freestyle - British Record (24.11)

100m Freestyle - British Record (52.87)

50m Butterfly - British Record (25.86)

4x100m Freestyle Relay - British Record (3:36.99)

4x100m Medley Relay - British Record (3:57.03)

ACHIEVEMENTS:

World Championships 2011: 50Fr 4th, 100Fr 4th, 4x100FR 9th, 4x100MR 6th

Commonwealth Games 2010: 50Fr Silver, 100Fr Bronze, 50Fly Gold, 100Fly 10th, 4x100FR Silver, 4x100MR Silver

European Championships 2010: 50Fr Bronze, 100Fr Gold, 100Fly Silver, 4x100FR Silver, 4x100MR Gold

World Championships 2009: 50Fr 5th, 100Fr Silver, 4x100FR 7th, 4x100MR 4th

Olympic Games 2008: 50Fr 10th, 100Fr 8th, 100Fly 21st, 4x100FR 7th, 4x200FR 9th, 4x100MR 4th

World Championships 2007: 50Fr 11th, 100Fr 9th, 4x100FR 8th, 4x200FR 5th, 4x100MR 4th

IN THE POOL

How were the trials for you? Brilliant. All I wanted to do was qualify in three events and I did. It was perfect. I would like to have swum faster of course, but that's the fastest I have ever swum in March so it gives me a lot of confidence.

What are your goals for the London Olympics? I want to win my races. It's all about getting in and racing fast.

Finest ever performance/Why? The 50m Freestyle at Trials this year I really don't think I could have done any better. I think it was the fastest I could have gone at that stage and it was a big surprise.

Favourite Event? 100m Butterfly. It's good fun and it's nice not to have as much pressure as it is my bonus event.

International senior debut: The Commonwealth Games in Melbourne I was only 15 and the baby of the team. I loved it. It was so much fun going to Australia being in the village with the senior team.

Toughest opponent? There are too many to name.

Favourite Venue? The outdoor venue in Rome. I love it especially when it's nice and hot, I always swim fast there.

OUT OF THE POOL

Any Superstitions? Before I race, I press my goggles into my eyes lots of times – I think they will fall off.

Favourite way to relax? Sewing. One of my friends was making a patchwork quilt and I thought I fancied trying it. So I did.

Hobbies away from the pool? Shopping is my only hobby.

What's the best thing you cook? Tuna risotto.

Best concert you have been to? Bloc Party were great and Oasis at Wembley were amazing.

Who would you most like to meet? I don't know. I have no idea.

Must watch TV? Game of Thrones and Made in Chelsea, laughs, Gossip Girl.

Holiday destination? Anywhere in the sun with a nice beach. Bali would be nice.

Which five people would you want at your ultimate dinner party? John Bishop, Fearne Cotton, Winston Churchill, Richard Dawkins and my best friend Jenny.

If you could have a super power what would it be? To be able to run on water, then I could win the 100m freestyle.



KATE HAYWOOD



Dob: 01/04/1987

Born: Grimsby

Club: Nunawading Swimming Club

Coach: Rohan Taylor

Trains: Melbourne

Lives: Melbourne

Occupation: Full time swimmer

QUALIFIED EVENTS:

100m Breaststroke

RECORDS:

100m Breaststroke - British Record (1:07.56)

ACHIEVEMENTS:

World Championships 2011: 50Br 9th

Commonwealth Games 2010: 50Br Bronze, 100Br Bronze, 4x100MR Silver

European Championships 2010: 50Br Silver, 4x100MR Gold

Olympic Games 2008: 100Br 11th, 4x100MR 4th

European Championships 2008: 4x100MR Gold

World Championships 2007: 50Br 7th, 100Br 7th

European Championships 2006: 50Br Silver, 100Br 5th

Commonwealth Games 2006: 50Br 5th, 100Br 6th, 4x100MR Silver

World Championships 2005: 50Br 6th, 100Br 10th, 4x100MR 10th

European Junior Championships 2003: 50Br Gold, 100Br Silver

Commonwealth Games 2002: 50Br 7th, 100Br 6th, 4x100MR Bronze

European Junior Championships 2002: 50Br Gold, 100Br Bronze, 4x100MR 7th

IN THE POOL

How were the trials for you? Trials were good for me. I loved racing at the Olympic pool and getting a feel for how things will be in a few month's time. The last few years my focus has been on these Olympics so for me, Trials was just a hurdle I had to get over to achieve this. I was relieved to qualify.

What are your goals for the London Olympics? My goal is to make the final in the 100m Breaststroke. Once in that final then I am in contention of racing for a medal. I will also be in the 4x100m Medley Relay. We came fourth four years ago so it would be nice to improve on that!

Finest ever performance/Why? I have many swims that I am proud of. I can't really pick one. Winning medals always makes you proud.

Favourite Event? 50m and 100m Breaststroke

International senior debut: 2002 Commonwealth Games in Manchester. I was just 15.

Toughest opponent? Rebecca Soni and Leisel Jones.

Favourite Venue? The Olympic pool in London

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? I like to chill on the sofa watching TV or a movie.

Hobbies away from the pool? Shopping and drinking coffee.

What's the best thing you cook? I make amazing meatballs. I really enjoy cooking so I have a few favourites to make.

Best concert you have been to? V Festival. That was awesome seeing lots of different acts.

Who would you most like to meet? William and Kate or David and Victoria Beckham.

Must watch TV? TV is not great in Australia. I like Master Chef and The Voice, Australia.

Holiday destination? I really like Thailand and its islands.

Which five people would you want at your ultimate dinner party? William and Kate, David and Victoria Beckham, and my boyfriend Kevin.

If you could have a super power what would it be? I'd love to be able to make my car fly. In Melbourne there is so much traffic. I'd have more time to sleep after training.



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PRINT

JOANNE JACKSON



Dob: 12/09/1986
Born: Northallerton
Club: Loughborough ITC
Coach: Ben Tittley
Trains: Loughborough
Lives: Loughborough
Occupation: Full time swimmer

QUALIFIED EVENTS:

400m Freestyle, 4x200m Freestyle Relay

RECORDS:

200m Freestyle - Commonwealth Record (1:55.54)

400m Freestyle - Commonwealth Record (4:00.60)

4x200m Free Relay - European Record (7:45.51)

Former World Record Holder 400m Freestyle

ACHIEVEMENTS:

World Champs 2011: 200Fr 23rd, 4x200FR 6th

Commonwealth Games 2010: 200Fr 5th, 400Fr 6th, 4x200FR Bronze

European Championships 2010: 200Fr 9th, 400Fr 5th, 4x100FR Silver, 4x200FR Bronze

World Championships 2009: 200Fr 4th, 400Fr Silver, 800Fr Silver, 4x200FR Bronze

Olympic Games 2008: 200Fr 14th, 400Fr Bronze, 4x200FR 9th

European Championships 2008: 4x200FR Silver

World Championships 2007: 400Fr 7th, 4x200FR 5th

European Championships 2006: 200Fr 5th, 400Fr Silver, 4x200FR 4th

Commonwealth Games 2006: 200Fr 6th, 400Fr Silver, 4x200FR Silver

World Championships 2005: 400Fr 7th, 4x200FR 4th

Olympic Games 2004: 400Fr 21st, 4x200FR Heats

IN THE POOL

How were the trials for you? My main aim was to qualify for the Olympics and I did. The times were not important as qualifying was the key for the week. It was stressful but I came away with a lot of positives especially qualifying for the relay.

What are your goals for the London Olympics? Getting into the final would be the target and then you never know what could happen. I have times in my head that I think I can go and if I achieve those I will be happy. The relay is going from strength to strength and it's great being a part of it.

Finest ever performance/Why? There are a few. The Olympic medal is always going to be special being on the podium with Becky Adlington, I never expected to do that. Also breaking the 400m world record in 2009 with my family in the crowd.

Favourite Event? 400m Freestyle. It's always been the one that I have loved doing. It's the event I have my Olympic medal and set a world record in so will always be my favourite event.

International senior debut: Athens 2004 Olympics.

Toughest opponent? Becky Adlington. We race a lot and she is such a fantastic swimmer. Federica Pellegrini is such a great racer too.

Favourite Venue? I love the pool in Rome such beautiful surroundings. I also have great memories of competing in Sheffield.

OUT OF THE POOL

Any Superstitions? Just the number 13!

Favourite way to relax? Shopping on my own is relaxing without being hurried! I also like chilling out at home or going to cinema.

Hobbies away from the pool? I have a dog so I go on regular walks. I like to be outdoors especially as we spend so much time indoors.

What's the best thing you cook? I really like cooking. I love making Mexican food and salmon.

Best concert you have been to? I am going to see Jay Z and Kayne West soon. The last concert I went to was LMFAO and it was great fun.

Who would you most like to meet? I admire David Beckham, Roger Federer and Rafael Nadal.

Must watch TV? The Only Way is Essex and Gossip Girl. I quite like watching soaps as well.

Holiday destination? Thailand has always been my ideal place to visit and I hope to go after the Olympics. The best holiday I have been on was a trip to New York and Las Vegas.

Which five people would you want at your ultimate dinner party? David and Victoria Beckham, Barack Obama, Roger Federer and Piers Morgan.

If you could have a super power what would it be? I would love to be able to fly.



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PRINT

JEMMA LOWE



Dob: 31/03/1990
Born: Hartlepool
Club: Swansea ITC
Coach: Bud McAllister
Trains: Swansea
Lives: Swansea
Occupation: Full time swimmer

QUALIFIED EVENTS: 200m Butterfly

ACHIEVEMENTS:

World Championships 2011: 100Fly 8th, 200Fly 7th, 4x100MR Heats

Commonwealth Games 2010: 50Fly 6th, 100Fly Bronze, 200Fly 5th, 4x100MR 4th

European Championships 2010: 100Fly 10th, 200Fly 9th

World Championships 2009: 50Fly 26th, 100Fly 17th

Commonwealth Youth Games 2008: 50Fly Gold, 100Fly Gold, 200Fly Gold, 4x100FR Bronze, 4x200FR Gold, 4x100MR Silver

Olympic Games 2008: 100Fly 6th, 200Fly 9th, 4x100MR 4th

European Championships 2008: 4x100MR Gold

European Junior Championships 2006: 50Fly 6th, 100Fly Silver, 200Fly Silver

World Youth Championships 2006: 50Fly 8th, 100Fly Bronze, 200Fly Silver, 4x200FR 4th, 4x100MR Bronze

Commonwealth Games 2006: 50Fly 14th, 100Fly 7th, 200Fly 6th

European Junior Championships 2005: 50Fly 7th, 100Fly Silver, 200Fly 4th, 4x100MR 4th

IN THE POOL

How were the trials for you? It was successful but a very nerve wracking and emotional week. I was glad when it was over. I think trials are harder than the Olympics. There is so much pressure at the Olympic trials. I competed in Beijing 2008 so didn't want to miss out on London 2012. I was upset to miss out on the 100m Butterfly. It put more pressure onto the 200m Butterfly but I came through.

What are your goals for the London Olympics? Win the Gold. There is no point aiming any lower. I have experienced what an Olympics is going to be about. The crowd in Beijing was amazing, and we will get that support this time in London. I can't wait.

Finest ever performance/Why? My semi-final swim at the Beijing Olympics. After the heats in the 100m Butterfly I was 16th. I went for it in the Semis came sixth and reached the Olympic final.

Favourite Event? 100m Fly, it's not as painful.

International senior debut: Commonwealth Games in Melbourne, for Wales.

Toughest opponent? Ellen Gandy. We are so similar in the races we do but we are friends too.

Favourite Venue? The Water Cube in Beijing. It just looked amazing. It felt like I was in a computer game. It was also my first Olympics and completely different to anything I had swum in before.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Going to the cinema.

Hobbies away from the pool? Shopping, I am too tired for anything else!

What's the best thing you cook? I make a really good Mars Bar Cake.

Best concert you have been to? Chris Brown in Orlando, Florida. It was such a small venue with a stage and a dance floor so we were really close.

Who would you most like to meet? One of my relatives from 100 years ago.

Must watch TV? Apprentice, Jeremy Kyle, Grey's Anatomy, Once Upon a Time.

Holiday destination? Seychelles was beautiful as was the Cayman Islands so either of those.

Which five people would you want at your ultimate dinner party? Will.I.am, The Queen, Mum, Dad and my Sister.

If you could have a super power what would it be? To be able to fly.



JESSICA LLOYD



Dob: 14/03/1995

Born: Oldham

Club: City of Manchester

Coach: Mark Rose

Trains: Manchester

Lives: Oldham

Occupation: A-Level student,
Psychology and Art.

QUALIFIED EVENTS:

4x100m Freestyle Relay

ACHIEVEMENTS:

World Youth Championships 2011: 50Fr 19th, 100Fr 5th,
4x100FR Bronze, 4x200FR 7th, 4x100MR 5th.

European Junior Championships 2011: 50Fr 10th,
100Fr Bronze, 200Fr 36th, 4x100FR Silver, 4x100MR Gold

European Junior Championships 2010: 50Fr 25th, 100Fr 23rd,
4x100FR Silver

IN THE POOL

How were the trials for you? Incredible. I got two out of three personal bests so it was amazing. My coach said I was capable of the times and I didn't really believe him. I was shocked and happy and the PB in the 100m Freestyle meant I qualified for the relay.

What are your goals for the London Olympics? Making sure that I get on the relay team first. Once on the team I want to swim well and maybe sneak a medal.

Finest ever performance/Why? 100m Freestyle Semi-Final at the Olympic trials. It was the race I posted my best time in and I broke 55 seconds for the first time.

Favourite Event? The 100m Freestyle as I take it seriously. The 50m is a bit of fun for me.

International senior debut: It will be London 2012. I am nervous but ready!

Toughest opponent? Everyone fighting for one of those spots on the relay team for London 2012.

Favourite Venue? London Aquatics Centre. The atmosphere was amazing even though it was only a quarter full. I can't describe what it will be like during the Olympics when it's full. I can't wait.

OUT OF THE POOL

Any Superstitions? I always eat the same food the night before a competition.

Favourite way to relax? Going shopping and staying over at friends.

Hobbies away from the pool? I watch a lot of TV.

What's the best thing you cook? I can't cook. I am a bit of a wizard at making pancakes though.

Best concert you have been to? The Script in 2011.

Who would you most like to meet? Ryan Reynolds.

Must watch TV? South Park, Family Guy and CSI – I've watched most of them.

Holiday destination? I love Disneyland, I will never get too old for that! Also France.

Which five people would you want at your ultimate dinner party? Ryan Reynolds, Beyonce, Will.I.am, Peter Kay and Rachel McAdams.

If you could have a super power what would it be? Teleportation.



CAITLIN McCLATCHEY



Dob: 28/11/1985
Born: Portsmouth
Club: Loughborough University
Coach: Ian Armiger
Trains: Loughborough
Lives: Loughborough
Occupation: Full time swimmer

QUALIFIED EVENTS:

200m Freestyle, 4x100m Freestyle Relay,
4x200m Freestyle Relay

RECORDS:

4x200m Freestyle Relay - European Record (7:45.51)
4x100m Freestyle Relay - British Record (3:36.99)

ACHIEVEMENTS:

World Championships 2011: 4x100FR 9th, 4x200FR 6th

Commonwealth Games 2010: 100Fr 12th, 200Fr 17th,
4x100FR 5th, 4x200FR 5th, 4x100MR 5th

World Championships 2009: 200Fr 9th, 4x100FR 7th,
4x200FR Bronze

Olympic Games 2008: 200Fr 6th, 4x100FR 7th

European Championships 2008: 4x200FR Silver

World Championships 2007: 200Fr 7th, 400Fr 9th, 4x200FR 5th

European Championships 2006: 200Fr 9th, 400Fr Bronze,
4x200FR 4th

Commonwealth Games 2006: 200Fr Gold, 400Fr Gold,
4x100MR 6th

World Championships 2005: 400Fr Bronze, 4x200FR 4th

Olympic Games 2004: 4x200FR 5th

IN THE POOL

How were the trials for you? It was a mixed bag for me. I went in targeting a relay place, but realised I had a good chance of an individual 200m Freestyle spot after good swims in the heats and semi.

What are your goals for the London Olympics? To be in the best shape that I have ever been. To do well for the relay team, we all will need to swim amazing to win a medal but it is not unrealistic.

Finest ever performance/Why? Winning the 200m Freestyle at the Commonwealth Games in 2006. It's the only race that I can really remember what happened. It felt like the perfect race for me. Of course there were things that I could have improved on, but everything went right on the day.

Favourite Event? I would like to be good at the 100m as it is shorter but I prefer more of a tactical race so the 200m Freestyle is better for me.

International senior debut: Athens 2004 Olympics. It was a bit surreal. I had nothing to compare it to, which in a way was a good thing. I did get a little star struck. It made me think, this was for me.

Toughest opponent? Myself.

Favourite Venue? Athens 2004. It was outdoors, my debut and it is the home of the Olympics Games. It felt special.

OUT OF THE POOL

Any Superstitions? I used to, but not anymore.

Favourite way to relax? Going to a Spa.

Hobbies away from the pool? Going to festivals and gigs out of season. Going shopping too.

What's the best thing you cook? I am good at making cakes and melt in the middle puddings.

Best concert you have been to? Red Hot Chilli Peppers were amazing. I like the Reading Festival as you see quite a few.

Who would you most like to meet? Nelson Mandela or Barack Obama.

Must watch TV? Russell Howard's Good News, Celebrity Juice, Planet Earth Live.

Holiday destination? Went to Mauritius after Beijing which was amazing. Would like to go to Thailand or drive around the US.

Which five people would you want at your ultimate dinner party? Nelson Mandela, Barack Obama, Dame Vivienne Westwood, Kevin Bridges and Dave Grohl.

If you could have a super power what would it be? Flying, so I can get back to my parents easily.



HANNAH MILEY



Dob: 08/08/1989

Born: Swindon

Club: Garioch

Coach: Patrick Miley

Trains: Aberdeen

Lives: Inverurie

Occupation: Full time swimmer

QUALIFIED EVENTS:

200m Individual Medley, 400m Individual Medley

RECORDS:

200m Individual Medley - British Record (2:09.46)

400m Individual Medley - British Record (4:31.33)

ACHIEVEMENTS:

World Championships 2011: 200IM 7th, 400IM Silver, 4x200FR 6th

Commonwealth Games 2010: 200Br 7th, 200IM 5th, 400IM Gold, 4x200FR 5th, 4x100MR 5th

European Championships 2010: 200Fr 16th, 200Br 16th, 200Fly 14th, 200IM Bronze, 400IM Gold, 4x200FR Bronze

World Championships 2009: 200IM 6th, 400IM 4th, 4x200FR Heats

Olympic Games 2008: 200IM 11th, 400IM 6th, 4x200FR 9th

European Championships 2006: 200IM 19th, 400IM 7th

Commonwealth Games 2006: 100Fly 14th, 200IM 7th, 400IM 4th

European Junior Championships 2005: 400IM Silver, 4x100MR Heats

IN THE POOL

How were the trials for you? Really good and I swam faster than I expected to go. I watched the trials in 2000, competed as a junior in 2004, qualified for the team in 2008 but this year I felt more mature and knew how to race my events. It's the biggest home crowd I have raced in front of. Walking out you could feel the crowd. I knew that we were the first to have their trials globally, so I wanted to post a fast time.

What are your goals for the London Olympics? I have set goals, but I am keeping them to myself.

Finest ever performance/Why? So many. At the 2010 European's winning my first senior gold medal. The Commonwealth Games 2010 was the first time I went in with a lot of expectation so I was relieved to actually win. My Silver medal at Worlds, it was really great to come away with hardware.

Favourite Event? I quite like the 200m events as I can relax. Breaststroke, Freestyle, Butterfly and then Backstroke. 400m Individual Medley, I enjoy racing it as the race changes.

International senior debut: European Short Course 2005, in Trieste, Italy

Toughest opponent? Everybody. I don't leave anything to chance and keep an eye on everyone.

Favourite Venue? London Aquatics Centre. There is something about it that feels incredible. It's going to be great at the Olympics. Manchester Aquatics Centre has a similar feel.

OUT OF THE POOL

Any Superstitions? I don't like it when I see one magpie, and I don't like stepping over three drains.

Favourite way to relax? Movies or shopping.

Hobbies away from the pool? I do rock climbing as part of my training and I really enjoy it.

What's the best thing you cook? Rice Krispie chicken goujons and butterfly chicken with bacon and mozzarella.

Best concert you have been to? Russell Howard last year. Also, the X factor Live Tour was good.

Who would you most like to meet? Misty Hyman.

Must watch TV? Inbetweeners, Scrubs, Britain's Got Talent, Heroes, Apprentice. I like comedies.

Holiday destination? I would love to go to Hawaii but I think Australia would be my ultimate holiday when it's not too hot so I could travel around.

Which five people would you want at your ultimate dinner party? Misty Hyman, James Corden, Miranda Hart, Jim Carrey and Robin Williams

If you could have a super power what would it be? To be able to teleport myself everywhere but also in a protective bubble.



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PRINT

SIOBHAN-MARIE O'CONNOR



Dob: 29/11/1995

Born: Bath

Club: Bath ITC

Coach: Dave McNult

Trains: Bath

Lives: Bath

Occupation: I have finished my GCSE's this year and will hopefully go to college in September.

QUALIFIED EVENTS:

100m Breaststroke

ACHIEVEMENTS:

European Short Course Championships 2011: 100Fly 37th, 100IM 11th, 200IM 13th, 400IM 21st

World Championships 2011: 200IM 13th

European Junior Championships 2011: 200IM Gold, 400IM Gold, 4x100FR Silver, 4x200FR 4th, 4x100MR Gold

European Junior Championships 2010: 100Fly 8th, 200IM 6th

IN THE POOL

How were the trials for you? Trials in London were a massive disappointment but looking back they were a blessing in disguise. I had had such a good season leading up to London with everything going my way that the knockback put everything into perspective. I never wanted to feel like that again and tried so hard between March and Sheffield Trials in June. We switched my training to focus on Breaststroke and I have proved to myself that I can do it. I wanted to make the team so badly.

What are your goals for the London Olympics? To enjoy the experience and do everyone proud. I want to swim a personal best time.

Finest ever performance/Why? 100m Breaststroke at the Sheffield trials as I feel I have learnt a big lesson over the last few months dealing with pressure.

Favourite Event? I think it is the 100m Butterfly. I have loved swimming Butterfly since I was little. It's great being an Individual Medley swimmer as you train on every stroke.

International senior debut: World Championships in Shanghai 2011 and it was amazing experience. I didn't expect to qualify at all and it was great to be there with five other swimmers from Bath.

Toughest opponent? Myself. I struggled with nerves earlier in the year. The 200m Individual Medley is such a tough race in GB as we have so many girls under the qualifying time and only two spots available.

Favourite Venue? London Aquatics Centre.

OUT OF THE POOL

Any Superstitions? I have quite a lot. I don't walk over three drains.

Favourite way to relax? I watch a whole series on television and enjoy a good bath.

Hobbies away from the pool? I am a bit of a shopaholic to be honest.

What's the best thing you cook? A stir fry I learnt to cook when I was in Australia last year. I couldn't really cook until I went to Australia on camp. I now have a couple of things I can cook.

Best concert you have been to? I went to T4 on the Beach which was good. I would like to go to Glastonbury one day.

Who would you most like to meet? Rihanna.

Must watch TV? I watch so many. Gossip Girl, 90210, 8 Out of 10 Cats, A League of Their Own and Would I Lie to You.

Holiday destination? My family go to Turkey every year and I love it there.

Which five people would you want at your ultimate dinner party? One Direction.

If you could have a super power what would it be? To be able to read minds.



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PRINT

KERI-ANNE PAYNE



Dob: 09/12/1987
Born: Johannesburg
Club: Stockport ITC
Coach: Sean Kelly/Lars Humer
Trains: Stockport
Lives: Stockport
Occupation: Full time athlete

QUALIFIED EVENTS:

10KM Open Water

ACHIEVEMENTS:

World Championships 2011: 1500Fr 12th, 10KM Open Water Gold

Commonwealth Games 2010: 400IM Bronze

World Open Water Championships 2010: 10KM 8th

World Championships 2009: 200IM 24th, 400IM 13th, 10KM Open Water Gold

Olympic Games 2008: 200IM 16th, 400IM 15th, 10KM Open Water Silver

European Short Course Championships 2007: 400Fr 11th, 200Ba 20th, 100IM 23rd, 200IM 19th, 400IM 10th

World Championships 2007: 10KM Open Water 11th

European Championships 2006: 800Fr 8th

Commonwealth Games 2006: 800Fr 4th, 400IM 6th

European Short Course Championships 2005: 400Fr 17th, 800Fr 7th

European Short Course Championships 2004: 400Fr Gold

European Junior Championships 2003: 200Fr 16th, 400Fr Bronze, 800Fr Silver, 4x200FR Silver

European Junior Championships 2002: 800Fr Bronze, 4x200FR Bronze

IN THE POOL

How has 2012 gone for you so far? It's been great so far. I am loving all the support we are getting from the UK.

What are your goals for the London Olympics? To enjoy every second of the Games and to do my best.

Finest ever performance/Why? At the Beijing Olympics. I went into the Open Water in eighth position and came out with a silver medal in the biggest competition of an athletes' life! It was such a special moment and feeling.

Favourite Event? I really enjoy the 200m Individual Medley in the pool as it's as fast as you can swim all four strokes. It is also a fun event for me.

International senior debut: I went to the Greek nationals in 2002 they were just after the Commonwealth Games in Manchester that year.

Toughest opponent? Myself. I am always looking to improve on my last event, good or bad! I can be very unforgiving to myself.

Favourite Venue? The Serpentine where my event will be here in London. It is so iconic in a great city and it's so beautiful.

OUT OF THE POOL

Any Superstitions? My superstition is to have no superstitions.

Favourite way to relax? Watching television or relaxing with my family.

Hobbies away from the pool? Baking and cooking are a passion for me. I love being in the kitchen.

What's the best thing you cook? It's between my roasted chicken, chorizo and squashed new potatoes or sausage and roasted root veg.

Best concert you have been to? A Boxing Day concert at The Warehouse Project in Manchester with Above & Beyond headlining they were incredible!

Who would you most like to meet? Victoria Beckham. I think it is amazing how she can be at top of one profession and then seamlessly be at the top of another all the time being criticised.

Must watch TV? I really like Bones, The Mentalist and Home and Away.

Holiday destination? Best holiday so far was a driving holiday around Europe, so much fun.

Which five people would you want at your ultimate dinner party? Mum, dad, fiancé, brother and sister.

If you could have a super power what would it be? To be able to fly.



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PRINT

STEPH PROUD



Dob: 29/08/1988

Born: Durham

Club: Chester Le Street

Coach: Martyn Wilby/Gregg Troy

Trains: Florida

Lives: Florida

Occupation: Full time swimmer, I graduated with a pre nursing degree in Florida so may look to do a Masters now as I love university.

QUALIFIED EVENTS:

200m Backstroke

ACHIEVEMENTS:

World Championships 2011: 200Ba 13th, 400IM 24th

Commonwealth Games 2010: 100Ba 9th, 200Ba 6th, 400IM 6th

European Short Course Championships 2009: 100Ba 19th, 200Ba 8th, 200IM 18th, 400IM 11th

World University Games 2009: 200Fr 12th, 200Ba Gold, 200IM 12th

European Championships 2006: 4x200FR Heats

European Short Course Championships 2005: 50Ba 25th, 100Ba 21st, 200Ba 11th

European Short Course Championships 2004: 100Ba 13th, 200Ba 14th, 400IM 4th

European Junior Championships 2004: 100Ba Gold, 200Ba Gold, 4x200FR Bronze, 4x100MR Bronze

European Short Course Championships 2003: 200Ba 9th, 400IM 9th

European Junior Championships 2003: 100Ba Silver, 200Ba Gold, 4x100FR Bronze, 4x200FR Silver, 4x100MR Bronze

IN THE POOL

How were the trials for you? Making the team is really good. I was frustrated not to do so in London at the first trials so I was really pleased qualifying in Sheffield and going faster than I did in March.

What are your goals for the London Olympics? I have my own personal goals and a time I think I can do. I want to go there and compete and not get caught up with the whole occasion. There will be so many Florida based swimmers in London from different countries, including my coach who is the Head Coach of the US team, so that will be good.

Finest ever performance/Why? Winning the World University Games in 2009 was huge for me because on a world level you don't win a lot. It was really great to have a gold medal.

Favourite Event? Ultimately I am a 200m Backstroke swimmer but I have always liked competing in different events and training for the 400m Individual Medley actually helps my Backstroke a lot.

International senior debut: I did the European short course Championships back in 2003.

Toughest opponent? Lizzie Simmonds is so consistent and very rarely swims slowly and Elizabeth Beisel (USA) who is one of the toughest girls I have met and a training buddy in Florida.

Favourite Venue? I like Ohio State pool. I did my first NCAAAs there and won a US short course Nationals there.

OUT OF THE POOL

Any Superstitions? Not really.

Favourite way to relax? I watch a lot of bad television!

Hobbies away from the pool? I have been teaching swimming lessons for children with the Swim America of Gainesville programme which is attached to my club. I also go to the beach and enjoy walking. There is a mile walk route where there are wild alligators! They don't bother the people.

What's the best thing you cook? I have been away for eight years and I don't cook as much as I should. I got spoilt in Florida as we get athlete meals. I do good breakfasts like an egg bagel.

Best concert you have been to? Oasis when I was 13 was good and also Lady Gaga was a great show.

Who would you most like to meet? The Queen.

Must watch TV? Come Dine with Me and Don't Tell the Bride. We don't have them in the US.

Holiday destination? I will be going to Cape Town for Christmas this year which is where my boyfriend is from. So really looking forward to that.

Which five people would you want at your ultimate dinner party? My brother and four friends.

If you could have a super power what would it be? To be able to teleport myself to visit my family.



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PRINT

LIZZIE SIMMONDS



Dob: 22/01/1991

Born: Beverley

Club: Loughborough ITC

Coach: Ben Tittley

Trains: Loughborough

Lives: Loughborough

Occupation: Full time swimmer

QUALIFIED EVENTS:

200m Backstroke

ACHIEVEMENTS:

World Championships 2011: 100Ba 7th, 200Ba 7th

Commonwealth Games 2010: 100Ba 10th, 200Ba Silver

European Championships 2010: 100Ba Silver, 200Ba Gold, 4x100MR Heats

World Championships 2009: 50Ba 19th, 100Ba 7th, 200Ba 5th

Olympic Games 2008: 100Ba 10th, 200Ba 6th

European Championships 2008: 4x100MR Gold

European Junior Championships 2007: 50Ba Silver, 100Ba Gold, 200Ba Gold, 200IM Gold, 4x100MR Gold.

World Championships 2007: 100Ba 24th, 200Ba 7th, 4x100MR Heats

European Championships 2006: 50Ba 20th, 100Ba 9th, 200Ba 5th

European Junior Championships 2006: 50Ba 7th, 100Ba Silver, 200Ba Gold, 4x200FR Silver

IN THE POOL

How were the trials for you? They were mixed. I messed up in the 100m Backstroke which was a bit of a shock to the system. My main event the 200m Backstroke was a job that needed to be done and I came away delighted having made the team, believing that I have more to give. I got ill just before trials so possibly rested a little too much leading into the event.

What are your goals for the London Olympics? To be in the best shape I can be and feeling ready to go. I want to swim a good time and enjoy the once in a lifetime opportunity of a home Olympics.

Finest ever performance/Why? I was on a roll at the European Junior Championships in 2007 but the best race was probably winning the European Championships in 2010.

Favourite Event? Actually the 200m Individual Medley is the most enjoyable. But the one that I am more comfortable with is the 200m Backstroke.

International senior debut: The 2006 European Championships. I was in the call room ready for my race and the rain storms started and the whole session was cancelled!

Toughest opponent? Myself. Elite athletes are such perfectionists.

Favourite Venue? I think the MEN Arena for the World Short Course in 2008. Although racing in the Rod Laver Arena in Melbourne was cool.

OUT OF THE POOL

Any Superstitions? No, not really.

Favourite way to relax? Going to the cinema or going out to restaurants with friends and family.

Hobbies away from the pool? I like painting and writing. I quite enjoy cooking too.

What's the best thing you cook? Homemade burgers with wedges or chicken wrapped in parma ham.

Best concert you have been to? We saw the Lion King recently which I loved. I am also going to see Kanye West and Jay Z before the Olympics so I am really looking forward to that.

Who would you most like to meet? Jack Whitehall.

Must watch TV? I am quite into Gossip Girl. I also watch Hidden Talents and the Apprentice.

Holiday destination? I like Portugal. We go there every year as a family so it's a comfort holiday. I would like to go to Thailand.

Which five people would you want at your ultimate dinner party? Jamie Oliver, Usain Bolt, Jack Whitehall, Barack Obama and Chace Crawford.

If you could have a super power what would it be? To be able to fly definitely.



AMY SMITH



Dob: 24/07/1987

Born: Kidderminster

Club: Loughborough University

Coach: Ian Armiger

Trains: Loughborough

Lives: Loughborough

Occupation: Full time swimmer

QUALIFIED EVENTS:

50m Freestyle, 100m Freestyle, 4x100m Freestyle Relay

RECORDS:

4x100m Freestyle Relay – British Record (3:36.99)

ACHIEVEMENTS:

European Short Course 2011: 50Fr 6th, 100Fr Bronze, 4x50FR 9th, 4x50MR 4th

World Championships 2011: 100Fr 16th, 4x100FR 9th, 4x100MR Heats

Commonwealth Games 2010: 50Fr 7th, 100Fr 5th, 50Fly 10th, 4x100FR Silver

European Championships 2010: 50Fr 15th, 100Fr 12th, 50Fly 17th, 4x100FR Silver, 4x100MR Gold

European Short Course 2009: 50Fr 16th, 100Fr 17th, 4x50FR 6th, 4x50MR 11th

World Championships 2009: 4x100FR 7th

World Short Course 2008: 50Fr 15th, 4x100FR Heats

European Short Course 2006: 50Fr 25th, 100Fr 25th, 4x50FR 5th

European Championships 2006: 4x100FR Heats

Commonwealth Games 2006: 50Fr 12th, 100Fr 11th, 4x100FR Silver

IN THE POOL

How were the trials for you? I got what I wanted out of them in qualifying for the Olympics, so I was really pleased. Naturally, I would like to have gone a little faster in the 100m Freestyle and broken 54 seconds, hopefully I will in the summer! To get the 50m place also was great as my stroke rate doesn't normally suit the event.

What are your goals for the London Olympics? To PB in both events is my target. For the 100m Freestyle I want to make the final. I am currently ranked the highest I have ever been on the world rankings so it is new territory for me and very exciting. We have hopes for the relay and a medal would be amazing but getting into the final is the first priority. Being the home team will hopefully give us that extra edge.

Finest ever performance/Why? Winning a medal at the European Short Course in 2011 I was over the moon. It was my first individual medal. I wasn't expecting to post that time either, it was a shock.

Favourite Event? The 100m Freestyle, although it is more nerve wracking than the 50m event.

International senior debut: Commonwealth Games in Melbourne 2006.

Toughest opponent? Everyone I race against. But Fran Halsall, who I am chasing to be the best in GB.

Favourite Venue? The Commonwealth Games in Melbourne. Maybe at it was my debut but the size of the venue and the crowd were amazing.

OUT OF THE POOL

Any Superstitions? Not really. I have a routine pre-race though.

Favourite way to relax? Hang out with friends.

Hobbies away from the pool? It's a bit tricky with the lack of time. Just spending time with friends, going to the cinema, having dinner together. I enjoy going home to see family too.

What's the best thing you cook? I cook all sorts. Sunday roast is good and I like cooking risotto.

Best concert you have been to? I like festivals. I went to V Festival a couple of years ago. We are going to see Jay-Z and Kanye West before the Olympics so looking forward to that.

Who would you most like to meet? Anyone from the Royal Family or Beyonce.

Must watch TV? Celebrity Juice.

Holiday destination? Went to the Cayman Islands for training so I have a taste for the Caribbean now!

Which five people would you want at your ultimate dinner party? Beyonce, Jay-Z, Keith Lemon, The Queen and Channing Tatum.

If you could have a super power what would it be? Teleportation. To move from place to place with my mind.



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PRINT

GEMMA SPOFFORTH



Dob: 17/11/1987

Born: Shoreham-by-Sea

Club: Portsmouth Northsea

Coach: Martyn Wilby

Trains: Florida

Lives: Florida

Occupation: Full time swimmer

QUALIFIED EVENTS:

100m Backstroke

RECORDS:

50m Backstroke – British Record (27.92)

100m Backstroke – World Record (58.12)

200m Backstroke – British Record (2:06.66)

4x100m Medley Relay – British Record (3:57.03)

ACHIEVEMENTS:

World Championships 2011: 50Ba 13th, 100Ba 23rd

Commonwealth Games 2010: 50Ba Silver, 100Ba Silver, 200Ba 5th, 4x100MR Silver

European Championships 2010: 100Ba Gold, 200Ba Silver, 4x100MR Gold

World Championships 2009: 50Ba 13th, 100Ba Gold, 200Ba 4th, 4x100MR 4th

Olympic Games 2008: 100Ba 4th, 200Ba 9th, 4x100MR 4th

World Championships 2005: 100Ba 33rd

European Short Course Championships 2004: 200Ba Bronze

European Short Course Championships 2003: 50Ba 12th, 100Ba 13th

European Junior Championships 2003: 50Ba Gold, 100Ba Bronze

IN THE POOL

How were the trials for you? They were great. It was so nice to experience the pool and atmosphere at the venue. It gave a sense of reality for the Olympics.

What are your goals for the London Olympics? I am so excited. I want to enjoy the experience and take in the whole thing. Last time in Beijing 2008 I was overwhelmed with everything so I want to actually experience it and take every moment in.

Finest ever performance/Why? It's a toss-up between the 100m Backstroke in Rome in 2009 at the World Championships winning the gold medal and breaking the world record; and winning the NCAA title in 2010 with my team the Florida Gators. That was such a great experience.

Favourite Event? 100m Backstroke.

International senior debut: 2003 at the European Short Course Championships.

Toughest opponent? Myself

Favourite Venue? The outdoor pool in Rome used for the World Championships in 2009.

OUT OF THE POOL

Any Superstitions? No. Not really. I do like to look up and say hi to my mum before I race.

Favourite way to relax? Candles, relaxation music and cuddles.

Hobbies away from the pool? I have recently got into rock climbing and slacklining. Also my passion is to work with kids, combining counselling and sports.

What's the best thing you cook? White chocolate torte.

Best concert you have been to? Lady Gaga.

Who would you most like to meet? My future husband.

Must watch TV? I don't normally watch TV but when I do I like documentaries and movies.

Holiday destination? Anywhere I haven't been before. Also, I aspire to climb Mount Everest and also visit every state in the US.

Which five people would you want at your ultimate dinner party? That's hard but honestly five of my closest friends. I love soul searching conversations with people I love and know.

If you could have a super power what would it be? Flying so I could climb and fall without worry.



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PRINT

STACEY TADD



Dob: 21/02/1989

Born: Bath

Club: University of Bath

Coach: Mark Skimming

Trains: Bath

Lives: Bath

Occupation: Full time swimmer

QUALIFIED EVENTS:

200m Breaststroke

ACHIEVEMENTS:

European Short Course Championships 2011: 50Br 19th, 100Br 13th, 200Br 10th, 200IM 31st, 4x50MR 4th

World Championships 2011: 100Br 18th, 200Br 14th, 4x100MR 6th

Commonwealth Games 2010: 100Br 7th, 200Br 6th

European Championships 2010: 200Br 7th, 4x100MR Heats

World Championships 2009: 200Br 39th

European Short Course Championships 2005: 200Br 18th, 200IM 17th, 400IM 14th

European Junior Championships 2005: 100Br 13th, 200Br 4th, 200IM 9th, 400IM 4th, 4x100MR 4th

IN THE POOL

How were the trials for you? A great experience to race in the Olympic pool, it was amazing. The aim was to qualify and I was so happy I did that.

What are your goals for the London Olympics? The goal at the beginning of the year was to qualify. Now I have achieved that I want to go there and get a personal best and lower my English Record. To progress through the rounds as far as I can would be a bonus.

Finest ever performance/Why? The Olympic trials this year. To turn and look at the scoreboard and see that I had qualified for London was amazing. It was such a shock, it didn't sink in to start with and I waited for the official result to come up before I started to celebrate. I was over the moon.

Favourite Event? The 200m Breaststroke is the one I am best at but I actually prefer the 200m Individual Medley as it is 50m of each stroke.

International senior debut: 2005 European Short Course in Trieste, Italy.

Toughest opponent? Everyone once you get in the pool! You never know when you race, you can't count anyone out.

Favourite Venue? The London pool, it's massive and is such an amazing building.

OUT OF THE POOL

Any Superstitions? Not really. Although I like to get up three hours before my morning race and have a chocolate milkshake after the race.

Favourite way to relax? Watching TV or going to the cinema. I like shopping, but that can be quite strenuous.

Hobbies away from the pool? Shopping mainly.

What's the best thing you cook? I don't cook that much as I live at home still so mum does the cooking.

Who would you most like to meet? David Beckham.

Must watch TV? All the soaps. I am such a fan, I watch them all.

Ideal Holiday destination? I would love to go to Hawaii.

Which five people would you want at your ultimate dinner party? I think I would just have my friends and family. We have such a good time when we all go out.

If you could have a super power what would it be? To teleport myself without having to travel. I hate travelling.



REBECCA TURNER



Dob: 01/08/1992

Born: Rotherham

Club: City of Sheffield

Coach: Russ Barber

Trains: Sheffield

Lives: Sheffield

Occupation: Full time swimmer,
University in September.

QUALIFIED EVENTS:

**200m Freestyle, 4x100m Freestyle Relay,
4x200m Freestyle Relay**

ACHIEVEMENTS:

European Short Course Championships 2011: 50Fr 31st, 100Fr 9th, 200Fr 4th, 4x50FR 9th

World Championships 2011: 4x100FR 9th, 4x200FR 6th

European Short Course Championships 2009: 50Fr 37th, 100Fr 42nd, 200Fr 17th, 4x50FR 6th

European Junior Championships 2008: 50Fr 38th, 100Fr 10th, 200Fr 7th, 4x100FR 7th, 4x200FR Gold, 4x100MR 5th

World Youth Championships 2008: 4x200FR Silver

European Championships 2008: 4x100FR 9th

European Junior Championships 2007: 100Fr 13th, 4x100FR Silver, 4x200FR Gold

IN THE POOL

How were the trials for you? Fantastic, it could not have gone any better. To win the 200m Freestyle was a big surprise to me as my aim was to simply make the relay team. In the final the plan was simply to race it and stay with Caitlin McClatchey. Going under 55 seconds in the 100m was also fantastic. I probably don't really appreciate how good that swim was. It went better than expected.

What are your goals for the London Olympics? To enjoy it and do my best. I would love to reach the semi-finals individually and put in solid swims in the relay and just see where that takes the team.

Finest ever performance/Why? The 200m Freestyle at trials 2012. I just went for it, my coach said I had nothing to lose. I had my race plan and stuck to it, it worked perfectly.

Favourite Event? The 200m Freestyle. It's got a bit more to it than the 100m. It seems to suit me.

International senior debut: European Championships in 2008, Eindhoven. I did the 4x100m Relay. We just missed out on the final finishing 9th, it was a good experience and fun.

Toughest opponent? Caitlin McClatchey. She has done so much and is a great swimmer, great to race against someone so experienced and hopefully pick up some things from her.

Favourite Venue? Nothing beats Sheffield for me. It is home, and a fantastic pool. I am really lucky it is only about a 15 minute walk away from home.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Chilling out with my boyfriend.

Hobbies away from the pool? Not a lot of time really, I like to spend time with my boyfriend and my family.

What's the best thing you cook? I am not very good, but do my best. Probably homemade Pizza.

Best concert you have been to? Went to the Lion King which was amazing in London.

Who would you most like to meet? Michael Phelps.

Must watch TV? Chuck, The Big Bang Theory, The Apprentice.

Ideal Holiday destination? A nice warm beach. I would love to go to Australia. I have been before but that was for a competition. It would be nice to be able to have a look around.

Which five people would you want at your ultimate dinner party? My boyfriend and my family.

If you could have a super power what would it be? Being Psychic would be cool.



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PRINT

AIMEE WILLMOTT



Dob: 16/02/1993
Born: Middlesbrough
Club: Middlesbrough
Coach: Lisa Bates
Trains: Middlesbrough
Lives: Middlesbrough
Occupation: Full time swimmer

QUALIFIED EVENTS:

400m Individual Medley

ACHIEVEMENTS:

Commonwealth Games 2010: 800Fr 8th, 200IM 6th, 400IM 5th

European Championships 2010: 200IM 10th, 400IM 12th

European Junior Championships 2009: 200Ba 12th, 200IM Silver, 400IM Silver

European Short Course Championships 2008: 100IM 34th, 200IM 18th, 400IM 17th

European Junior Championships 2008: 400Fr 14th, 200Ba 5th, 200IM 6th, 400IM 4th

European Youth Olympic Festival 2007: 400Fr Silver, 200Ba Bronze, 200IM Gold, 400IM Gold, 4x100MR 5th

IN THE POOL

How were the trials for you? Really good. I went in with a target time in the 400m Individual Medley and an aim to finish in the top two and it went perfectly, taking a second off my personal best. I then knocked off a second in the 200m IM.

What are your goals for the London Olympics? I want to swim a PB in the morning. Also, I would like to finish higher than top 15 as that is what my dad did in 1984! Ideally I want to make a final. The 400m Individual Medley is on day one which is great as I don't have to wait around to swim.

Finest ever performance/Why? 200m Individual Medley at the European Youth Olympics when I was 13. I was always a 200m Backstroke swimmer as a junior and was unbeaten until this meet where I came third. The Backstroke took place two events before the 200IM and I was so upset and angry about losing the backstroke that I won the 200m Individual Medley!

Favourite Event? The 400m Individual Medley, but only on a good day. I like doing all four strokes. I enjoy the 200m Individual Medley but I don't have that much speed.

International senior debut: European Short Course 2008. I saw a world record being broken at that meet it was amazing.

Toughest opponent? Anyone in front of me! In Great Britain Hannah Miley is the toughest.

Favourite Venue? Sheffield, as it always seems cold and fast. The London pool looks the best though.

OUT OF THE POOL

Any Superstitions? I have a lucky teddy bear that I take to every competition. It has never been washed as you can't wash the good luck out. Had it since I was 11!

Favourite way to relax? Sleeping! Also I like getting into comfortable clothes and watching a good film under the duvet on the sofa.

Hobbies away from the pool? Sleeping, gym, walking the dog. I also help out at a school once a week in the PE department.

What's the best thing you cook? Pancakes, I make good pancakes

Best concert you have been to? Saw Eminem at the V Festival which was great.

Who would you most like to meet? Lewis Hamilton

Must watch TV? One Tree Hill, Criminal Minds, 90210

Holiday destination? Jamaica. I really want to go.

Which five people would you want at your ultimate dinner party? Usain Bolt, Carol Kirkwood, my best friend, Lewis Hamilton and Alan Carr.

If you could have a super power what would it be? Click my fingers and my clothes change



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PRINT

COACH PROFILES



MICHAEL SCOTT

DOB: 09/02/56

Position: National Performance Director

PREVIOUS OLYMPIC EXPERIENCE

National Performance Director for Great Britain
Beijing 2008



DENNIS PURSLEY

Dob: 19/06/50

Position: Head Coach

PREVIOUS OLYMPIC EXPERIENCE

Australian Coach Los Angeles 1984 (Offsite)
US Coach Barcelona 1992, Atlanta 1996
and Sydney 2000



IAN ARMIGER

Dob: 22/05/52

Position: Coach

Lives: Loughborough

Club: Loughborough University

ATHLETES

Caitlin McClatchey, Joe Roebuck and Amy Smith

PREVIOUS OLYMPIC EXPERIENCE

GB Coach 1984 Los Angeles



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COACH PROFILES



RUSS BARBER

Dob: 20/05/1972
Position: Coach
Lives: Sheffield
Club: City of Sheffield

ATHLETES

Eleanor Faulkner and Rebecca Turner

PREVIOUS OLYMPIC EXPERIENCE

GB Offsite team Beijing 2008



BILL FURNISS

Dob: 23/03/54
Position: Coach
Lives: Nottingham
Club: Nova Centurion

ATHLETES

Rebecca Adlington

PREVIOUS OLYMPIC EXPERIENCE

GB Head Coach Atlanta 1996
GB Offsite team Sydney 2000
GB Offsite team Athens 2004
GB Coach Beijing 2008



LARS HUMER

Dob: 02/05/65
Position: Coach
Lives: Stockport
Club: Stockport ITC

ATHLETES

Sophie Allen, David Carry, James Goddard,
Keri-anne Payne and Michael Rock

PREVIOUS OLYMPIC EXPERIENCE

GB Coach 2004 Paralympics
GB Head Coach Beijing 2008 Paralympics



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COACH PROFILES



DAVE MCNULTY

Dob: 05/07/69

Position: Coach

Lives: Bradford-on-Avon

Club: Bath ITC

ATHLETES

Chris Walker-Hebborn, Michael Jamieson,
Siobhan-Marie O'Connor and Andrew Willis

PREVIOUS OLYMPIC EXPERIENCE

GB Coach Athens 2004

GB Coach Beijing 2008



PATRICK MILEY

Dob: 09/06/1961

Position: Coach

Lives: Inverurie

Club: Garioch

ATHLETES

Hannah Miley

PREVIOUS OLYMPIC EXPERIENCE

GB Coach Beijing 2008



KEVIN RENSHAW

Dob: 11/05/1965

Position: Coach

Lives: Loughborough

Club: Loughborough ITC

ATHLETES

Daniel Fogg and Roberto Pavoni

PREVIOUS OLYMPIC EXPERIENCE

GB Coach Beijing 2008



CONTENTS

PRINT

COACH PROFILES



BEN TITLEY

Dob: 13/01/1977

Position: Coach

Lives: Loughborough

Club: Loughborough ITC

ATHLETES

Ross Davenport, Francesca Halsall, Jo Jackson,
Lizzie Simmonds, Liam Tancock and Grant Turner

PREVIOUS OLYMPIC EXPERIENCE

GB Coach 2004 Athens

GB Coach 2008 Beijing



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PRINT

FORMER BRITISH MEDAL WINNERS

1900

John A. Jarvis	100m Freestyle	Gold
	400m Freestyle	Gold
Peter Kemp	200m Freestyle	Gold

1904

John A. Jarvis	1500m Freestyle	Gold
Henry Taylor	400m Freestyle	Silver
	1500m Freestyle	Gold

1908

Sydney Battersby	1500m Freestyle	Silver
John H. Derbyshire	4x200m Freestyle Relay	Gold
William Foster	4x200m Freestyle Relay	Gold
Herbert Haresnape	100m Backstroke	Bronze
Frederick Holman	200m Breaststroke	Gold
Paul Radmilovic	4x200m Freestyle Relay	Gold
William Robinson	200m Breaststroke	Silver
Henry Taylor	400m Freestyle	Gold
	1500m Freestyle	Gold
	4x200m Freestyle Relay	Gold

1912

Thomas S. Battersby	4x200m Freestyle Relay	Bronze
Percy Courtman	400m Breaststroke	Bronze
Jennie Fletcher	100m Freestyle	Bronze

William Foster
John G. Hatfield

4x100m Freestyle Relay	Gold
4x200m Freestyle Relay	Bronze
400m Freestyle	Silver
1500m Freestyle	Silver
4x200m Freestyle Relay	Bronze
4x100m Freestyle Relay	Gold
4x100m Freestyle Relay	Gold
4x100m Freestyle Relay	Gold
4x200m Freestyle Relay	Bronze

Isabella Moore
Annie Speirs
Irene Steer
Henry Taylor

4x200m Freestyle Relay	Bronze
4x100m Freestyle Relay	Silver
4x100m Freestyle Relay	Silver
4x100m Freestyle Relay	Silver
4x200m Freestyle Relay	Bronze
4x100m Freestyle Relay	Silver
4x200m Freestyle Relay	Bronze
4x200m Freestyle Relay	Bronze

1920

H. E. Annison	4x200m Freestyle Relay	Bronze
Birkenhead	4x100m Freestyle Relay	Silver
C. M. Jeans	4x100m Freestyle Relay	Silver
G. McKenzie	4x100m Freestyle Relay	Silver
P. Peters	4x200m Freestyle Relay	Bronze
Ratcliffe	4x100m Freestyle Relay	Silver
L. Savage	4x200m Freestyle Relay	Bronze
Henry Taylor	4x200m Freestyle Relay	Bronze

1924

F. Barker	4x100m Freestyle Relay	Silver
Gladys H. Carson	200m Breaststroke	Bronze
Phyllis Harding	100m Backstroke	Silver
C. M. Jeans	4x100m Freestyle Relay	Silver
Grace McKenzie	4x100m Freestyle Relay	Silver

Lucy Morton	200m Breaststroke	Gold
Vera Tanner	4x100m Freestyle	Silver

1928

M. Joyce Cooper	100m Freestyle	Bronze
	100m Backstroke	Bronze
	4x100m Freestyle Relay	Silver
Ellen King	4x100m Backstroke	Silver
	4x100m Freestyle Relay	Silver
Sarah Stewart	4x100m Freestyle Relay	Silver
Vera Tuner	4x100m Freestyle Relay	Silver

1932

Edna Valerie Dave	100m Backstroke	Bronze
	4x100m Freestyle	Bronze
Phyllis M. Harding	4x100m Freestyle	Bronze
Edna T. Hughes	4x100m Freestyle	Bronze
M. Joyce-Cooper	4x100m Freestyle	Bronze

1948

Cathy Gibson	400m Freestyle	Bronze
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1952

Helen O. Gordon	200m Breaststroke	Bronze
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FORMER BRITISH MEDAL WINNERS (CONT.)

1956

Margaret Edwards	100m Backstroke	Bronze
Judy Grinham	100m Backstroke	Gold

1960

Anita Lonsborough	200m Breaststroke	Gold
Natalie A. Steward	100m Freestyle	Bronze
	100m Backstroke	Silver

1964

Bobbie McGregor	100m Freestyle	Silver
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1968

Martyn Woodroffe	200m Butterfly	Silver
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1972

David Wilkie	200m Breaststroke	Silver
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1976

Brian Brinkley	4x200m Freestyle Relay	Bronze
Gordon H. Downie	4x200m Freestyle Relay	Bronze
David M. Dunne	4x200m Freestyle Relay	Bronze
Alan McClatchey	4x200m Freestyle Relay	Bronze
David Wilkie	100m Breaststroke	Silver
	200m Breaststroke	Gold

1980

Gary Abraham	4x100m Medley Relay	Bronze
June Croft	4x100m Medley Relay	Silver
Sharron Davies	400m I.M	Silver
Duncan Goodhew	100m Breaststroke	Gold
	4x100m Medley Relay	Bronze
Phillip Hubble	200m Butterfly	Silver
Helen Jameson	4x100m Medley Relay	Silver
Margaret Kelly	4x100m Medley Relay	Silver
David Lowe	4x100m Medley Relay	Bronze
Ann Osgerby	4x100m Medley Relay	Silver
Martin Smith	4x100m Medley Relay	Bronze

1984

Andrew Astbury	4x200m Freestyle Relay	Bronze
Neil Cochran	200m I.M	Bronze
	4X200m Freestyle Relay	Bronze
June Croft	400m Freestyle	Bronze
Paul Easter	4x200m Freestyle Relay	Bronze
Sarah Hardcastle	400m Freestyle	Silver
	800m Freestyle	Bronze
Paul Howe	4x200m Freestyle Relay	Bronze

1988

Nick Gillingham	200m Breaststroke	Silver
Andrew Jameson	100m Butterfly	Bronze
Adrian Moorhouse	100m Breaststroke	Gold

1992

Nick Gillingham	200m Breaststroke	Bronze
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1996

Paul Palmer	400m Freestyle	Silver
Graeme Smith	1500m Freestyle	Bronze

2004

David Davies	1500m Freestyle	Bronze
Stephen Parry	200m Butterfly	Bronze

2008

Rebecca Adlington	400m Freestyle	Gold
	800m Freestyle	Gold
Keri-anne Payne	10km	Silver
David Davies	10km	Silver
Cassie Patten	10km	Bronze
Joanne Jackson	400m Freestyle	Bronze



PERSONAL AND SEASON BESTS: MEN

SWIMMER NAME	EVENT	PB (YEAR)	SB
Robert Bale	200m Freestyle	1.47.82 (2010)	1.47.85
Craig Benson	100m Breaststroke	1.00.47 (2012)	1.00.47
Adam Brown	50m Freestyle	21.99 (2009)	22.36
	100m Freestyle	48.66 (2009)	49.13
Simon Burnett	100m Freestyle	48.20 (2008)	49.33
Dave Carry	200m Freestyle	1.46.47 (2008)	1.47.86
	400m Freestyle	3.46.86 (2012)	3.46.86
Ross Davenport	200m Freestyle	1.46.46 (2009)	1.48.04
David Davies	1500m Freestyle	14.45.95 (2004)	15.00.73
James Disney-May	100m Freestyle	49.48 (2012)	49.48
Daniel Fogg	1500m Freestyle	14.55.30 (2012)	14.55.30
Craig Gibbons	100m Freestyle	49.49 (2012)	49.49
James Goddard	200m Individual Medley	1.57.12 (2009)	1.57.84
Antony James	100m Butterfly	51.92 (2009)	52.46
Michael Jamieson	100m Breaststroke	1.00.50 (2012)	1.00.50
	200m Breaststroke	2.09.84 (2012)	2.09.84
Ieuan Lloyd	200m Freestyle	1.47.55 (2012)	1.47.55
Marco Loughran	200m Backstroke	1.58.16 (2008)	1.58.34
Roberto Pavoni	200m Butterfly	1.56.10 (2012)	1.56.10
	400m Individual Medley	4.12.43 (2012)	4.12.43
	200m Freestyle	1.45.99 (2009)	1.47.25
	400m Freestyle	3.46.73 (2012)	3.46.73
Michael Rock	100m Butterfly	51.41 (2009)	52.02

SWIMMER NAME	EVENT	PB (YEAR)	SB
Joe Roebuck	200m Butterfly	1.55.94 (2012)	1.55.94
	200m Individual Medley	1.58.16 (2012)	1.58.16
	400m Individual Medley	4.14.02 (2011)	4.14.48
Liam Tancock	100m Backstroke	52.73 (2009)	53.16
Grant Turner	100m Freestyle	49.01 (2012)	49.01
Chris Walker-Hebborn	100m Backstroke	54.26 (2012)	54.26
	200m Backstroke	1.56.05 (2009)	1.57.17
Andrew Willis	200m Breaststroke	2.09.33 (2012)	2.09.33


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PERSONAL AND SEASON BESTS: WOMEN

SWIMMER NAME	EVENT	PB (YEAR)	SB
Rebecca Adlington	200m Freestyle	1.56.66 (2008)	1.58.68
	400m Freestyle	4.00.79 (2009)	4.02.35
	800m Freestyle	8.14.10 (2008)	8.18.54
Sophie Allen	200m Individual Medley	2.11.49 (2012)	2.11.49
Georgia Davies	100m Backstroke	59.60 (2011)	1.00.21
Eleanor Faulkner	200m Freestyle	1.58.39 (2012)	1.58.39
	800m Freestyle	8.27.11 (2012)	8.27.11
Ellen Gandy	100m Butterfly	57.25 (2012)	57.25
	200m Butterfly	2.04.83 (2009)	2.05.95
Francesca Halsall	50m Freestyle	24.11 (2009)	24.13
	100m Freestyle	52.87 (2009)	53.57
	100m Butterfly	57.40 (2010)	57.56
Kate Haywood	100m Breaststroke	1.07.56 (2008)	1.08.07
Joanne Jackson	200m Freestyle	1.55.54 (2009)	1.58.70
	400m Freestyle	4.00.60 (2009)	4.06.47
Jessica Lloyd	100m Freestyle	54.95 (2012)	54.95
Jemma Lowe	200m Butterfly	2.05.36 (2011)	2.06.37
Caitlin McClatchey	100m Freestyle	54.31 (2008)	55.07
	200m Freestyle	1.56.62 (2009)	1.57.45
Hannah Miley	200m Individual Medley	2.09.46 (2009)	2.10.77
	400m Individual Medley	4.31.33 (2009)	4.32.67
Siobhan-Marie O'Connor	100m Breaststroke	1.08.04 (2012)	1.08.04
Steph Proud	200m Backstroke	2.08.91 (2009)	2.09.40
Lizzie Simmonds	200m Backstroke	2.06.79 (2010)	2.07.92

SWIMMER NAME	EVENT	PB (YEAR)	SB
Amy Smith	50m Freestyle	24.80 (2012)	24.80
	100m Freestyle	54.01 (2012)	54.01
Gemma Spofforth	100m Backstroke	58.12 (2009)	1.00.19
Stacey Tadd	200m Breaststroke	2.26.63 (2012)	2.26.63
Rebecca Turner	100m Freestyle	54.71 (2012)	54.71
	200m Freestyle	1.57.65 (2012)	1.57.65
Aimee Willmott	400m Individual Medley	4.37.48 (2012)	4.37.48



RECORDS

The next few pages of this guide contain British, European and World records - correct on 04/07/2012. Please select from the below list to jump to the relevant section:

MALE RECORDS

FEMALE RECORDS

Alternatively, you can view the most up to date records online, just click on one of the links below:

WORLD RECORDS

http://www.fina.org/H2O/index.php?option=com_content&view=article&id=1271&Itemid=633

EUROPEAN RECORDS

http://www.len.eu/cms?records+long_course+men

BRITISH RECORDS

<http://www.swimming.org/britishswimming/library/document/records-british-senior-long-course-swimming>



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RECORDS: MALE

50M FREESTYLE

WR	20.91	Cesar Cielo	BRA	DEC-09
ER	20.94	Frederick Bousquet	FRA	APR-09
CR	21.19	Ashley Callus	AUS	NOV-09
BR	21.96	Mark Foster		JUN-08

100M FREESTYLE

WR	46.91	Cesar Cielo	BRA	JUL-09
ER	47.12	Alain Bernard	FRA	JUL-09
CR	47.05	Eamon Sullivan	AUS	AUG-08
BR	48.20	Simon Burnett		AUG-08

200M FREESTYLE

WR	1:42.00	Paul Biedermann	GER	JUL-09
ER	1:42.00	Paul Biedermann	GER	JUL-09
CR	1:44.06	Ian Thorpe	AUS	JUL-01
BR	1:45.99	Robbie Renwick		JUL-09

400M FREESTYLE

WR	3:40.07	Paul Biedermann	GER	JUL-09
ER	3:40.07	Paul Biedermann	GER	JUL-09
CR	3:40.08	Ian Thorpe	AUS	JUL-02
BR	3:45.24	David Davies		MAR-09

1500M FREESTYLE

WR	14:34.14	Sun Yang	CHN	JUL-11
ER	14:43.21	Yuriy Prilukov	RUS	AUG-08
CR	14:34.56	Grant Hackett	AUS	JUL-01
BR	14:45.95	David Davies		AUG-04

100M BACKSTROKE

WR	51.94	Aaron Piersol	USA	JUL-09
ER	52.11	Camille Lacourt	FRA	AUG-08
CR	52.73	Liam Tancock	ENG	JUL-09
BR	52.73	Liam Tancock		JUL-09

200M BACKSTROKE

WR	1:51.92	Aaron Piersol	USA	JUL-09
ER	1:54.75	Arkady Vyatchanin	RUS	JUL-09
CR	1:55.58	James Goddard	ENG	OCT-10
BR	1:55.58	James Goddard		OCT-10

100M BREASTSTROKE

WR	58.58	Brenton Rickard	AUS	JUL-09
ER	58.64	Hugues Duboscq	FRA	JUL-09
CR	58.58	Brenton Rickard	AUS	JUL-09
BR	59.55	Daniel Sliwinski		JUL-09

200M BREASTSTROKE

WR	2:07.31	Christian Sprenger	AUS	JUL-09
ER	2:07.64	Daniel Gyurta	HUN	JUL-09
CR	2:07.31	Christian Sprenger	AUS	JUL-09
BR	2:09.01	Kris Gilchrist		JUL-09
				UN-03

100M BUTTERFLY

WR	49.82	Michael Phelps	USA	AUG-09
ER	49.95	Milorad Cavic	SRB	AUG-09
CR	50.78	Jason Dunford	KEN	JUL-09
BR	51.41	Michael Rock		JUL-09

200M BUTTERFLY

WR	1:51.51	Michael Phelps	USA	JUL-09
ER	1:52.70	Laszlo Cseh	HUN	AUG-08
CR	1:54.15	Moss Burmester	NZL	APR-09
BR	1:54.58	Michael Rock		JUL-09



RECORDS: MALE

200M INDIVIDUAL MEDLEY

WR	1:54.00	Ryan Lochte	USA	JUL-11
ER	1:55.18	Laszlo Cseh	HUN	JUL-09
CR	1:56.69	Leith Brodie	AUS	JUL-09
BR	1:57.12	James Goddard		JUL-09

400M INDIVIDUAL MEDLEY

WR	4:03.84	Michael PHelps	USA	AUG-08
ER	4:06.16	Laszlo Cseh	HUN	AUG-08
CR	4:11.32	Thomas Haffield	WAL	AUG-09
BR	4:11.32	Thomas Haffield		JUL-09

4X100M FREESTYLE RELAY

WR	3:08.24		USA	AUG-08
ER	3:08.32		FRA	AUG-08
CR	3:09.91		AUS	AUG-08
BR	3:11.62		GBR	JUL-09

4X200M FREESTYLE RELAY

WR	6:58.55		USA	JUL-09
ER	6:59.15		RUS	JUL-09
CR	7:01.65		AUS	JUL-09
BR	7:05:67		GBR	JUL-09

4X100M MEDLEY RELAY

WR	3:27.28		USA	AUG-09
ER	3:28.58		GER	AUG-09
CR	3:28.64		AUS	AUG-09
BR	3:30.68		GBR	AUG-09

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RECORDS: FEMALE

50M FREESTYLE

WR	23.73	Britta Steffen	GER	AUG-09
ER	23.73	Britta Steffen	GER	AUG-09
CR	23.97	Lisbeth Trickett	AUS	MAR-08
BR	24.11	Francesca Halsall		AUG-09

100M FREESTYLE

WR	52.07	Britta Steffen	GER	JUL-09
ER	52.07	Britta Steffen	GER	JUL-09
CR	52.62	Lisbeth Trickett	AUS	JUL-09
BR	52.87	Francesca Halsall		JUL-09

200M FREESTYLE

WR	1:52.98	Federica Pellegrini	ITA	JUL-09
ER	1:52.98	Federica Pellegrini	ITA	JUL-09
CR	1:55.54	Joanne Jackson	ENG	JUL-09
BR	1:55.54	Joanne Jackson		JUL-09

400M FREESTYLE

WR	3:59.15	Federica Pellegrini	ITA	JUL-09
ER	3:59.15	Federica Pellegrini	ITA	JUL-09
CR	4:00.60	Joanne Jackson	ENG	JUL-09
BR	4:00.60	Joanne Jackson		JUL-09

800M FREESTYLE

WR	8:14.10	Rebecca Adlington	GBR	AUG-08
ER	8:14.10	Rebecca Adlington	GBR	AUG-08
CR	8:14.10	Rebecca Adlington	ENG	AUG-08
BR	8:14.10	Rebecca Adlington		AUG-08

100M BACKSTROKE

WR	58.12	Gemma Spofforth	GBR	JUL-09
ER	58.12	Gemma Spofforth	GBR	JUL-09
CR	58.12	Gemma Spofforth	ENG	JUL-09
BR	58.12	Gemma Spofforth		JUL-09

200M BACKSTROKE

WR	2:04.81	Kirsty Coventry	ZIM	AUG-09
ER	2:04.94	Anastasia Zueva	RUS	AUG-09
CR	2:06.06	Belinda Hocking	AUS	JUL-11
BR	2:06.66	Gemma Spofforth		AUG-09

100M BREASTSTROKE

WR	1:04.45	Jessica Hardy	USA	AUG-09
ER	1:05.41	Yuliya Efimova	RUS	JUL-09
CR	1:05.09	Leisel Jones	AUS	MAR-06
BR	1:07.56	Kate Haywood		APR-08

200M BREASTSTROKE

WR	2:20.12	Annamay Pierse	CAN	JUL-09
ER	2:21.62	Nadja Higl	SRB	JUL-09
CR	2:20.12	Annamay Perse	CAN	JUL-09
BR	2:24.04	Kirsty Balfour		MAR-06

100M BUTTERFLY

WR	56.06	Sarah Sjostrom	SWE	JUL-09
ER	56.06	Sarah Sjostrom	SWE	JUL-09
CR	56.23	Jessicah Schipper	AUS	JUL-09
BR	57.25	Ellen Gandy		MAR-12

200M BUTTERFLY

WR	2:01.81	Liu Zige	CHN	OCT-09
ER	2:04.27	Katinka Hosszu	HUN	JUL-09
CR	2:03.41	Jessicah Schipper	AUS	JUL-09
BR	2:04.83	Ellen Gandy		MAR-09



RECORDS: FEMALE

200M INDIVIDUAL MEDLEY

WR	2:06.15	Ariana Kukors	USA	JUL-09
ER	2:07.46	Katinka Hosszu	HUN	JUL-09
CR	2:07.03	Stephanie Rice	AUS	JUL-09
BR	2:09.46	Hannah Miley		JUL-09

400M INDIVIDUAL MEDLEY

WR	4:29.45	Stephanie Rice	AUS	AUG-08
ER	4:30.31	Katinka Hosszu	HUN	AUG-09
CR	4:29.45	Stephanie Rice	AUS	AUG-08
BR	4:31.33	Hannah Miley		MAR-09

4X100M FREESTYLE RELAY

WR	3:31.72	NED	JUL-09
ER	3:31.72	NED	JUL-09
CR	3:33.01	AUS	JUL-09
BR	3:36.99	GBR	JUL-09

4X200M FREESTYLE RELAY

WR	7:42.08	CHN	JUL-09
ER	7:45.51	GBR	JUL-09
CR	7:44.31	AUS	AUG-08
BR	7:45.51	GBR	JUL-09

4X100M MEDLEY RELAY

WR	3:52.19	CHN	AUG-09
ER	3:55.79	GER	AUG-09
CR	3:52.58	AUS	AUG-09
BR	3:57.03	ENG	AUG-09



RANKINGS

The next few pages of this guide contain World rankings - correct on 04/07/2012. Please choose from the relevant link below to view male or female rankings.

MALE RANKINGS

FEMALE RANKINGS

If you would prefer to view the current World rankings online, then please click on the link below:

WORLD RANKINGS

http://www.fina.org/H2O/index.php?option=com_wrapper&view=wrapper&Itemid=805



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WORLD RANKINGS: MEN

50M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	21.38	Cielo Filho, Cesar	BRA	Maria Lenk Trophy	Rio de Janeiro BRA	24/04/2012
2	21.59	Jones, Cullen	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
3	21.60	Ervin, Anthony	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
4	21.68	Adrian, Nathan	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
5	21.70	Fratus, Bruno	BRA	Maria Lenk Trophy	Rio de Janeiro BRA	24/04/2012
6	21.74	Magnussen, James	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
7	21.78	Schneider, Josh	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
8	21.79	Bousquet, Fred	FRA	Maria Lenk Trophy	Rio de Janeiro BRA	24/04/2012
9	21.82	Grechin, Andrey	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012
10	21.86	Manaudou, Florent	FRA	Elite French Championships	Dunkerke FRA	18/03/2012

100M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	47.10	Magnussen, James	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
2	47.63	Roberts, James	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
3	48.02	Agnel, Yannick	FRA	Elite French Championships	Dunkerke FRA	18/03/2012
4	48.10	Adrian, Nathan	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
5	48.21	Lobintsev, Nikita	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012
6	48.27	Izotov, Danila	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012
7	48.28	Cielo Filho, Cesar	BRA	Maria Lenk Trophy	Rio de Janeiro BRA	24/04/2012
8	48.29	Grechin, Andrey	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012
9	48.32	Targett, Matt	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
10	48.38	Gilot, Fabien	FRA	Elite French Championships	Dunkerke FRA	18/03/2012


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WORLD RANKINGS: MEN

200M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	1:44.42	Agnel, Yannick	FRA	Elite French Championships	Dunkerke FRA	18/03/2012
2	1:45.69	Phelps, Michael	USA	2012 Ohio State Grand Prix	Columbus USA	09/03/2012
3	1:45.75	Lochte, Ryan	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
4	1:45.96	Matsuda, Takeshi	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
5	1:46.05	Sun, Yang	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
6	1:46.09	Park, Taeh wan	KOR	2012 KOR Nationals	Daejeon KOR	13/04/2012
7	1:46.27	Biedermann, Paul	GER	European Swimming Championships	Debrecen HUN	21/05/2012
8	1:46.56	Berens, Ricky	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
8	1:46.56	Izotov, Danila	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012
10	1:46.64	Dwyer, Conor	USA	USA Olympic Team Trials	Omaha USA	25/06/2012

400M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	3:42.31	Sun, Yang	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
2	3:44.22	Park, Taeh wan	KOR	2012 Mel Zajac Jr International	Vancouver CAN	25/05/2012
3	3:45.49	Li, Yunqi	CHN	2012 Miami Super Challenge	GOLD COAST AUS	27/01/2012
4	3:45.69	Hao, Yun	CHN	2012 Miami Super Challenge	GOLD COAST AUS	27/01/2012
5	3:46.14	Agnel, Yannick	FRA	Meeting International	Monte-Carlo Fra	09/06/2012
6	3:46.36	Mckeon, David	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
7	3:46.73	Renwick, Robbie	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
8	3:46.84	Joensen, Pal	FAR	Danish Open	Bronshoj DEN	22/03/2012
9	3:46.86	Carry, David	GBR	British Gas ASA National Champs 2012	Sheffield GBR	20/06/2012
10	3:46.93	Glaesner, Mads	DEN	Danish Open	Bronshoj DEN	22/03/2012


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WORLD RANKINGS: MEN

1500M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	14:42.30	Sun, Yang	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
2	14:47.38	Park, Taeh wan	KOR	2012 NSW State Open Championships	Sydney AUS	10/02/2012
3	14:48.92	Paltrinieri, Gregorio	ITA	European Swimming Championships	Debrecen HUN	21/05/2012
4	14:52.19	Gemmell, Andrew	USA	USA Olympic Team Trials	Omaha USA	02/07/2012
5	14:52.51	Jaeger, Connor	USA	USA Olympic Team Trials	Omaha USA	02/07/2012
6	14:55.30	Fogg, Daniel	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
7	14:57.53	La Tourette, Chad	USA	USA Olympic Team Trials	Omaha USA	02/07/2012
8	14:58.15	Kis, Gergo	HUN	European Swimming Championships	Debrecen HUN	21/05/2012
9	14:58.44	Hao, Yun	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
10	15:00.73	Davies, David	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012

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WORLD RANKINGS: MEN

100M BACKSTROKE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	52.08	Grevers, Matt	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	52.75	Lacourt, Camille	FRA	Elite French Championships	Dunkerke FRA	18/03/2012
3	52.86	Thoman, Nick	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
4	52.91	Irie, Ryosuke	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
5	52.98	Plummer, David	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
6	53.03	Hesen, Ben	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
7	53.16	Tancock, Liam	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
8	53.32	Kean, Gareth	NZL	State 2012 NZ Open Championships	Auckland NZL	25/03/2012
9	53.50	Glania, Jan-Philip	GER	124th German Championships	Berlin GER	10/05/2012
10	53.61	Godsoe, Eugene	USA	USA Olympic Team Trials	Omaha USA	25/06/2012

200M BACKSTROKE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	1:54.02	Irie, Ryosuke	JPN	2012 Western States AUS	Perth AUS	20/01/2012
2	1:54.54	Lochte, Ryan	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
3	1:54.88	Clary, Tyler	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
4	1:55.28	Kawecki, Radoslaw	POL	European Swimming Championships	Debrecen HUN	21/05/2012
5	1:55.87	Glania, Jan-Philip	GER	124th German Championships	Berlin GER	10/05/2012
6	1:55.88	Bernek, Peter	HUN	European Swimming Championships	Debrecen HUN	21/05/2012
7	1:56.39	Stasiulis, Benjamin	FRA	Elite French Championships	Dunkerke FRA	18/03/2012
8	1:56.83	Watanabe, Kazuki	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
9	1:56.84	Lebherz, Yannick	GER	124th German Championships	Berlin GER	10/05/2012
10	1:57.06	Thoman, Nick	USA	USA Olympic Team Trials	Omaha USA	25/06/2012


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WORLD RANKINGS: MEN

100M BREASTSTROKE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	58.90	Kitajima, Kosuke	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
2	59.60	Tateishi, Ryo	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
3	59.63	Silva, Felipe	BRA	Maria Lenk Trophy	Rio de Janeiro BRA	24/04/2012
4	59.68	Hansen, Brendan	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
5	59.73	Van Der Burgh, Cameron	RSA	Mare Nostrum	Barcelona ESP	02/06/2012
6	59.91	Sprenger, Christian	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
7	1:00.04	Snyders, Glenn	NZL	State 2012 NZ Open Championships	Auckland NZL	25/03/2012
8	1:00.09	Sliwinski, Daniel	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
9	1:00.11	Lima, Felipe	BRA	Maria Lenk Trophy	Rio de Janeiro BRA	24/04/2012
10	1:00.13	Rickard, Brenton	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012

200M BREASTSTROKE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	2:08.00	Kitajima, Kosuke	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
2	2:08.17	Tateishi, Ryo	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
3	2:08.60	Gyurta, Daniel	HUN	European Swimming Championships	Debrecen HUN	21/05/2012
4	2:08.74	Koch, Marco	GER	49th Sette Colli Trophy	Rome ITA	14/06/2012
5	2:09.01	Weltz, Scott	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
6	2:09.22	Yamaguchi, Akihiro	JPN	Japan Open 2012	Tokyo JPN	25/05/2012
7	2:09.33	Willis, Andrew	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
8	2:09.72	Shanteau, Eric	USA	2012 NC Charlotte UltraSwim	Charlotte USA	10/05/2012
8	2:09.72	Burckle, Clark	USA	2012 Indianapolis Grand Prix	Indianapolis USA	29/03/2012
8	2:09.72	Samilidis, Panagiotis	GRE	European Swimming Championships	Debrecen HUN	21/05/2012


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WORLD RANKINGS: MEN

100M BUTTERFLY

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	51.14	Phelps, Michael	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	51.32	McGill, Tyler	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
3	51.45	Cavic, Milorad	SRB	European Swimming Championships	Debrecen HUN	21/05/2012
4	51.65	Lochte, Ryan	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
5	51.67	Wright, Chris	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
6	51.77	Cseh, Laszlo	HUN	European Swimming Championships	Debrecen HUN	21/05/2012
7	51.86	Shields, Tom	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
8	51.91	Fujii, Takuro	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
9	51.95	Starke, Benjamin	GER	124th German Championships	Berlin GER	10/05/2012
9	51.95	Tarwater, Davis	USA	USA Olympic Team Trials	Omaha USA	25/06/2012

200M BUTTERFLY

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	1:53.65	Phelps, Michael	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	1:54.01	Matsuda, Takeshi	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
3	1:54.71	D'Arcy, Nick	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
4	1:54.95	Cseh, Laszlo	HUN	European Swimming Championships	Debrecen HUN	21/05/2012
5	1:55.12	Clary, Tyler	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
6	1:55.30	Le Clos, Chad	RSA	SA National Aquatic Championships	Durban RSA	16/04/2012
7	1:55.39	Kaneda, Kazuya	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
8	1:55.59	Almeida, Kaio	BRA	Mare Nostrum	Barcelona ESP	02/06/2012
9	1:55.70	Deus, Leonardo	BRA	Maria Lenk Trophy	Rio de Janeiro BRA	24/04/2012
10	1:55.77	Biczó, Bence	HUN	European Swimming Championships	Debrecen HUN	21/05/2012


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WORLD RANKINGS: MEN

200M INDIVIDUAL MEDLEY

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	1:54.84	Phelps, Michael	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	1:54.93	Lochte, Ryan	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
3	1:56.66	Cseh, Laszlo	HUN	European Swimming Championships	Debrecen HUN	21/05/2012
4	1:57.11	Pereira, Thiago	BRA	Maria Lenk Trophy	Rio de Janeiro BRA	24/04/2012
5	1:57.82	Deibler, Markus	GER	124th German Championships	Berlin GER	10/05/2012
6	1:57.84	Goddard, James	GBR	European Swimming Championships	Debrecen HUN	21/05/2012
7	1:58.01	Hagino, Kosuke	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
8	1:58.16	Roebuck, Joe	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
9	1:58.19	Tranter, Daniel	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
10	1:58.20	Takakuwa, Ken	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012

400M INDIVIDUAL MEDLEY

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	4:07.06	Lochte, Ryan	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	4:07.89	Phelps, Michael	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
3	4:09.92	Clary, Tyler	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
4	4:10.26	Hagino, Kosuke	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
5	4:10.52	Horihata, Yuya	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
6	4:11.81	Fraser-Holmes, Thomas	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
7	4:11.92	Yang, Zhixian	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
8	4:12.02	Wang, Chengxiang	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
9	4:12.04	Marin, Luca	ITA	49th Sette Colli Trophy	Rome ITA	14/06/2012
10	4:12.17	Cseh, Laszlo	HUN	European Swimming Championships	Debrecen HUN	21/05/2012



WORLD RANKINGS: WOMEN

50M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	24.10	Kromowidjojo, Ranomi	NED	Swim Cup Eindhoven 2012	Eindhoven NED	12/04/2012
2	24.13	Halsall, Francesca	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
3	24.32	Veldhuis, Marleen	NED	Swim Cup Eindhoven 2012	Eindhoven NED	12/04/2012
4	24.37	Steffen, Britta	GER	European Swimming Championships	Debrecen HUN	21/05/2012
5	24.42	Dekker, Inge	NED	Amsterdam Swim Cup	Amsterdam NED	16/03/2012
6	24.44	Campbell, Cate	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
7	24.50	Alshammar, Therese	SWE	Swedish Championships 2012	Norrkoping SWE	27/06/2012
7	24.50	Hardy, Jessica	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
9	24.61	Campbell, Bronte	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
10	24.63	Sjoestroem, Sarah	SWE	Swim Cup Eindhoven 2012	Eindhoven NED	12/04/2012

100M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	52.75	Kromowidjojo, Ranomi	NED	Swim Cup Eindhoven 2012	Eindhoven NED	12/04/2012
2	53.29	Sjoestroem, Sarah	SWE	Swim Cup Eindhoven 2012	Eindhoven NED	12/04/2012
3	53.57	Halsall, Francesca	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
4	53.68	Steffen, Britta	GER	124th German Championships	Berlin GER	10/05/2012
5	53.71	Tang, Yi	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
6	53.74	Schlanger, Melanie	AUS	2012 NSW State Open Championships	Sydney AUS	10/02/2012
7	53.84	Campbell, Cate	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
8	53.90	Ottesen, Jeanette	DEN	Danish Open	Bronshoj DEN	22/03/2012
9	53.94	Schmitt, Allison	USA	2012 Austin Longhorne Elite Invite	Austin USA	01/06/2012
10	53.95	Veldhuis, Marleen	NED	Swim Cup Eindhoven 2012	Eindhoven NED	12/04/2012


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WORLD RANKINGS: WOMEN

200M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	1:54.40	Schmitt, Allison	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	1:54.66	Muffat, Camille	FRA	XXII Canet International Meet	Canet-en-Roussillon FRA	06/06/2012
3	1:55.23	Sjoestroem, Sarah	SWE	British Gas Swimming Champs 2012	London GBR	03/03/2012
4	1:55.99	Barratt, Bronte	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
5	1:56.04	Palmer, Kylie	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
6	1:56.32	Pellegrini, Federica	ITA	49th Sette Colli Trophy	Rome ITA	14/06/2012
7	1:56.54	Heemskerck, Femke	NED	Amsterdam Swim Cup	Amsterdam NED	16/03/2012
8	1:56.73	Schlanger, Melanie	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
9	1:56.79	Franklin, Missy	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
10	1:57.24	Elmslie, Brittany	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012

400M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	4:01.13	Muffat, Camille	FRA	Elite French Championships	Dunkerke FRA	18/03/2012
2	4:02.35	Adlington, Rebecca	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
3	4:02.84	Schmitt, Allison	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
4	4:03.40	Palmer, Kylie	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
5	4:04.18	Sutton, Chloe	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
6	4:05.00	Ledecky, Katie	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
7	4:05.31	Balmy, Coralie	FRA	European Swimming Championships	Debrecen HUN	21/05/2012
8	4:05.45	Belmonte Garcia, Mireia	ESP	European Swimming Championships	Debrecen HUN	21/05/2012
9	4:05.70	Pellegrini, Federica	ITA	Italian National Spring Championships	Riccione ITA	06/03/2012
10	4:05.74	Barratt, Bronte	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012


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WORLD RANKINGS: WOMEN

800M FREESTYLE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	8:18.54	Adlington, Rebecca	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
2	8:19.78	Ledecky, Katie	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
3	8:21.87	Ziegler, Kate	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
4	8:22.10	Friis, Lotte	DEN	49th Sette Colli Trophy	Rome ITA	14/06/2012
5	8:22.76	Xin, Xin	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
6	8:24.23	Belmonte Garcia, Mireia	ESP	Mare Nostrum	Barcelona ESP	02/06/2012
7	8:25.71	Trott, Wendy	RSA	49th Sette Colli Trophy	Rome ITA	14/06/2012
8	8:26.49	Kapas, Boglarka	HUN	European Swimming Championships	Debrecen HUN	21/05/2012
9	8:26.60	Anderson, Haley	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
9	8:26.60	Palmer, Kylie	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012

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WORLD RANKINGS: WOMEN

100M BACKSTROKE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	58.85	Franklin, Missy	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	58.97	Zueva, Anastasia	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012
3	59.08	Terakawa, Aya	JPN	Japan Open 2012	Tokyo JPN	25/05/2012
4	59.10	Bootsma, Rachel	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
5	59.28	Seebohm, Emily	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
6	59.39	Hocking, Belinda	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
7	59.69	Nielsen, Mie	DEN	Danish Open	Bronshoj DEN	22/03/2012
8	59.82	Smoliga, Olivia	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
9	59.85	Wilkinson, Julia	CAN	2012 Canadian Olympic Trials	Montreal CAN	27/03/2012
9	59.85	Mensing, Jenny	GER	124th German Championships	Berlin GER	10/05/2012

200M BACKSTROKE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	2:06.12	Franklin, Missy	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	2:06.59	Zueva, Anastasia	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012
3	2:06.68	Hocking, Belinda	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
4	2:07.58	Beisel, Elizabeth	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
5	2:07.73	Terakawa, Aya	JPN	49th Sette Colli Trophy	Rome ITA	14/06/2012
6	2:07.83	Nay, Meagen	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
7	2:07.92	Simmonds, Elizabeth	GBR	2012 GBR Universities Champs	Sheffield GBR	10/02/2012
8	2:08.04	Russell, Sinead	CAN	2012 Canadian Olympic Trials	Montreal CAN	27/03/2012
9	2:08.06	Pelton, Elizabeth	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
9	2:08.06	Manaudou, Laure	FRA	Elite French Championships	Dunkerke FRA	18/03/2012



WORLD RANKINGS: WOMEN

100M BREASTSTROKE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	1:05.82	Soni, Rebecca	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	1:05.92	Larson, Breeja	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
3	1:06.12	Hardy, Jessica	USA	2012 Indianapolis Grand Prix	Indianapolis USA	29/03/2012
4	1:06.80	Suzuki, Satomi	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
5	1:06.88	Pickett, Leiston	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
6	1:06.92	Efimova, Yulia	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012
7	1:07.10	Johansson, Jennie	SWE	British Gas Swimming Champs 2012	London GBR	03/03/2012
8	1:07.18	Tyler, Jillian	CAN	2012 Canadian Olympic Trials	Montreal CAN	27/03/2012
9	1:07.19	Baumgardner, Ellyn	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
10	1:07.22	Deeva, Daria	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012

200M BREASTSTROKE

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	2:21.13	Soni, Rebecca	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	2:22.99	Suzuki, Satomi	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
3	2:23.03	Lawrence, Micah	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
4	2:23.56	Watanabe, Kanako	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
5	2:23.83	Kawanabe, Fumiko	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
5	2:23.83	Kaneto, Rie	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
7	2:24.03	Van Beilen, Tera	CAN	2012 Canadian Olympic Trials	Montreal CAN	27/03/2012
8	2:24.13	Chaun, Anastasia	RUS	Russian National Swimming Championships	Moscow RUS	17/04/2012
9	2:24.24	Sun, Ye	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
10	2:24.35	Pedersen, Rikke	DEN	49th Sette Colli Trophy	Rome ITA	14/06/2012



WORLD RANKINGS: WOMEN

100M BUTTERFLY

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	56.42	Vollmer, Dana	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	56.79	Sjoestroem, Sarah	SWE	British Gas Swimming Champs 2012	London GBR	03/03/2012
3	57.25	Gandy, Ellen	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
4	57.48	Lu, Ying	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
5	57.56	Halsall, Francesca	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
6	57.57	Donahue, Claire	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
7	57.59	Coutts, Alicia	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
8	57.77	Kato, Yuka	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
9	57.80	Jiao, Liuyang	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
10	57.85	Liu, Zige	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012

200M BUTTERFLY

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	2:04.69	Hoshi, Natsumi	JPN	2012 Japan National Championships	Tokyo JPN	02/04/2012
2	2:05.18	Jiao, Liuyang	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
3	2:05.38	Gong, Jie	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
4	2:05.95	Gandy, Ellen	GBR	2012 NSW State Open Championships	Sydney AUS	10/02/2012
5	2:06.37	Lowe, Jemma	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
6	2:06.52	Adams, Cammile	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
7	2:06.93	Schipper, Jessicah	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
8	2:06.95	Belmonte Garcia, Mireia	ESP	Spanish Open Spring Swimming Championships	Malaga ESP	29/03/2012
9	2:07.03	Hosszu, Katinka	HUN	European Swimming Championships	Debrecen HUN	21/05/2012
10	2:07.37	Liu, Zige	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012


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WORLD RANKINGS: WOMEN

200M INDIVIDUAL MEDLEY

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	2:09.38	Rice, Stephanie	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
2	2:09.43	Ye, Shiwen	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
3	2:09.71	Leverenz, Caitlin	USA	2012 Indianapolis Grand Prix	Indianapolis USA	29/03/2012
4	2:09.83	Coutts, Alicia	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
5	2:10.53	Belmonte Garcia, Mireia	ESP	Spanish Open Spring Swimming Championships	Malaga ESP	29/03/2012
6	2:10.76	Kukors, Ariana	USA	2012 Indianapolis Grand Prix	Indianapolis USA	29/03/2012
7	2:10.77	Miley, Hannah	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
8	2:10.84	Hosszu, Katinka	HUN	European Swimming Championships	Debrecen HUN	21/05/2012
9	2:11.37	Pelton, Elizabeth	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
10	2:11.49	Allen, Sophie	GBR	European Swimming Championships	Debrecen HUN	21/05/2012

400M INDIVIDUAL MEDLEY

RANK	TIME	NAME	COUNTRY	COMPETITION	CITY	DATE
1	4:31.74	Beisel, Elizabeth	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
2	4:32.20	Zheng, Rongrong	CHN	National Spring Championships 2012	Nanning CHN	08/01/2012
3	4:32.67	Miley, Hannah	GBR	British Gas Swimming Champs 2012	London GBR	03/03/2012
4	4:32.83	Hosszu, Katinka	HUN	2012 Indianapolis Grand Prix	Indianapolis USA	29/03/2012
5	4:33.45	Rice, Stephanie	AUS	2012 EnergyAustralia Swimming	Adelaide AUS	15/03/2012
6	4:33.91	Belmonte Garcia, Mireia	ESP	Spanish Open Spring Swimming Championships	Malaga ESP	29/03/2012
7	4:34.48	Leverenz, Caitlin	USA	USA Olympic Team Trials	Omaha USA	25/06/2012
8	4:34.92	Li, Xuanxu	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
9	4:35.17	Ye, Shiwen	CHN	National Swimming Championships	Shaoxing CHN	01/04/2012
10	4:35.68	Jakabos, Zsuzsanna	HUN	European Swimming Championships	Debrecen HUN	21/05/2012


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SELECTION POLICY

For any selection to be confirmed, all swimmers and coaches wishing to be considered for selection must have completed a Selection Acceptance Form, as outlined in 3.14

The team will be identified from performances at the British Gas Long Course Championships 3-10 March 2012, Olympic Aquatics Centre, London (the 'Trials'), and the British Gas ASA Nationals 20-23 June 2012 Sheffield. Final selection is at the sole discretion of the British Olympic Association (BOA) following nominations made by British Swimming against this selection policy. The team will be announced following ratification by the BOA.

1. ATHLETE SELECTION

- 1.1 There are up to 2 places available in each individual event.
- 1.2 There are up to a maximum of 6 places available for selection in the Freestyle relay events.
- 1.3 There are a maximum of 26 male and 26 female places available for selection subject to athletes meeting the qualification standards outlined in this policy.
- 1.4 Initial selections will be made from performances at the 'Trials' as follows:
 - 1.4.1 The 1st place in each individual event will be filled by the fastest 'available' swimmer in the final of that event on condition the FINA A time is met.
 - 1.4.2 The 2nd place in each individual event will be filled by the 2nd fastest 'available' swimmer in the final of that

event on condition that they have achieved the World LC ranked Top 16 (2 per nation) time as set out in Table 1. Such a nomination will be subject to clause 3.2.

- 1.4.3 The first 4 places in the 4x100m Freestyle and 4x200m Freestyle events will be filled (subject to clause 1.11) as follows:
 - 1.4.3.1 Priority will be given to swimmers who have qualified in 1.4.1 and 1.4.2 for the individual 100m Freestyle and 200m Freestyle events.
 - 1.4.3.2 Remaining places will be filled by the 'available' swimmers with the fastest overall times in the 100m Freestyle and 200m Freestyle events irrespective of whether the times were achieved in the heats, semi finals or finals.
- 1.5 Nominations for any remaining individual event places will be made following the British Gas ASA Nationals. Remaining place(s) will be filled by the fastest 'available' swimmer(s) from times identified in 1.5.1 or 1.5.2 on condition the FINA A time is met:
 - 1.5.1 Times recorded in the final of the relevant event at the British Gas ASA Nationals 2012.
 - 1.5.2 Times recorded in the final of the relevant event at the 'Trials' by swimmers who have already qualified at the 'Trials' in another individual event.
- 1.6 Medley relay teams will comprise of athletes selected in 1.4 and 1.5 above (subject to clause 1.11). Where there are no qualifiers in the 100m backstroke, 100m breaststroke and/or 100m butterfly event, one (1)

swimmer may be nominated for each 100m event without qualifiers to make up the medley relay team. Such a nomination will be at the complete discretion of the National Performance Director and GB Head Coach. The final make-up of the medley relay team will be determined by the GB Head Coach (see 1.10 below).

- 1.7 Consideration may be given to nominating swimmers for relay alternate places if in the view of the National Performance Director and GB Head Coach their selection will enhance the overall team performance. Nominations will be subject to clause 1.11 and based on a number of factors. Such a nomination will be made following the British Gas ASA Nationals 2012 at the complete discretion of the National Performance Director and GB Head Coach and in accordance with clause 3.3
- 1.8 If more than 26 male and/or 26 female swimmers achieve the qualifying standards, the nominations for the final make-up of the team will be determined at the complete discretion of the GB Head Coach and the National Performance Director.
- 1.9 Where a swimmer has qualified in more than one individual event, and the GB Head Coach views participation in multiple events will detract from the swimmer's performance in their main event due to the Olympic Games 2012 programme scheduling, the event(s) outside the said swimmer's main event may, at the complete discretion of the GB Head Coach, be offered instead to the next highest ranked qualifying



SELECTION POLICY (CONT.)

swimmer from times recorded in the finals of that event at the 'Trials' and in the finals of that event at the British Gas ASA Nationals 2012, on condition that they have met FINA A qualifying standard set out in Table 1. Any offer will be subject to available places and following prior consultation with the affected athlete(s) and the athlete(s) coach(es).

- 1.10 All selected swimmers are eligible for consideration for all relay teams subject to clause 1.11. The Head Coach will determine the final make-up of the relay teams at the Olympic Games 2012 and as such, time trials may be conducted at any time at the complete discretion of the Head Coach to establish fitness and/or confirm final relay selections.
- 1.11 In the Olympic Games, not more than 16 teams can be entered in each relay competition. Relay nominations therefore, will be subject to FINA qualification of a relay top 12 finish at the World Long Course Championships 2011, or FINA qualification for one of 4 additional relay spots selected by FINA from the fastest relay times achieved from 01 March 2011 to 1 June 2012 in competitions approved by FINA for that purpose. If a qualified relay team chooses not to participate at the London 2012 Olympic Games, FINA will select the next fastest relay team from relay times achieved in the period of 1 March 2011 to 1 June 2012. If a National Federation chooses to enter additional swimmers for relays, the swimmers must have achieved the FINA B time standard listed in Table 1 below at a FINA approved competition held between the 1 March 2011 and 1 June

2012, for the corresponding stroke and distance of the relay in which they are entered

- 1.12 Entries in unfilled events may be offered to selected athletes if the GB Head Coach considers participation in these events will not detract from the swimmer's performance in their primary event(s) and on condition they have met the minimum FINA qualifying standards as published in the 'FINA QUALIFICATION SYSTEM – GAMES OF THE XXX OLYMPIAD' to compete in the event.

(CONTINUED OVERLEAF...)



SELECTION POLICY (CONT.)

TABLE 1

FINA B	FEMALE		EVENT	MALE		
	FINA A	WR TOP 16		WR TOP 16	FINA A	FINA B
	25.27	25.10	50 Freestyle	22.09	22.11	
56.48	54.57	54.46	100 Freestyle	48.62	48.82	50.53
2:02.47	1:58.33	1:57.83	200 Freestyle	1:47.37	1:47.82	1:51.59
	4:09.35	4:08.25	400 Freestyle	3:48.13	3:48.92	
	8:33.84	8:29.16	800 Freestyle			
			1500 Freestyle	15:07.10	15:11.83	
1:02.95	1:00.82	1:00.33	100 Backstroke	54.08	54.40	56.30
	2:10.84	2:09.14	200 Backstroke	1:58.18	1:58.48	
1:10.89	1:08.49	1:07.90	100 Breaststroke	1:00.50	1:00.79	1:02.92
	2:26.89	2:25.99	200 Breaststroke	2:11.50	2:11.74	
1:00.75	58.70	58.56	100 Butterfly	52.19	52.36	54.19
	2:08.95	2:08.66	200 Butterfly	1:56.26	1:56.86	
	2:13.36	2:12.87	200 Individual Medley	1:59.42	2:00.17	
	4:41.75	4:40.16	400 Individual Medley	4:15.64	4:16.46	

WR Top 16 = World Ranked Top 16 (2 per nation) in Individual Events from times taken from SwimNews published rankings as at 1st September 2011

2. COACH SELECTION

- 2.1 The National Performance Director will assume the role of Team Leader at the Olympic Games 2012.
- 2.2 The GB Head Coach will act as the Head Coach at the Olympic Games 2012.
- 2.3 A maximum of eight (8) Assistant Coaches will be selected.
- 2.4 Up to six Assistant Coaches will be selected at the complete discretion of the GB Head Coach in consultation with the National Performance Director, following the conclusion of the 'Trials' from "available" coaches of athletes selected from the Trials.
- 2.5 Remaining Assistant Coaches places will be filled at the complete discretion of the GB Head Coach in consultation with National Performance Director, following the conclusion of the British Gas ASA Nationals 2012 from "available" coaches of athletes selected for the Olympic Games 2012 team.
- 2.6 Coaches must be holders of the UKCC/ASA Coaches Certificate or equivalent, or be enrolled on an UKCC/ASA Coach Course at time of selection
- 2.7 Coaches must have been resident within the UK for a minimum period of two years leading into selection, unless employed or deployed by a British or Home Country National Governing Body.



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SELECTION POLICY (CONT.)

3. GENERAL

- 3.1 The reference to 'available' in the sections above denotes British swimmers and coaches who have declared their availability (as outlined in 3.14) to attend the Olympic Games 2012, and who are eligible to represent Great Britain at the Olympic Games 2012 as documented in the Olympic Charter Rules. The BOA in consultation with FINA and the IOC will decide on any question of eligibility and their decision will be final.
- 3.2 Under exceptional circumstances, if a swimmer placed top 4 in the final of an individual Olympic event at the 2011 FINA World LC Swimming Championships fails to qualify in the same event at the 'Trials', they may be nominated for a place in the event if they have recorded a faster time at the 2011 FINA World Championships than the second place finisher in the March trials in a World LC ranked Top 16 (2 per nation) time as set out in Table 1. Such a nomination will be made at the complete discretion of the National Performance Director and Head Coach if in their view the said swimmer has stronger Olympic medal potential than the second place finisher at the March trials.
- 3.3 Nominations made at the discretion of the National Performance Director and the GB Head Coach in clause 1.6, 1.7, 1.8, 1.9 and 1.10 will be subject to number of factors such as a swimmer's current and past performance, their rate of progression, their Olympic medal potential for 2012 and/or 2016. Such nominations will be at the complete discretion of the National Performance Director and GB Head Coach taking into consideration those factors listed.
- 3.4 Split times, relay lead-off performances, or performances from time trials will not be considered.
- 3.5 If an equal placing occurs in an individual event, then the swimmer with the fastest time in the semi finals will be nominated (or the fastest time in the heats where there are no semi finals). If said swimmers have recorded an equal time in the semi finals then the swimmer with the fastest time in the heats will be nominated. If the said swimmers have recorded an equal time in the heats then a swim-off will be conducted to confirm nomination at a time and venue to be determined by the GB Head Coach and National Performance Director.
- 3.6 Swimmers must demonstrate an uncompromised commitment to training preparation for peak performance at the Olympic Games 2012 as determined by their personal coach and approved by the GB Head Coach. If for any reason a swimmer is unable or unwilling to fulfill this commitment, they may be withdrawn from the team following consultation with the BOA.
- 3.7 ALL team members will be expected to attend ALL required preparation activities organised between the end of the 'Trials' and Olympic Games 2012, if selected and required to attend by the GB Head Coach. Failure to attend the required activities could result in withdrawal from the team following consultation with the BOA. Under exceptional circumstances, written approval to be excluded from activities may be given by the GB Head Coach and National Performance Director.
- 3.8 Team members will be expected to attend each programmed camp, where selected, on a full-time basis, taking part in all programmed activities. No team member will be allowed to leave a camp or undertake any activities that are not directly relevant to the camp programme, this includes any external media, sponsor or social activities.
- 3.9 Swimmers may not take holiday or attend overseas camps and/or competitions between the 'Trials' and the Olympic Games 2012 without prior written approval from the GB Head Coach and the National Performance Director.
- 3.10 Swimmers becoming unfit due to illness or injury at any time following their selection and the BOA Delegation Registration Meeting 8 July 2012 must notify British Swimming immediately and will be required to undertake a full medical examination by British Swimming Medical Staff, which may result in the swimmer being de-selected from the team at the complete discretion of the GB Head Coach and National Performance Director following consultation with the BOA.
- 3.11 Swimmers may be subjected to fitness (land/water) and/or medical tests at any time following their selection and the BOA Delegation Registration Meeting 8 July 2012. Any swimmer judged to be unfit by British Swimming, following tests conducted by British



SELECTION POLICY (CONT.)

Swimming, may be de-selected from the team at the complete discretion of the GB Head Coach and National Performance Director following consultation with the BOA.

- 3.12 Replacement of swimmers withdrawn from the Olympic Games 2012 team will be considered at the complete discretion of the National Performance Director and GB Head Coach following consultation with the BOA if viewed to be in the best interest of the overall team performance. Such a replacement will be in accordance with the International Olympic Committee (IOC) Late Athlete Replacement policy.
- 3.13 All selected team members will be required to sign and comply with the British Swimming Code of Conduct and the BOA Team Member's Agreement. A breach of the British Swimming Code of Conduct or BOA Team Member's Agreement may result in de-selection from the team.
- 3.14 Selection Acceptance Form: All swimmers and coaches will be expected to complete a Selection Acceptance Form to confirm they will be available to participate in the Olympic Games 2012. Failure to do so will be interpreted as non-availability by the Federation. Selection Acceptance Forms will be provided by British Swimming to qualifying team members at the selection meets.
- 3.15 All swimmers must comply with FINA, IOC and BOA swimwear regulations whilst competing at the Olympic Games 2012.

- 3.16 Nominations for all coaching, sport science/medicine, and team manager positions (with the exception of the Team Leader and Head Coach), will be made to the BOA following a mandatory interview process. The interview panel will comprise of the National Performance Director, the British Swimming Head Coach and an independent representative as nominated by the National Performance Director. The interviews will be held within a one month period following the conclusion of the 2012 British Gas Long Course Championships, and also following the final session on the last day of the British Gas ASA Nationals for the remaining 2 coaches identified in section 2.4. Failure to attend the interview process will rule the individual ineligible for nomination to the BOA.
- 3.17 British Swimming will impose a fine of £500 on any swimmer who withdraws from the team for any reason other than illness or injury (as certified by British Swimming Medical Staff).
- 3.18 All team members will be expected to abide by the Media Protocols of the British Swimming Programme. Athletes must only speak to the media about their own performances and group coaches must only comment on performances of swimmers in their group. The GB Head Coach and National Performance Director may discuss performances of the entire team. During the Games period 27 July - 12th August 2012, swimmers must also comply with the BOA media rules as set out in the Team Members Agreement.

- 3.19 The National Performance Director and GB Head Coach will exercise their authority to ensure that the final selections for the Olympic Games 2012 team are in line with this policy and will result in the best possible achievements at the Olympic Games 2012.
- 3.20 Any appeals against nominations in relation to this GB Technical Swimming Committee selection policy must be made in accordance with the British Swimming Team Selection Appeals Procedures that can be found on the British Swimming website <http://www.swimming.org> or upon request.

GB Technical Swimming Committee

29 September 2011



SELECTION POLICY

For any selection to be confirmed, all swimmers and team staff wishing to be considered for selection must have completed and returned a Selection Acceptance Form, as outlined in 3.12

The Open Water team for the Olympic Games 2012 will be identified from performances at the FINA World OWS Championships 2011 Shanghai, China and the FINA Olympic Marathon Swim Qualifier Setubal, Portugal 9-10 June 2012. The selection procedures below follow the published 'FINA QUALIFICATION SYSTEM – GAMES OF THE XXX OLYMPIAD' for Marathon Swimming. Final selection is at the sole discretion of the British Olympic Association (BOA) following nominations made by British Swimming against this selection policy. The team will be announced following ratification by the BOA.

1. ATHLETE SELECTION

- 1.1. There are 2 male and 2 female places available for Team GB selection in the 10km event at the Olympic Games 2012 subject to qualification of named quota places.
- 1.2. British swimmers will be nominated to represent Great Britain at the Olympic Games 2012 if they have achieved a top 10 ranked place in the 10km event at the FINA World OWS Championships 2011 subject to clause 3.13.
- 1.3. If there are no British male qualifiers in 1.2 above, the National Performance Director will have the

sole discretion to select up to 2 'available' British male swimmers to challenge for an Olympic place at the FINA Olympic Marathon Qualifier 2012. Such a decision will be made following the British Gas Swimming Championships 3-10 March 2012 and exercised in accordance with clause 3.3.

- 1.4. If there are no British female qualifiers in 1.2 above, the National Performance Director will have the sole discretion to select up to 2 'available' British female swimmers to challenge for an Olympic place at the FINA Olympic Marathon Qualifier. Such a decision will be made following the British Gas Swimming Championships 3-10 March 2012 and exercised in accordance with clause 3.3.
- 1.5. Where swimmers are selected via 1.3 and 1.4 to compete in the FINA Olympic Marathon Qualifier 2012, the highest placed British male and highest placed British female swimmer will be nominated to represent Great Britain at the Olympic Games 2012 if they achieve a top 9 ranked place in the 10km event at the FINA Olympic Marathon Qualifier 2012.
- 1.6. If there are no British male qualifiers following selections in 1.2 or 1.5 above, one (1) male host nation place may be offered to an 'available' male swimmer at the complete discretion of the British Development/Open Water Coach and the National Performance Director. Such a decision will be made in consultation with the BOA following the conclusion of the FINA Olympic Marathon qualification 2012 and

exercised in accordance with clause 3.3.

- 1.7. If there are no British female qualifiers following selections in 1.2 or 1.5 above, one (1) female host nation place may be offered to a female swimmer at the complete discretion of the British Development/Open Water Coach and the National Performance Director (refer to clause 3.3). Such a decision would be made in consultation with the BOA following the conclusion of the FINA Olympic Marathon qualification 2012 and exercised in accordance with clause 3.3.

2. COACH SELECTION

- 2.1 The British Development/Open Water Coach will act as the Open Water Team Leader at the Olympic Games 2012.
- 2.2 Support coaches will be nominated at the complete discretion of the British Development/Open Water Coach in consultation with the National Performance Director and coach numbers will be subject to available accreditations.
- 2.3 Coaches 'available' for nomination must be holders of the UKCC/ASA Coaches Certificate or equivalent, or be enrolled on an UKCC/ASA Coach Course at time of selection.
- 2.4 Coaches 'available' for nomination must have been resident within the UK for a minimum period of two years leading into the FINA World OWS



SELECTION POLICY (CONT.)

Championships 2011, unless employed or deployed by a British or Home Country National Governing Body.

3. GENERAL CONDITIONS

- 3.1 The reference to 'available' in the sections above denotes British swimmers and coaches who have declared their availability (as outlined in 3.12) to participate in the Open Water Marathon Swim at the Olympic Games 2012.
- 3.2 Only swimmers eligible and available to represent Great Britain in the Open Water Marathon Swim at the Olympic Games 2012 (as documented in the Olympic Charter Rules) will be selected. The BOA in consultation with FINA and the IOC will decide on any question of eligibility and their decision will be final.
- 3.3 Selections made at the discretion of the National Performance Director and the British Swimming Development/Open Water Coach in clause 1.3, 1.4, 1.6 and 1.7 will be subject to number of factors such as a swimmer's past performance, their rate of progression, their Olympic medal potential for 2012 and/or 2016. Such nominations will be at the complete discretion of the National Performance Director and British Development/Open Water Coach taking into consideration those factors listed.
- 3.4 Swimmers must demonstrate an uncompromised commitment to training preparation for peak performance in the Open Water Marathon Swim at the Olympic Games 2012, as determined by their personal coach and approved by the British Development/Open Water Coach. If for any reason a swimmer is unable or unwilling to fulfill this commitment, their nomination may be withdrawn or they may be de-selected from the team following consultation with the BOA.
- 3.5 ALL team members will be expected to attend ALL activities organised following their nomination and the Open Water Marathon Swim at the Olympic Games 2012, if selected and required to attend by British Development/Open Water Coach. Under exceptional circumstances, written approval to be excluded from activities may be given by the National Performance Director. Failure to attend compulsory activities could result in withdrawal from the team following consultation with the BOA.
- 3.6 Team members will be expected to attend each programmed camp, where selected, on a full-time basis, taking part in all programmed activities. Unless otherwise agreed, no team member will be allowed to leave a camp or undertake any activities that are not directly relevant to the camp programme, this includes any external media, sponsor or social activities.
- 3.7 Selected swimmers may not take holiday or attend overseas camps and/or competitions following their nomination and the Open Water Marathon Swim at the Olympic Games 2012 without prior written approval from the British Development/Open Water Coach and the National Performance Director.
- 3.8 Swimmers becoming unfit due to illness or injury at any time following their nomination and the BOA Delegation Registration Meeting 8th July 2012 must notify British Swimming immediately and unless otherwise agreed, will be required to undertake a full medical examination by British Swimming Medical Staff which may result in the swimmer being de-selected from the team following consultation with the BOA.
- 3.9 Swimmers may be subjected to fitness (land/water) and/or medical tests at any time between the BOA Delegation Registration Meeting 8th July 2012 and the conclusion of the Olympic Games 2012. Any swimmer judged to be unfit by the BOA and British Swimming, following tests conducted by British Swimming in the presence of a BOA representative, may be de-selected from the team.
- 3.10 Replacement of swimmers withdrawn from the Open Water Marathon Swim at the Olympic Games 2012 will be considered by the National Performance Director and British Development/Open Water Coach if viewed to be in the best interest of the overall team performance. Nomination of replacement swimmers will be identified at the complete discretion of the British Development/Open Water Coach and the National Performance Director following consultation with the BOA. Such a replacement will be in



SELECTION POLICY (CONT.)

accordance with the International Olympic Committee (IOC) Late Athlete Replacement policy or equivalent.

3.11 All selected team members will be required to sign and comply with the British Swimming Code of Conduct and the BOA Team Member's Agreement. A breach of the British Swimming Code of Conduct or BOA Team Member's Agreement may result in de-selection from the team.

3.12 Selection Acceptance Form: All swimmers and coaches will be expected to complete a Selection Acceptance Form to confirm they will be available to participate in the Open Water Marathon Swim at the Olympic Games 2012. Failure to do so will be interpreted as non-availability by the Federation. Selection Acceptance Forms will be provided by British Swimming to qualifying team members.

3.13 Swimmers gaining selection from the FINA World OWS Championships 2011 (as specified in 1.2) will be required to maintain their fitness levels and may be subjected to fitness (land/water) tests any time following their nomination and the Open Water Marathon Swim at the Olympic Games 2012. Any swimmer judged to be unfit by British Swimming, following tests conducted by British Swimming, may be de-selected at the discretion of the British Development/Open Water Coach and National Performance Director following consultation with the BOA.

3.14 All swimmers must comply with IOC, FINA and BOA swimwear regulations.

3.15 Nominations for all coaching, sport science/medicine and team manager positions (with the exception of the Team Leader) will be made to the BOA following a mandatory interview process. The interview panel will comprise of the National Performance Director, the British Development/Open Water Coach, and an independent representative as nominated by the National Performance Director. The interviews will be held within a one month period following the conclusion of the Team GB Open Water swimmer selection process as outlined in this policy. Failure to attend the interview process will rule the individual ineligible for nomination to the BOA.

3.16 British Swimming will impose a fine of £500 on any swimmer who withdraws from the team for any reason other than illness or injury (as certified by British Swimming Medical Staff).

3.17 All team members will be expected to abide by the Media Protocols of the British Swimming Programme. Athletes must only speak to the media about their own performances and group coaches must only comment on performances of swimmers in their group. The British Development/Open Water Coach and National Performance Director may discuss performances of the entire team. During the Games period 27 July - 12th August 2012, swimmers must also comply with the BOA media rules as set

out in the Team Members Agreement.

3.18 The National Performance Director and British Development/Open Water Coach will exercise their authority to ensure that the final selections for the Open Water marathon event at the Olympic Games 2012 are in line with this policy and will result in the best possible achievements at the Olympic Games 2012.

3.19 Any appeals against nominations in relation to this GB Technical Swimming Committee selection policy must be made in accordance with the British Swimming Team Selection Appeals Procedures that can be found on the British Swimming website <http://www.swimming.org/library/document/team-selection-procedure> or upon request.

GB Technical Swimming Committee

July 2011



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DIVING TEAM

MALE

Tom Daley
Jack Laugher
Chris Mears
Nick Robinson-Baker
Peter Waterfield

FEMALE

Sarah Barrow
Alicia Blagg
Tonia Couch
Rebecca Gallantree
Monique Gladding
Stacie Powell
Hannah Starling



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PRINT

DIVING SCHEDULE

29 July Olympic Park – Aquatics Centre

15:00 – 16:10 Women's Synchronised 3m Springboard: final, victory ceremony



30 July Olympic Park – Aquatics Centre

15:00 – 16:15 Men's Synchronised 10m Platform: final, victory ceremony



31 July Olympic Park – Aquatics Centre

15:00 – 16:10 Women's Synchronised 10m Platform: final, victory ceremony



1 August Olympic Park – Aquatics Centre

15:00 – 16:15 Men's Synchronised 3m Springboard: final, victory ceremony



3 August Olympic Park – Aquatics Centre

14:30 – 17:30 Women's 3m Springboard: preliminaries

4 August Olympic Park – Aquatics Centre

14:30 – 16:10 Women's 3m Springboard: semi-final

5 August Olympic Park – Aquatics Centre

19:00 – 20:30 Women's 3m Springboard: final, victory ceremony



6 August Olympic Park – Aquatics Centre

19:00 – 22:30 Men's 3m Springboard: preliminaries

7 August Olympic Park – Aquatics Centre

10:00 – 11:50 Men's 3m Springboard: semi-final

19:00 – 21:00 Men's 3m Springboard: final, victory ceremony



8 August Olympic Park – Aquatics Centre

19:00 – 22:10 Women's 10m Platform: preliminaries

9 August Olympic Park – Aquatics Centre

10:00 – 11:30 Women's 10m Platform: semi-final

19:00 – 20:30 Women's 10m Platform: final, victory ceremony



10 August Olympic Park – Aquatics Centre

19:00 – 22:45 Men's 10m Platform: preliminaries

11 August Olympic Park – Aquatics Centre

10:00 – 11:50 Men's 10m Platform: semi-final

20:30 – 22:10 Men's 10m Platform: final, victory ceremony



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PRINT

TOM DALEY



Dob: 21/05/1994

Born: Plymouth

Club: Plymouth Diving

Coach: Andy Banks

Trains: Plymouth

Lives: Plymouth

Occupation: Currently doing A-Levels in Maths, Spanish and Photography.

QUALIFIED EVENTS:

10m Platform, 10m Synchro

ACHIEVEMENTS:

European Championships 2012: 10m Platform Gold

FINA World Cup 2012: 10m Synchro 7th

World Championships 2011: 10m Platform 5th, 10m Synchro 6th

Commonwealth Games 2010: 10m Platform Gold, 10m Synchro Gold

World Junior Championships 2010: 3m Springboard 6th

World Championships 2009: 10m Platform Gold, 10m Synchro 9th

Olympic Games 2008: 10m Platform 7th, 10m Synchro 8th

European Championships 2008: 10m Platform Gold, 10m Synchro 6th

FINA World Cup 2008: 10m Synchro Bronze

ON THE BOARD

What are your goals for London Olympics? I want to go out there and do my six best dives and do the best that I can. Where that takes me we will have to see.

Finest ever performance /why: Winning the gold medal in the 10m Platform at the European Championships in Eindhoven earlier this year was a personal best. To win by 50 points is rare and a great achievement. I also think becoming world champion in 2009 was special because it was one that I wasn't expecting to do and I was a bit of an underdog. After my last dive people started missing their dives and that taught me about pressure and how other people cope with it.

Favourite Event: I like them both. The individual because it means you are doing it for yourself, but the Synchro is good because you get to share the excitement and moment with someone else.

GB Debut: When I was 12 I competed at the Canada Cup in Montreal. Then in 2008 I did my first World Cup event.

Favourite Venue: The pool in Shanghai at the World Championships. It was outdoors and the size of the pool was impressive. It was simply a nice venue to dive in.

Toughest Dive you do: A front four and a half. It's one of the most difficult dives that people are doing at the moment. It's make or break during the competition.

Toughest opponent: Qiu Bo from China is definitely the one to beat.

OFF THE BOARD

Any Superstitions? No, but I have had a lucky monkey since my first competition away.

Favourite way to relax? Just spending time with my friends eating and chilling out. I enjoy cooking also.

Hobbies away from the pool? School takes up most of my time along with diving so that doesn't leave much time for hobbies sadly.

What's the best thing you cook? I can make ice cream, it tastes the best. I also like making stir frys and Mexican food.

Best concert you have been to? Kanye West was very good.

Who would you most like to meet? Cheryl Cole.

Must watch TV? I like X factor and Britain's Got Talent. Dexter is my favourite series though.

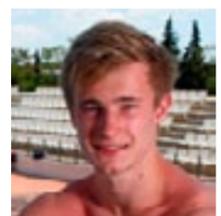
Holiday destination? Can I have two? I would do a week skiing in North America followed by a week in Texas or Florida, so combining cold and hot.

Which five people would you want at your ultimate dinner party? Elvis Presley, Barack Obama, Cheryl Cole, David Walliams and James Corden.

If you could have a super power what would it be? To Fly.



JACK LAUGHER



Dob: 30/01/1995

Born: Harrogate

Club: City of Leeds

Coach: Adrian Hinchliffe

Trains: Leeds

Lives: Ripon

Occupation: Student, currently doing first year of A-Levels in PE, Chemistry, Maths and Physics

QUALIFIED EVENTS:

3m Springboard

ACHIEVEMENTS:

European Championships 2012: 3m Springboard 6th

FINA World Cup 2012: 3m Springboard 8th

World Championships 2011: 1m Springboard 33rd, 3m Springboard 8th

Commonwealth Games 2010: 3m Springboard 11th, 3m Synchro 7th

World Junior Championships 2010: 1m Springboard Gold, 3m Springboard Gold, 3m Synchro 10th

European Junior Championships 2010: 1m Springboard Gold, 3m Springboard Gold, 3m Synchro 4th, 10m Platform 6th

FINA World Cup 2010: 3m Springboard 31st

ON THE BOARD

What are your goals for the London Olympics? Making the Games is an amazing achievement in itself. I would like to be able to match my result from the World Cup earlier this year and also get another personal best. To do that would be incredible.

Finest ever performance /why: The World Cup in London was great. I dived really well in both the semi-final and final and finished eighth overall. The pool is amazing at the Aquatics Centre and the crowd was the largest I had dived in front of and they were all British so the support was amazing and really helped. I think also the European Championships in Eindhoven when I came sixth in the final. My best dive didn't actually go as well as normal either so knowing this gives me great confidence. 2012 overall has gone really well so far.

Favourite Event: 3m Springboard. I find it fun. I always like to twist and somersault and to be able to do it all day is amazing.

GB Debut: When I was 14 at the Russian Grand Prix in Moscow 2009. I also did the World Cup the following year in China.

Favourite Venue: London Aquatics Centre is amazing as was Beijing.

Toughest Dive you do: Of the ones that I use the back three and a half somersaults with tuck. As you are facing backwards you only really have an arm swing to start so it's pretty much from a standing position. It's quite tough!

Toughest opponent: The Chinese team are incredible.

OFF THE BOARD

Any Superstitions? No, not really.

Favourite way to relax? Playing the Playstation. Call of Duty is my favourite game at the moment.

Hobbies away from the pool? I go shopping or spend time with my girlfriend when I get the chance.

What's the best thing you cook? I am not that good. But I can do a roast.

Best concert you have been to? Chase and Status earlier this year, it was amazing

Who would you most like to meet? The Queen.

Must watch TV? Family Guy and One Born Every Minute.

Holiday destination? I would like to see the Great Barrier Reef in Australia.

Which five people would you want at your ultimate dinner party? Michael McIntyre, Jimmy Carr, Stephen Fry, Barack Obama and Boris Johnson.

If you could have a super power what would it be? To be able to fly.



CHRIS MEARS



Dob: 07/02/1993

Born: Reading

Club: Southampton Diving Academy

Coach: Lindsey Fraser

Trains: Southampton

Lives: Southampton for two days a week and Reading for the rest of the week

Occupation: Full time athlete

QUALIFIED EVENTS:

3m Springboard, 3m Synchro

ACHIEVEMENTS:

European Championships 2012: 3m Springboard 8th, 3m Synchro 5th

FINA World Cup 2012: 3m Springboard 16th, 3m Synchro 10th

World Championships 2011: 1m Springboard 14th, 3m Springboard 30th, 3m Synchro 7th

Commonwealth Games 2010: 3m Synchro 4th

European Championships 2010: 1m Springboard 28th, 3m Springboard 19th, 3m Synchro 5th

European Junior Championships 2010: 1m Springboard 9th, 3m Springboard 13th

FINA World Cup 2010: 3m Springboard 17th

European Junior Championships 2008: 1m Springboard Silver, 3m Springboard Bronze, 10m Platform Bronze

ON THE BOARD

What are your goals for London Olympics? I dream of getting a medal. On the day anyone can drop a dive and anything can happen. At the World Series in Mexico this year we won the silver medal in the 3m Synchro and with that sort of score in London we could be pushing for the medals.

Finest ever performance /why: During the FINA World Cup at the London Aquatics Centre. I had to get a top 18 position to secure a spot for GB in the Olympics in the 3m Springboard event. I finished 14th and achieved a personal best. I was nervous because of the importance but the nerves along with the support of the home crowd helped me.

Favourite Event? I do both Individual and Synchro and like them both equally. The Synchro is a quicker event with not so many entries and you benefit from being part of a team. The individual is more pressure as it is all on you.

GB Debut: My first major event was the European Championships in 2010. It was the first time that I had been amongst a really good level of diving. I was quite young and it was daunting competing with all the top divers in Europe.

Favourite Venue? The London Aquatics Centre. It's a brilliant facility. The springboard is great and the architecture both inside and out is amazing.

Toughest Dive you do: The forward four and a half with tuck. The degree of difficulty is 3.8. There are so many points to the dive that are important.

Toughest opponent: Jack Laugher. He is so consistent and this year he has proven himself to be a world class diver. He is a great friend also.

OFF THE BOARD

Any Superstitions? I never walk over three drains.

Favourite way to relax? I play the guitar, like shopping and spending time with my girlfriend and my family.

Hobbies away from the pool? I play guitar and record music with some friends. I always have a project on the go. We write our own music and it's really good fun and relaxing. After diving I would love to do something within music. My cousin toured with Olly Murs last year so hopefully I can get a few contacts. I dabble in golf when I can also and enjoy it, when it is going well.

What's the best thing you cook? I do a great chilli con carne with a lot of spice. I really like spicy food.

Best concert you have been to? I went to the Reading Festival in 2011 and saw Ed Sheeran who was fantastic.

Who would you most like to meet? Russell Brand.

Must watch TV? I am into Homeland at the moment which is brilliant. I watch Top Gear quite a lot also.

Holiday destination? I went to Jamaica and it was amazing, combining the beach and a golf course. The people are so relaxed there.

Which 5 people would you want at your ultimate dinner party? Russell Brand, Noel Fielding, Paddy McGuinness, Noel Gallagher and Nicole Scherzinger.

If you could have a super power what would it be? I would love to be able to fly.



NICK ROBINSON-BAKER



Dob: 24/06/1987

Born: Farnborough, Kent

Club: City of Sheffield

Coach: Steve Gladding

Trains: Sheffield

Lives: Sheffield

Occupation: Full time athlete

QUALIFIED EVENTS:

3m Synchro

ACHIEVEMENTS:

European Championships 2012: 3m Synchro 5th

FINA World Cup 2012: 3m Synchro 10th

World Championships 2011: 3m Synchro 7th

Commonwealth Games 2010: 1m Springboard 6th,
3m Springboard 5th, 3m Synchro 4th

European Championships 2010: 1m Springboard 12th,
3m Synchro 5th

World Championships 2009: 3m Synchro 7th

Olympic Games 2008: 3m Synchro 7th

FINA World Cup 2008: 3m Synchro 4th

European Championships 2008: 3m Synchro 7th

ON THE BOARD

What are your goals for London Olympics? To win an Olympic Medal. I am very excited about the Olympics and utilising the home crowd to my advantage.

Finest ever performance/why: Winning the silver medal at the World Series in Mexico earlier this year. Everything just clicked. We had our front four and half and that went really well so it really upped our overall score.

Favourite Event: The 3m Synchro. I retired from Individual events after the Commonwealth Games in Delhi 2010. In general diving is such an adrenaline rush so when you do it with someone next to you it gives you an extra buzz.

GB Debut: I was 15 when I competed at the European Junior Championships back in 2002 and won a silver medal on the 1m springboard. I was nervous but it made me realise that I could be quite good and that I really wanted to do this.

Favourite Venue: The London Aquatics Centre is simply stunning. I also thought Beijing was great at the Olympics in 2008. But Fort Lauderdale in Florida is beautiful. It is so close to the beach and has quite a relaxed atmosphere so that is probably my favourite.

Toughest Dive you do: It would be the front four and a half in a tucked position. You really have to throw yourself out from the board. We do a lot of work in the gym which helps us with this dive. It's the hardest dive on the three metre board at the moment.

Toughest opponent: The Chinese team without a doubt. They beat us in Mexico after we dived our socks off. The Russians are very strong also.

OFF THE BOARD

Any Superstitions? No, none at all.

Favourite way to relax? I like to relax with friends and go out to eat. I like driving around in my car just about anything that I can do to make me relax.

Hobbies away from the pool? I am a keen boxer and I like martial arts. I enjoy rock climbing also.

What's the best thing you cook? It is not that technical but I do a great Mexican fajita dish. I marinade everything and it's really fun to do. I will eat anything though.

Best concert you have been to? In Sheffield a couple of years ago I saw Nickleback and they were amazing. I also went to see Stevie Wonder and he was fantastic.

Who would you most like to meet? Muhammad Ali he is very inspirational.

Must watch TV? I watch a lot of DVDs. I watch the Homeland series but nothing really specific.

Holiday destination? I love the beach so somewhere like South Beach in Miami. Although if I was going to relax somewhere like Thailand or Bahamas.

Which 5 people would you want at your ultimate dinner party? Megan Fox, Eddie Murphy, Denzel Washington, Liz Hurley and Muhammad Ali.

If you could have a super power what would it be? To be able to heal people.



PETER WATERFIELD



Dob: 12/03/1981

Born: Walthamstow, East London

Club: Southampton Diving Academy

Coach: Lindsey Fraser

Trains: Southampton

Lives: Southampton

Occupation: Full time athlete. Although I also work for the Youth Sports Trust going into local schools and mentoring kids. Sky Sports Living for Sports Programme.

QUALIFIED EVENTS:

10m Platform, 10m Synchro

ACHIEVEMENTS:

FINA World Cup 2012: 10m Platform Bronze, 10m Synchro 7th

World Championships 2011: 10m Platform 11th, 10m Synchro 6th

FINA World Cup 2010: 10m Platform 6th, 10m Synchro 6th

World Championships 2009: 1m Springboard 4th

Olympic Games 2008: 10m Platform 13th

FINA World Cup 2008: 10m Platform 8th

World Championships 2007: 10m Platform 10th

Commonwealth Games 2006: 10m Platform Silver, 1m Springboard 4th

World Championships 2005: 3m Synchro 13th, 10m Platform 31st, 10m Synchro Bronze

Olympic Games 2004: 10m Synchro Silver

Commonwealth Games 2002: 10m Platform Gold

World Championships 2001: 1m Springboard 11th

Olympic Games 2000: 10m Synchro 4th

ON THE BOARD

What are your goals for London Olympics? I have done three Olympics already so to just compete at a home is fantastic especially as I was brought up in East London. I would love to get an Olympic medal as it will be my last Olympics. It would be the icing on the cake for my career.

Finest ever performance /why: Individually my best result was winning bronze on the 10m Platform in the 2012 World Cup in London at the Olympic Pool. For Synchro it would be the Olympics in Athens 2004 winning a silver medal. We both dived really well that day and it all worked so well.

Favourite Event: I like them both. I love doing Synchro as when you have success you get to share it with someone. Also you focus on the other person to make sure you are in time leaving the board. I enjoy the individual as well because you can just concentrate on yourself.

GB Debut: At the World Cup in Atlanta. It was the test event for the 1996 Olympics.

Favourite Venue: The London Aquatics Centre. It's quirky and looks great inside. The atmosphere is great during competition, it's a comfortable pool to dive in and because the crowd are close to you, you are closer to the atmosphere.

Toughest Dive you do: The front four and a half. It's a new dive that I have only been doing for about a year. It's the most somersaults we do on any of our dives.

Toughest opponent: The Chinese are the toughest to beat in our sport. But the US, Germany and Mexico are all very strong when it comes to the Olympics. It's pretty tight at the top so you need to keep an eye on everyone.

OFF THE BOARD

Any Superstitions? Not really, try to stay clear just in case.

Favourite way to relax? Being a dad there isn't much time to relax. I have two sons Lewis and Marshall.

Hobbies away from the pool? I really enjoy just driving in the car. Between diving and parenting there is not much time for anything else.

What's the best thing you cook? A Salad! I am not the best cook.

Best concert you have been to? That would be Oasis at Wembley a few years ago now.

Who would you most like to meet? Snooker player Ronnie O'Sullivan is my idol.

Must watch TV? Britain's Got Talent and The Voice.

Holiday destination? We want to take the children to Disneyworld in Florida, hopefully 2013.

Which five people would you want at your ultimate dinner party? Ronnie O'Sullivan, Robin van Persie, Theo Walcott, Eminem and Jason Statham who I used to train with at Crystal Palace many years ago.

If you could have a super power what would it be? Fly, so I don't have to be on an aeroplane for so long.



SARAH BARROW



Dob: 22/10/1988

Born: Plymouth

Club: City of Leeds

Coach: Adrian Hinchliffe

Trains: Leeds

Lives: Leeds

Occupation: Full time athlete

QUALIFIED EVENTS:

10m Synchro

ACHIEVEMENTS:

European Championships 2012: 10m Synchro Gold

FINA World Cup 2012: 10m Synchro Bronze

World Championships 2011: 10m Synchro 4th

Commonwealth Games 2010: 10m Synchro 4th

European Championships 2010: 10m Platform 14th

FINA World Cup 2010: 10m Platform 14th

European Championships 2008: 10m Synchro 4th

FINA World Cup 2008: 10m Synchro 7th

European Championships 2006: 10m Synchro 6th

Commonwealth Games 2006: 10m Platform 10th,
10m Synchro 5th

ON THE BOARD

What are your goals for London Olympics? To come back with a medal. The venue is so big and different to look at compared to other places. It is going to be great to compete at my first Olympics at home.

Finest ever performance /why: I have two. The bronze medal that we won in the 10m Synchro at the World Cup in London this year was such a surprise especially as we were only seventh going into the final dive. Also, winning the European Championships was great although we went into that targeting gold and I am so pleased that we came away with the victory. Hearing the national anthem was great, the whole team came down to poolside and were all singing.

Favourite Event: I like both events as they are so different. Having someone to talk to is great with the Synchro while you are doing it for yourself in the Individual.

GB Debut: Back in 2003 I competed in the European Junior Championships. My senior debut was in 2005 at the European Cup in Sweden.

Favourite Venue: The pool at the World Championships last year in Shanghai. It was nice diving outside as it was quite warm and we don't have that many venues which are outdoors anymore.

Toughest Dive you do: Front three and a half pike. Technically it is difficult, so we spend more time working on it.

Toughest opponent: The Chinese, because they are always up at the top.

OFF THE BOARD

Any Superstitions? No.

Favourite way to relax? I like watching films, anything apart from Sci-fi.

Hobbies away from the pool? Just going out to eat or shopping.

What's the best thing you cook? I like making Mexican food. I'm not bad at cooking.

Best concert you have been to? I can't remember the last one I went to. Kanye West, a few years ago in Plymouth it was really good.

Who would you most like to meet? Ryan Reynolds or Ryan Gosling.

Must watch TV? I like soaps Corrie and Eastenders. Also enjoy Cougar Town and Homeland.

Holiday destination? I would love to go to Barbados.

Which five people would you want at your ultimate dinner party? Ryan Reynolds, Ryan Gosling, Michael McIntyre, David Walliams and Kate Hudson.

If you could have a super power what would it be? To be able to teleport myself to cut down on travel time.



ALICIA BLAGG



Dob: 21/10/1996

Born: Wakefield

Club: City of Leeds

Coach: Edwin Jongejans

Trains: Leeds

Lives: Leeds

Occupation: Still at school currently in year 10 doing my GCSEs

QUALIFIED EVENTS:

3m Synchro

ACHIEVEMENTS:

European Championships 2012: 1m Springboard 11th, 3m Synchro 5th

FINA World Cup 2012: 3m Synchro 11th

World Championships 2011: 1m Springboard 30th, 3m Synchro 15th

Commonwealth Games 2010: 1m Springboard 8th, 3m Springboard 10th, 3m Synchro 4th

World Junior Championships 2010: 1m Springboard 4th, 3m Springboard 7th

European Championships 2010: 1m Springboard 14th, 3m Springboard 15th, 3m Synchro 5th

FINA World Cup 2010: 3m Synchro 8th

ON THE BOARD

What are your goals for the London Olympics? The target would be to gain as much experience and fun out of it as possible and get a good ranking. In the Synchro event a personal best would be great. The pool is incredible in London. The atmosphere at the World Cup was amazing. I have never felt like that before.

Finest ever performance /why: In Arizona at the World Junior Championships in 2010. I came fourth in the 1m. The first five dives went so well and put me in a good position in the final. All the dives seemed to go really well that day.

Favourite Event: 3m Synchro because I compete with Rebecca Gallantree. She is like a big sister to me and we train together so can really work on our Synchronisation.

GB Debut: My first major competition was at the Commonwealth Games in Delhi later that year. It was an amazing experience. Getting a feel of the village environment was great.

Favourite Venue: The pool at the Commonwealth Games in Delhi was amazing. There was a great atmosphere and we came fourth in the 3m Synchro.

Toughest Dive you do: Mentally it would be the reverse two and half pike. There is so much movement that is difficult to get right. It's one of those dives that you can get right one day and think you have mastered it and then it doesn't go right the next time. I work so hard at it though.

Toughest opponent: For my individual Hannah Starling and Rebecca Gallantree. We have been diving for nearly eight years together. There's good strength in this event in the UK.

OFF THE BOARD

Any Superstitions? None.

Favourite way to relax? I like to spend time with my friends and family.

Hobbies away from the pool? I really don't have a lot of free time. Diving has got serious now so I focus on that along with being at school.

What's the best thing you cook? I do a mean bacon sandwich.

Best concert you have been to? McFly it was a few years ago though but really good.

Who would you most like to meet? I think Eminem.

Must watch TV? I like watching Friends and programmes like Misfits and the Simpsons.

Holiday destination? It would have to be Greece. I loved it there on a family holiday.

Which five people would you want at your ultimate dinner party? Eminem, Rihanna, Russell Brand, Channing Tatum and Ryan Gosling.

If you could have a super power what would it be? Invisibility.



TONIA COUCH



Dob: 20/05/1989

Born: Plymouth

Club: Plymouth Diving Club

Coach: Andy Banks

Trains: Plymouth

Lives: Plymouth

Occupation: Full time athlete

QUALIFIED EVENTS:

10m Synchro

ACHIEVEMENTS:

European Championships 2012: 10m Synchro Gold

FINA World Cup 2012: 10m Synchro Bronze

World Championships 2011: 10m Platform 9th, 10m Synchro 4th

Commonwealth Games 2010: 10m Platform 8th,
10m Synchro 4th

FINA World Cup 2010: 10m Platform 11th

World Championships 2009: 10m Platform 8th

Olympic Games 2008: 10m Platform 8th, 10m Synchro 8th

World Championships 2007: 10m Platform 25th,
10m Synchro 9th

European Championships 2006: 10m Platform 6th

Commonwealth Games 2006: 10m Platform 7th,
10m Synchro 4th

World Championships 2005: 10m Platform 25th,
10m Synchro 10th

ON THE BOARD

What are your goals for London Olympics? To walk away with a medal would be amazing. I am very excited to be competing at home it will be so loud with everyone cheering us on.

Finest ever performance /why: Winning the European title in 2012 with Sarah Barrow in the 10m Synchro. We are the first female winners of a European title in 74 years for Great Britain! Deep down we wanted to win it and that was our target. We had beaten our main rivals before but more importantly we just wanted a good score from the competition. We achieved that and it brought us the gold medal. It was the first time I had experienced the national anthem playing for me! Winning bronze in the World Cup in London was also special.

Favourite Event: The 10m Synchro with Sarah Barrow. We have won a couple of medals recently so things are going well. It's also nice to have someone next to you when you are diving.

GB Debut: My first major event was the World Cup in 2005. It was the first time I had dived outside and I found it really difficult and so scary. It actually makes a big difference.

Favourite Venue: The London Aquatics Centre definitely is the best. The crowd were brilliant and it is so new.

Toughest Dive you do: Inward three and a half. It's one of the newest dives that I do and it's taken a while to get it right.

Toughest opponent: The Chinese are so strong and tough and generally come out on top

OFF THE BOARD

Any Superstitions? No.

Favourite way to relax? Just chilling with my friends.

Hobbies away from the pool? Shopping and getting my nails done.

What's the best thing you cook? My fajitas are good.

Best concert you have been to? The Spice Girls and Girls Aloud. I can't decide which was best though.

Who would you most like to meet? Keith Lemon.

Must watch TV? Britain's Got Talent and Celebrity Juice.

Holiday destination? Hawaii would be amazing.

Which five people would you want at your ultimate dinner party? I can't pick just five. I need my girls, Kerry, Leanne, Donna, Brooke, Louise, Clare, Sarah B, Alex, Holly and of course Keith Lemon.

If you could have a super power what would it be? To be able to teleport myself around the world.



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REBECCA GALLANTREE



Dob: 19/08/1984

Born: Chelmsford

Club: City of Leeds

Coach: Adrian Hinchliffe

Trains: Leeds

Lives: Leeds

Occupation: Full time athlete

QUALIFIED EVENTS:

3m Synchro

ACHIEVEMENTS:

European Championships 2012: 3m Springboard 7th, 3m Synchro 5th

FINA World Cup 2012: 3m Springboard 9th, 3m Synchro 11th

World Championships 2011: 3m Springboard 29th, 3m Synchro 15th

Commonwealth Games 2010: 1m Springboard 6th, 3m Springboard 5th, 3m Synchro 4th, 10m Synchro 7th

European Championships 2010: 1m Springboard 10th, 3m Synchro 5th

FINA World Cup 2010: 3m Springboard 13th, 3m Synchro 8th, 10m Synchro 4th

World Championships 2009: 1m Springboard 7th, 3m Springboard 15th

Olympic Games 2008: 3m Springboard 25th

Commonwealth Games 2006: 3m Springboard 11th

ON THE BOARD

What are your goals for London Olympics? Individually I would like to make a final like I did at the World Cup this year. For the Synchro I just want to get a good performance in front of a home crowd and enjoy the whole experience.

Finest ever performance /why: 2012 World Cup at the London Aquatics Centre. For the 3m Springboard I was really consistent across the prelims, semi and final and really close to my best score each time.

Favourite Event: I don't really have a favourite. I like the 3m Springboard and Synchro equally, but in different ways.

GB Debut: 2006 Commonwealth Games in Melbourne. I had to wait to compete as my event was on one of the last days.

Favourite Venue: London Aquatics Centre. I love the pool and the crowd present for the World Cup gave you a brilliant feeling to compete there.

Toughest Dive you do: Inward two and half pike. I have just started to use it again in competitions after a couple of years.

Toughest opponent: The Chinese team.

OFF THE BOARD

Any Superstitions? No, not really.

Favourite way to relax? I like going to live music, gigs and festivals

Hobbies away from the pool? Not really much time. I like to hang out with friends and go to watch live music.

What's the best thing you cook? Lasagne.

Best concert you have been to? I went to see Dave Hause in a small venue in Leeds. I was stood so close it was amazing.

Who would you most like to meet? Steve Redgrave.

Must watch TV? 24, ER and Dexter.

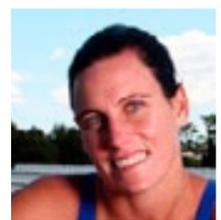
Holiday destination? I am going to Costa Rica after the summer so really looking forward to that.

Which five people would you want at your ultimate dinner party? Dave Hause, Dan Andriano, Steve Redgrave, Frank Turner and Tom Gabel.

If you could have a super power what would it be? I would like be able to teleport myself.



MONIQUE GLADDING



Dob: 17/06/1981

Born: Durban, South Africa

Club: City of Sheffield

Coach: Steve Gladding

Trains: Sheffield

Lives: Sheffield

Occupation: Full time athlete

QUALIFIED EVENTS:

10m Platform

ACHIEVEMENTS:

European Championships 2012: 10m Platform 5th

FINA World Cup 2012: 10m Platform 10th

Commonwealth Games 2010: 10m Platform 6th

European Championships 2010: 10m Platform 7th,
10m Synchro Bronze

World Championships 2009: 10m Synchro 6th

European Championships 2008: 10m Synchro 4th

FINA World Cup 2008: 10m Synchro 7th

European Championships 2006: 10m Synchro 6th

Commonwealth Games 2006: 10m Platform 9th

ON THE BOARD

What are your goals for London Olympics? I would love to be in the final in London, then once you are in a final anything can happen. To achieve a top eight finish would be amazing.

Finest ever performance /why: Commonwealth Games in Delhi 2010. I did a personal best and it was my best international performance to date. I finished sixth. It was a really exciting experience to be part of a village environment .

Favourite Event: 10m Platform. The Synchro is lots of fun but Individual is my main one. I prefer the 10m events as it gives me a real buzz and it's such a great event to watch.

GB Debut: 2001 in Sweden at the European Cup.

Favourite Venue: The London Aquatics Centre. At the World Cup earlier this year the crowd made it really special. Barcelona was special also, another Olympic venue. The outdoor pool has such a great backdrop over the city.

Toughest Dive you do: Back two and half somersaults with one and a half twists.

Toughest opponent: I am. I give myself a hard time sometimes. Competitor wise, domestically we have such a good depth with the likes of Sarah, Tonia and Stacie. It makes it tough for us but is great for British Diving.

OFF THE BOARD

Any Superstitions? I used to, but not anymore.

Favourite way to relax? I enjoy painting and really like art. I also like to watch a good movie so I can switch off. I enjoy baking too.

Hobbies away from the pool? Sleeping! Also baking and painting when I get time.

What's the best thing you cook? I don't really have a special dish. I have a new baking book at the moment though so I am working my way through that. My chocolate brownie is good.

Best concert you have been to? Take That were pretty special last year. It was great to see Robbie Williams with them.

Who would you most like to meet? Nadia Comaneci.

Must watch TV? I enjoy Gossip Girls, Grey's Anatomy and Eastenders.

Holiday destination? Would have to be somewhere hot on a beach. I have been to Mauritius a couple of times and it is lovely.

Which five people would you want at your ultimate dinner party? I would pick my family. Some are in Australia and some in South Africa so it would be special to have dinner with them.

If you could have a super power what would it be? To be able to teleport myself around the world so I can visit family.



STACIE POWELL



Dob: 18/12/1985

Born: Bristol

Club: Southampton Diving

Coach: Lindsey Fraser

Trains: Southampton

Lives: Southampton

Occupation: Full time athlete. I have taken a year away from education, having completed two years of my PHD.

QUALIFIED EVENTS:

10m Platform

ACHIEVEMENTS:

European Championships 2012: 10m Platform 8th

FINA World Cup 2012: 10m Platform 15th

Commonwealth Games 2010: 10m Synchro 7th

FINA World Cup 2010: 10m Synchro 4th

Olympic Games 2008: 10m Platform 10th, 10m Synchro 8th

European Championships 2008: 10m Platform 13th

FINA World Cup 2008: 10m Platform 9th

World Championships 2007: 10m Platform 28th,
10m Synchro 9th

Commonwealth Games 2006: 10m Platform 8th,
10m Synchro 4th

Commonwealth Games 2002: 10m Platform 10th

ON THE BOARD

What are your goals for London Olympics? I would like to win an individual medal. If I get into that final and with the crowd behind me it could make a big difference. I know my dives are good enough, just need to get it right on the day.

Finest ever performance /why: At the GB Nationals in January 2012. I had not done an individual competition for two years after injuries in 2011. I was only two points away from my British Record so really pleased.

Favourite Event: 10m Platform. It's all down to you and quite an adrenaline rush. I prefer the 10m board as it's higher and has a greater fear factor. I like the challenge and feeling of accomplishment. Not everyone can jump off a 10m board!

GB Senior Debut: The 2002 Commonwealth Games. It was awesome with the home crowd in Manchester. I was a bit young so I didn't really appreciate it being my first event. Which is why I am really looking forward to competing in front of a home crowd again in London.

Favourite Venue: Barcelona 2003 World Championships, it's an outdoor pool with an amazing view.

Toughest Dive you do: Back three and a half somersault. No other British girls have used it in competition this year. You need a lot of power and a good jump.

Toughest opponent: The Chinese divers are so consistent and really sharp.

OFF THE BOARD

Any Superstitions? I won't walk on a triple drain or under a ladder, nothing unusual.

Favourite way to relax? I read papers on astrophysics to keep up with my studies.

Hobbies away from the pool? My PHD in astrophysics takes up a lot of my time along with diving.

What's the best thing you cook? I can make really nice banana bread with raisins.

Best concert you have been to? Coldplay were pretty good, it was a couple of years ago.

Who would you most like to meet? Albert Einstein would be a good conversation.

Must watch TV? The Big Bang Theory, I actually recognise some of the equations they have up on the whiteboards. It is very accurate.

Holiday destination? East Coast Australia so I could visit my sister.

Which five people would you want at your ultimate dinner party? Albert Einstein, Johnny Depp, Isaac Newton, Orlando Bloom and Lance Armstrong.

If you could have a super power what would it be? Teleportation would definitely be the most useful



HANNAH STARLING



Dob: 12/06/1995

Born: Leeds

Club: City of Leeds

Coach: Edwin Jongejeans

Trains: Leeds

Lives: Leeds

Occupation: I am at school in year 12 currently doing my A-Levels in Chemistry and Physics

QUALIFIED EVENTS:

3m Springboard

ACHIEVEMENTS:

European Championships 2012: 3m Springboard 9th

FINA World Cup 2012: 3m Springboard 19th

World Championships 2011: 1m Springboard 25th, 3m Springboard 27th

European Championships 2011: 1m Springboard 14th, 3m Springboard 8th, 3m Synchro 5th

World Junior Championships 2010: 1m Springboard 14th, 3m Synchro 8th

European Junior Championships 2010: 3m Springboard 5th, 3m Synchro Bronze

FINA World Cup 2010: 3m Springboard 19th

European Championships 2009: 3m Springboard 14th

European Junior Championships 2009: 3m Springboard 8th, 3m Synchro Silver

ON THE BOARD

What are your goals for London Olympics? To take it as an experience and enjoy myself. If I can do that hopefully I can get a good result. It will be the best thing to make an Olympic Debut at home.

Finest ever performance /why: The World Cup in London this year during the dive off. I secured a spot in the event for GB at the Olympics. All my good dives came together, it was really good fun and I got a massive PB. Once I started competing I was able to focus on my own performance and not the spot available.

Favourite Event: 3m Springboard. It seems to be the one I'm best at and it is fun. You can do more stuff from the 3m board compared to the 1m board.

GB Debut: European Championships in Turin 2009. I came 14th in the 3m Springboard. It was one of the best experiences of my life.

Favourite Venue: Barcelona because of the view from the board. But my favourite pool is probably in Budapest.

Toughest Dive you do: Front three and a half pike. It's the most somersaults I do and it's really hard to get all of it right at the same time. There is so much to think about. You need to be constantly thinking.

Toughest opponent: I don't really think about the competition. I always try to do the best that I can and focus on myself.

OFF THE BOARD

Any Superstitions? No

Favourite way to relax? Playing the piano. I used to do exams and things but now it's just for relaxing.

Hobbies away from the pool? I read a lot, enjoy listening to music and paint on occasions.

What's the best thing you cook? Egg and bacon sandwich.

Best concert you have been to? Beyonce in 2010.

Who would you most like to meet? The comedian Tim Minchin.

Must watch TV? I watch Friends but not a great deal else, no time with school and diving.

Holiday destination? Vancouver. I went a few years ago on a family holiday and it was beautiful.

Which five people would you want at your ultimate dinner party? I think I would just pick five of my friends.

If you could have a super power what would it be? Invisibility.



COACH PROFILES



ALEXEI EVANGULOV

Position: National Performance Director

PREVIOUS OLYMPIC EXPERIENCE

Russian Diving Team Leader Atlanta 1996

Russian Diving Team Leader Sydney 2000

Russian Diving Team Leader Athens 2004

Russian Diving Team Leader Beijing 2008



ANDY BANKS

Dob: 06/10/1963

Position: Coach

Lives: Plymouth

Club: Plymouth Diving

ATHLETES

Tom Daley and Tonia Couch

PREVIOUS OLYMPIC EXPERIENCE

GB Coach Athens 2004 (Offsite)

GB Coach Beijing 2008



LINDSEY FRASER

Dob: 24/01/1958

Position: Coach

Lives: Southampton

Club: Southampton Diving

ATHLETES:

Chris Mears, Peter Waterfield and Stacie Powell

PREVIOUS OLYMPIC EXPERIENCE

Competitor for GB in Moscow 1980

Competitor for GB in Los Angeles 1984

GB Team Manager Coach Sydney 2000

GB Team Manager Coach Athens 2004

GB Coach Beijing 2008



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COACH PROFILES



STEVE GLADDING

Dob: 18/01/1973
Position: Coach
Lives: Sheffield
Club: City of Sheffield

ATHLETES

Nick Robinson-Baker and Monique Gladding

PREVIOUS OLYMPIC EXPERIENCE

London 2012 debut



ADRIAN HINCHLIFFE

Dob: 14/05/1971
Position: Coach
Lives: Leeds
Club: City of Leeds

ATHLETES

Jack Laugher, Rebecca Gallantree and Sarah Barrow

PREVIOUS OLYMPIC EXPERIENCE

GB Coach Athens 2004
GB Coach Beijing 2008



EDWIN JONGEJANS

Dob: 18/12/1966
Position: Coach
Lives: Leeds
Club: City of Leeds

ATHLETES:

Alicia Blagg and Hannah Starling

PREVIOUS OLYMPIC EXPERIENCE

Competed for Netherlands in Seoul 1988 and Barcelona 1992
Attended Beijing 2008 as part of the GB 2012 Ambition Programme



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FORMER BRITISH DIVING MEDAL WINNERS

1912

Isabelle White	3m Springboard	Bronze
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1920

Eileen Armstrong	10m Platform	Silver
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1924

Harold Clarke	10m Platform	Bronze
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1960

Elizabeth AE Ferris	3m Springboard	Bronze
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Brian E Phelps	10m Platform	Bronze
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2004

Leon Taylor	10m Synchro	Silver
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Peter Waterfield	10m Synchro	Silver
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SELECTION POLICY

OVERVIEW

This document is intended to provide transparency on those factors, which make up the selection process for the London 2012 Olympic Games.

RATIONALE

Diving is an extremely subjective sport and thus there will be a significant component of subjective decision making in regard to final selection of the team.

The size of the Olympic Team will be up to a maximum of sixteen (16) athletes, although some of the divers will double up in events reducing the amount of divers. The selection process and dates are outlined in this document. The British Swimming Diving Technical Committee endorses this selection policy.

Final selection is at the sole discretion of the British Olympic Association (BOA) and will be based on nominations made against this selection policy. Nominations will be submitted to the BOA and following ratification by the BOA, the team will be announced (by the BOA in consultation with British Swimming). It is important to note that an athlete being selected to the Olympic Team and nominated to the BOA does not guarantee participation in an Olympic Diving Event. The NPD has sole discretion to decide the composition of the synchronised diving teams whilst at the Olympic Games.

OLYMPIC DIVING EVENTS – MEN AND WOMEN

3 metre springboard
10 metre platform
3 metre synchronised
10 metre synchronised

ATHLETE QUOTA – MEN AND WOMEN

68 competitors in the men's events and 68 competitors in the women's events
A total of 136 divers attending the competition
Maximum of 34 competitors per individual event
Maximum of two divers per country in each individual event
Maximum of one synchro team per country in each synchronised event

NF/NOC ENTRIES PER EVENT

Individual event – up to two divers for each event, for which the divers and/or federation team is qualified. Divers of individual events must fulfil the qualification requirements of that event.

Synchronised event – two divers (one team) for each event, for which the divers and/or federation team is qualified.

OBJECTIVES

- To select athletes that will form the team to achieve the best possible results.

- To select athletes for the Olympic Games 2012 that have the best chance of potential success
- To select athletes that have the potential to succeed in the Olympics of 2016
- To employ a transparent and fair selection process that provides all athletes a chance to challenge for team selection.

GREAT BRITAIN OLYMPIC QUALIFICATION:

Athletes competing in Phase i and Phase ii below will be competing for nation places for British Diving at the Olympic Games and not individual places on the Olympic Team. Athletes will be selected for an individual place on the Olympic Team in Phase iii – Final Selection, subject to the NPD using his discretion to select an athlete at anytime prior to Phase iii.

Selection to the Olympic Team shall be at the sole discretion of the National Performance Director ("NPD").

The three phases for qualifying British Diving for the 2012 Olympic Games are:

1. FINA World Championships – Shanghai, China
16-24 July 2011
2. FINA Diving World Cup – London
20-26 February 2012
3. British Diving Championships – Sheffield
8th – 10th June 2012



SELECTION POLICY (CONT.)

BRITISH DIVING OLYMPIC QUALIFICATION REQUIREMENTS

Phase	Individual Events	Synchronised Events
1. FINA World Championships 16-24 July 2011	The first 12 finalists	Already qualified as host nation
2. FINA Diving World Cup 20-26 February 2012	18 semi-finalists excluding those qualified through phase 1 Plus extra qualifying day 6 competition	Already qualified as host nation
3. British Diving Championships 8 – 10 June 2012	<p>National Champion 2012, subject to achieving the minimum qualification points. (If the National Champion has already been selected by the NPD another diver will qualify subject to achieving the minimum qualification points and subject to NPD discretion)</p> <p>Points</p> <p>Men 10 Metre Platform = no less than 500 points in the final.</p> <p>Men 3 Metre Springboard = no less than 405 points in the preliminary event and no less than 435 points in the final</p> <p>Women 3 Metre Springboard = no less than 280 points in the preliminary event and no less than 300 points in the final</p> <p>Women Platform = no less than 270 points in the preliminary event and no less than 305 points in the final.</p>	



SELECTION POLICY (CONT.)

The above table (Phase I and Phase ii) shows how British Diving will qualify “the Nation” for the individual events at the 2012 Olympic Games and this will be a maximum of 8 individual places.

The NPD has also identified the following “7” (see NOTE below) competitions for athlete performance monitoring in the build up to Phase iii and the NPD’s final selection of athletes, subject to early selection by the NPD as set out above. The NPD will use these competitions to assist his decision making however, performances at these competitions will only be used as a guide.

1. FINA World Series ((4 legs): Moscow, Beijing, Mexico (x2) – March and April 2012)
 - i. Leg 1 – Moscow 23rd to 24th March 2012
 - ii. Leg 2 – China 30th to 31st March 2012
 - iii. Leg 3 and 4 – Mexico 20th to 21st April 2012 and 27th to 28th April 2012
2. FINA Grand Prix (2 legs: Germany – 10th to 12th February 2012 and Canada 3rd to 6th May 2012)
3. European Swimming Championships (Eindhoven 16th- 24th May 2012)

NOTE:- The dates and competitions above are accurate at the time of writing. The dates are subject to LEN and FINA calendar arrangements respectively. Further, the specified competitions above are subject to British Diving qualifying for the specified competitions. Any changes to the dates and or competitions will be notified to athletes

on the World Class Programmes for Diving and placed on the Swimming website.

BRITISH DIVING INDIVIDUAL AND SYNCHRONISED QUALIFICATION FOR NOMINATION TO THE BRITISH OLYMPIC TEAM

Eligibility

- Only athletes of Olympic Games age eligibility in 2012 will be considered.
- Only athletes eligible to compete for Great Britain at the 2012 Olympic Games as documented in the Olympic Charter Rules will be selected.
- Only athletes with a British Passport and who are eligible in accordance with FINA and BOA rules and regulations including not being ineligible in accordance with the BOA’s bye-law on eligibility for those found guilty of a doping offence will be considered.
- 4th FLOOR PAVILION 3 SPORTPARK 3 OAKWOOD DRIVE LOUGHBOROUGH LEICESTERSHIRE LE11 3QF
- TELEPHONE: +44 (0) 1509 618700 FACSIMILE: +44 (0) 1509 640192 WEBSITE: WWW.BRITISHSWIMMING.ORG
- Final Selection:
- The British Championships to be held on 8th – 10th June 2012 will be used as a trial in order for the NPD to make his final selection. It should be noted that the NPD has

discretion to select and athlete prior to Phase iii. The final selection will be at the sole discretion of the NPD.

- The Synchronised pairs will also be made at the sole discretion of the NPD.
- General:
- Selection will be conditional on signing and complying with the British Swimming Code of Conduct and the BOA’s Team Member’s Agreement. Athletes must also comply with all British Swimming and BOA provisions consisting of:
 - - British Swimming Doping Control Rules and Protocols
 - - Selection Agreement and Code of Conduct
 - - British Swimming Disciplinary Code
 - - ASA Child Protection Procedures
- All team members will be expected to abide by the Media Protocols of the British Diving Programme. During the Olympic Games period 16th July 2012 – 15th August 2012, athletes must also comply with the BOA media rules as set out in the Team Members Agreement
- The NPD will exercise his authority to ensure that the final nominations for the Olympic Games 2012 Diving team are in line with this Policy with a view to achieving the Objectives set out at the beginning of the Policy.
- Athletes must demonstrate an uncompromised commitment to training preparation for peak performance at the Olympic Games 2012 as determined by the NPD. If for any reason the athlete is unable or unwilling to fulfil this



SELECTION POLICY (CONT.)

commitment, they may be withdrawn from the team at the complete discretion of the NPD.

- Athletes will be expected to attend each programmed event, where selected, taking part in all programmed activities. Unless otherwise agreed, no athlete will be allowed to leave a camp or undertake any activities that are not directly relevant to the camp programme, this includes any external media or social activities.
- Replacement of athletes withdrawn from the team will be considered at the complete discretion of the NPD from the reserve athletes if viewed to be in the best interest of overall team performance.

FINAL SELECTION:

The British Championships to be held on 8th – 10th June 2012 will be used as a trial in order for the NPD to make his final selection. It should be noted that the NPD has discretion to select an athlete prior to Phase iii. The final selection will be at the sole discretion of the NPD.

The Synchronised pairs will also be made at the sole discretion of the NPD.

General:

- Selection will be conditional on signing and complying with the British Swimming Code of Conduct and the BOA's Team Member's Agreement. Athletes must also comply with all British Swimming and BOA provisions consisting of:
 - British Swimming Doping Control Rules and Protocols

- Selection Agreement and Code of Conduct
- British Swimming Disciplinary Code
- ASA Child Protection Procedures

- All team members will be expected to abide by the Media Protocols of the British Diving Programme. During the Olympic Games period 16th July 2012 – 15th August 2012, athletes must also comply with the BOA media rules as set out in the Team Members Agreement
- The NPD will exercise his authority to ensure that the final nominations for the Olympic Games 2012 Diving team are in line with this Policy with a view to achieving the Objectives set out at the beginning of the Policy.
- Athletes must demonstrate an uncompromised commitment to training preparation for peak performance at the Olympic Games 2012 as determined by the NPD. If for any reason the athlete is unable or unwilling to fulfil this commitment, they may be withdrawn from the team at the complete discretion of the NPD.
- Athletes will be expected to attend each programmed event, where selected, taking part in all programmed activities. Unless otherwise agreed, no athlete will be allowed to leave a camp or undertake any activities that are not directly relevant to the camp programme, this includes any external media or social activities.
- Replacement of athletes withdrawn from the team will be considered at the complete discretion of the NPD from the reserve athletes if viewed to be in the best interest of overall team performance.

- Athletes becoming unfit due to illness or injury at anytime following nomination of the team to the BOA must notify British Diving immediately and will be required to undertake a full medical examination (by an independent medical advisor approved by British Swimming Medical Staff), which may result in the athlete being de-selected from the team at the discretion of the NPD.

DE-SELECTION PRIOR TO DELEGATION REGISTRATION MEETING

The date of the Delegation Registration Meeting (DRM) is 8th July 2012. This is the date that the British Olympic Team is formally entered with the London Organising Committee for the Olympic Games (LOCOG).

Following selection by the BOA, but prior to the date of the DRM, an athlete may be de-selected under the criteria detailed above.

Following selection by the BOA, but prior to the date of the DRM, the de-selection of an athlete is the sole responsibility of British Swimming.

The BOA will be kept informed of any possible de-selection decision

The nomination of any replacement athlete must conform to the selection criteria detailed above and must be an athlete who has been named on the BOA Long List of players.



SELECTION POLICY (CONT.)

DE-SELECTION AFTER THE DELEGATION REGISTRATION MEETING

De-selection of an athlete after the date of the DRM, is the sole responsibility of the BOA (in accordance with the IOC Athlete Late Replacement Policy. Any appeal against a decision by the BOA after DRM will be according to the BOA Rules.

REPLACEMENT AFTER THE DELEGATION REGISTRATION MEETING

The IOC's Athlete Late Replacement Policy primarily provides for replacement of a selected athlete on the basis that they are unfit to compete due to injury and/or illness. In the event of there being a query over the ability of an athlete to be able to compete to the best of his/her ability due to an injury or illness the following procedure will be adhered to:

(i) the BOA Chief Medical Officer can require an athlete to undergo a medical examination to determine his/her fitness to participate which at this stage will be determined based on an assessment of whether or not the injury and/or illness is such that the athlete is physically able to compete or risks causing medical harm to him or herself, or endangering other competitors, officials or spectators.

(ii) if the athlete passes the medical examination carried out but British Swimming and/or the BOA have concerns over whether or not the athlete is able to compete to the best of his/her ability due to the underlying injury or illness, the Team GB Chef de Mission can require the athlete to undergo a set of pre-determined sports specific performance tests.

Those tests will be agreed in advance following consultation with the National Performance Director, British Swimming's Chief Medical Officer and the BOA's Deputy Chef de Mission for Performance.

ANNOUNCEMENTS

Athletes shall not be permitted to make any announcement of any selection or deselection decision until such time as the BOA has officially confirmed that selection of the athlete.

- All appeals on the nomination (or non-nomination) to the GB Olympic Games Diving 2012 Team shall be dealt with under the British Swimming Team Selection Appeals Procedure. Details are available from the British Swimming Legal Affairs Department. Athletes should be aware of the time limits contained in the procedures, which are designed with the intention of resolving issues expeditiously and fairly.

TEAM SELECTION PROCESSES AND DATES:

Phase i

- FINA World Championships, Shanghai, China 16-24 July 2011
- Places gained by the nation. Up to eight (8) places
- Criteria: Place Top 12 in Individual events

Phase ii

- FINA Diving World Cup, London 20-26 February 2012
- Places gained by the nation. Up to eight (8) places less those qualified in
- Phase i.
- Criteria: as outlined in this document

Phase iii – Final Selection

- British Championships 8-10 June 2012
- Number of individual athletes to be selected: Up to sixteen (16) places
- inclusive of four (4) Synchronised pairs.
- Criteria: NPD sole discretion



SYNCHRONISED SWIMMING

SYNCHRONISED SWIMMING

Team

Competition schedule

Athlete profiles

Coach profiles



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SYNCHRONISED SWIMMING TEAM

ATHLETES

Yvette Baker

Katie Clark

Katie Dawkins

Olivia Federici

Jennifer Knobbs

Vicki Lucass

Asha Randall

Jenna Randall

Katie Skelton



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SYNCHRONISED SWIMMING SCHEDULE

5 August Olympic Park – Aquatics Centre

15:00 - 16:40 Duet technical routine

6 August Olympic Park – Aquatics Centre

15:00 - 17:10 Duet free routine

7 August Olympic Park – Aquatics Centre

15:00 - 16:30 Duet final,
victory ceremony



9 August Olympic Park – Aquatics Centre

15:00 - 15:45 Team technical routine

10 August Olympic Park – Aquatics Centre

15:00 - 16:30 Team free routine,
victory ceremony



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YVETTE BAKER



Dob: 25/11/1991

Born: Sutton Coldfield

Club: City of Birmingham

Coach: Biz Price

Trains: Aldershot

Lives: Birmingham and Aldershot

Occupation: Full time athlete

ACHIEVEMENTS

World Championships 2011: Team Technical 10th,
Team Combo 7th

IN THE POOL

What are your goals for London Olympics? Our goal as a team is to come top six and to show how much we have improved.

Finest ever performance /why? Competing at the World Championships 2011 in China. I think we just worked well as a team and pulled together to do a great performance. That's what we are best at, teamwork! Also, it was the biggest crowd I had ever competed in front of.

Tell me about your GB Senior Debut? It was in Montreal at the FINA World Trophy in 2009.

Favourite Venue? When we went on an outdoor training camp in Fort Lauderdale, Florida. The weather was amazing and the pool was so nice. It was fun to train outdoors when it was raining really hard.

Toughest move you do in Synchro? For me it is a nova spin where you have to do three spins down to your ankles staying straight and dropping the level correctly.

How did you get involved with Synchro? My mum used to swim for masters in speed swimming and two of the girls from my club also trained at the same time, I wanted to try it out as it sounded so unique and interesting.

OUT OF THE POOL

Any Superstitions? Nothing away from the sport.

Favourite way to relax? Chilling at home with my family

Hobbies away from the pool? Seeing my friends and family. I don't get to see my friends very often so we usually just meet up and go out for a meal and chat to catch on everything.

What's the best thing you cook? Marble Cake. It might not be the healthiest thing but as people say a balanced diet is the best.

Best concert you have been to? Never actually been to one but would love to go to one soon.

Who would you most like to meet? Michael McIntyre as he is hilarious or Gary Barlow as he is amazing.

Must watch TV? I love 90210 and One Tree Hill and sometimes Made in Chelsea.

Ideal Holiday destination? I love going to America, I almost moved there at one point actually. I would really like to go to Australia someday though.

Which five people would you want at your ultimate dinner party? Ellen Degeneres, Jennifer Aniston, Will.I.Am, David Walliams and Simon Cowell.

If you could have a super power what would it be? To be able to teleport to places in seconds so I could just roll out of bed in the morning as late as possible and visit every country.



KATIE CLARK



Dob: 23/03/1994

Born: Reading

Club: Reading Royals

Coach: Biz Price

Trains: Aldershot

Lives: Reading

Occupation: Full time athlete

ACHIEVEMENTS

European Championships 2012: Team 5th

World Championships 2011: Team Technical 10th,
Team Free 9th, Team Combo 7th

European Championships 2010: Team Technical 6th

IN THE POOL

What are your goals for London Olympics? For the team to finish in the top six. Our main rivals in London will be Japan, although the ones to beat are definitely Russia as they won in the World Championships last year.

Finest ever performance /why? Probably our performance in Shanghai at the World Championships in 2011 because we beat our rivals USA for the first time. It was the best feeling ever. We really gelled together as a team, I think all our hard work from the camps we had done improved us a lot. We beat our rivals USA and were so close to France.

Tell me about your GB Senior Debut? My senior debut was when I was just 15 and it was in Montreal, Canada. The competition was artistic so it was really fun to swim in and we did really well. It felt really special to be representing GB at that level for the first time.

Favourite Venue? The atmosphere was amazing at the World Championships in Shanghai 2011.

Toughest move you do in Synchro? The double leg verticals which are really hard to keep high and stable.

How did you get involved with Synchro? When I was young I used to do swimming lessons and ballet and I was told by my swimming instructor that I was really flexible and should join the local Synchro club Reading Royals.

OUT OF THE POOL

Any Superstitions? Certain things like handshakes with members of the team before swimming.

Favourite way to relax? Listening to music is the main way I like to relax.

Hobbies away from the pool? Not many! Chilling with friends, listening to live music and going to the cinema.

What's the best thing you cook? Probably a spaghetti bolognese. Boring but yummy.

Best concert you have been to? The Reading Festival was amazing and the best act there had to be Muse.

Who would you most like to meet? There are so many inspirational people that I would love to meet. But no-one in particular.

Must watch TV? I don't really have much time for television.

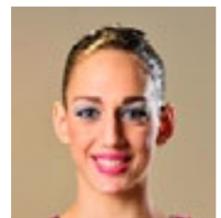
Ideal Holiday destination? I have always wanted to go to Africa in the wild so probably there. Or somewhere in the Caribbean or Australia.

Which five people would you want at your ultimate dinner party? Kanye West, Freddie Mercury, Andrew Lloyd Webber, Matt Bellamy and Beyonce.

If you could have a super power what would it be? So hard to choose but I think it would be to fly.



KATIE DAWKINS



Dob: 20/08/1988

Born: Bristol

Club: Bristol Central

Coach: Biz Price

Trains: Aldershot

Lives: Aldershot

Occupation: Full time athlete

ACHIEVEMENTS

European Championships 2012: Team 5th

World Championships 2011: Team Technical 10th,
Team Free 9th, Team Combo 7th

European Championships 2010: Team Technical 6th

World Championships 2009: Team Free 10th,
Team Free Combo 7th

IN THE POOL

What are your goals for London Olympics? We are aiming for a top six finish.

Finest ever performance /why? At the World Championships in 2011 when we beat the USA for the first time. We had been chasing them for a while and were really close to them in the prelims so it was exciting when we found out we beat them. The team did a really good performance.

Tell me about your GB Senior Debut? The first competition I did for GB was junior World Championships in 2006 in China. The first senior competition was the World Trophy in 2008 in Madrid. I have been based at Aldershot since joining the senior squad in 2007.

Favourite Venue? The London Aquatics Centre. As it has a special meaning for me. Mainly, we get to compete in it at the Olympics. I loved swimming in it at the qualifiers and I love performing to a big crowd.

Toughest move you do in Synchro? Spins. They are technically very hard to achieve as you have to keep your core and glutes switched on whilst your hands are above your head and your body is turning in circles, and stay vertical at the same time.

How did you get involved with Synchro? I used to do gymnastics and got into Synchro from there.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Watching a film or listening to music.

Hobbies away from the pool? I enjoy cooking and going to the cinema.

What's the best thing you cook? My best is macaroni cheese.

Best concert you have been to? Beyonce.

Who would you most like to meet? Channing Tatum.

Must watch TV? Grey's Anatomy is my favourite.

Ideal Holiday destination? Any of the Caribbean Islands.

Which five people would you want at your ultimate dinner party? Mum, dad, brother and two of my closest friends.

If you could have a super power what would it be? To be able to teleport.



OLIVIA FEDERICI



Dob: 13/02/1990

Born: Plymouth

Club: Rushmoor

Coach: Biz Price

Trains: Aldershot

Lives: Farnborough

Occupation: Full time athlete

ACHIEVEMENTS

European Championships 2012: Duet 7th, Team 5th

World Championships 2011: Duet Technical 10th, Duet Free 8th, Team Technical 10th, Team Combo 7th

Commonwealth Games 2010: Duet Silver

European Championships 2010: Duet 5th, Team Technical 6th

World Championships 2009: Duet Technical 11th, Duet Free 10th, Team Free 10th, Team Free Combo 7th.

Olympic Games 2008: Duet 14th

European Championships 2008: Duet 9th

World Championships 2007: Duet Free 20th, Duet Technical 20th

European Championship 2006: Duet 13th

Commonwealth Games 2006: Duet 4th

IN THE POOL

What are your goals for London Olympics: A challenging goal of top six in duet and team.

Finest ever performance /why: I think competing in Beijing in 2008. Not only was it my first Olympics but we did a great swim and improved our world ranking from 22nd to 14th in just over a year.

Tell me about your GB Senior Debut: I trialled and got into the GB Commonwealth duet squad in 2005 and have been swimming for GB ever since.

Favourite Venue: I've swum in a lot of pools so nothing really sticks out. The World Championships in Roma 2009 was good though as it was outdoors.

Toughest move you do in Synchro: It's all hard! You're always trying to make it better and higher and faster so it doesn't ever feel comfortable. I find spins hard especially towards the end of a routine. Or in the duet technical we have to do 3x360° turns in a crane position.

How did you get involved with Synchro: I learnt to swim from a very young age and loved being in the water. My sister got involved in Synchro and not being quite old enough I had to watch from the side longing to jump in and have a go too.

OUT OF THE POOL

Any Superstitions? I try to avoid being superstitious. It's all about focus and hard work. I think you have to feel responsible, in control, and confident about your abilities and performance. Don't rely on luck!

Favourite way to relax? See my family and friends or watch a movie and eat home-made popcorn with my husband.

Hobbies away from the pool? We train so much, I don't really have time for much else but after the Olympics I think I would really like to take time to learn a language.

What's the best thing you cook? At the moment I love making sushi!

Best concert you have been to? Has to be the Spice Girls.

Who would you most like to meet? I think a cool person to meet would be Will Smith, or Valentino Rossi.

Must watch TV? I don't actually have a TV but on catch up I might watch 'Russell Howard's good news'. I went through a phase of watching 'One Born Every Minute' too.

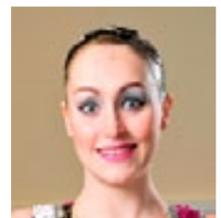
Ideal Holiday destination? I haven't yet been to South America or Japan so would definitely like to see those places. I'm looking forward to my holiday this year with my husband, camping in Europe.

Which five people would you want at your ultimate dinner party? My husband and my closest friends.

If you could have a super power what would it be? To fly! Or stopping time like Bernard's watch



JENNIFER KNOBBS



Dob: 19/05/1989

Born: Toronto, Canada

Club: Rushmoor

Coach: Biz Price

Trains: Aldershot

Lives: Aldershot

Occupation: Full time athlete

ACHIEVEMENTS

European Championships 2012: Team 5th

World Championships 2011: Team Technical 10th,
Team Free 9th, Team Combo 7th

IN THE POOL

What are your goals for London Olympics? To have the best performance that we can and also to just show everyone how good we actually are.

Finest ever performance /why? In the Duet in 2008. I remember every single second of it. The crowd was so loud, I remember seeing certain people, making judges smile and having the best feeling after it was all over. One of those performances you'll always remember.

Tell me about your GB Senior Debut? My first big competition was the European Cup in Sheffield. I loved competing with the team and we accomplished good routines and our combo won the bronze medal. It was such an amazing team to swim with.

Favourite Venue? London Aquatics Centre.

Toughest move you do in Synchro? There are a lot of them, but the toughest I think is the spin highlight.

How did you get involved with Synchro? I saw it on television and fell in love with it. I was involved in dancing, gymnastics, swimming and diving at the time and Synchro just seemed to be everything I loved combined into one.

OUT OF THE POOL

Any Superstitions? Not superstitions but I need my handshakes before I swim from the coaches. I also try and look up to see my family before I swim as well.

Favourite way to relax? Watching television or listening to music. I like massages also.

Hobbies away from the pool? Watching sports with my boyfriend. Sky Sports always seems to be on! I love watching Liverpool as well as other sports such as rugby and sometimes even cricket.

What's the best thing you cook? I'd have to say I've learnt a lot being away from home but my best would be my chicken cacciatore.

Best concert you have been to? Christina Aguilera

Who would you most like to meet? Honestly I am not too sure. I would love to meet a variety of people. The Queen being one of them.

Must watch TV? I like to watch a lot of TV including Grey's Anatomy, Desperate Housewives, Unforgettable, Hawaii Five-0, Gossip Girl, 90210, and the latest reality show.

Ideal Holiday destination? I love Hawaii but the next vacation is to go to Zimbabwe, I cannot wait!

Which five people would you want at your ultimate dinner party? Adam Sandler, Britney Spears, Christina Aguilera, Reese Witherspoon and Jennifer Aniston

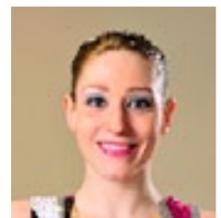
If you could have a super power what would it be? Teleportation. I would love to be able to travel anywhere in the matter of seconds.



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VICKI LUCASS



Dob: 11/09/1990

Born: Frimley

Club: Rushmoor

Coach: Biz Price

Trains: Aldershot

Lives: Yateley

Occupation: Full time athlete.

ACHIEVEMENTS

European Championships 2012: Team 5th

World Championships 2011: Team Technical 10th, Team Free 9th, Team Combo 7th

European Championships 2010: Team Technical 6th

World Championships 2009: Team Free Combo 7th

IN THE POOL

What are your goals for London Olympics? To do our best performance that we can and be really happy and proud with it. It would be great to finish in the top six overall.

Finest ever performance /why? The Free Team final at the world championships in Shanghai 2011. We beat the USA which was great. I also really enjoyed competing at the Olympic qualifiers earlier this year.

Tell me about your GB Senior Debut? Our first competition was the FINA Cup Trophy in 2008 in Madrid.

Favourite Venue? London Aquatics Centre because it is such a nice pool. It has everything we need and is really nice to swim in. Also, it is the Olympic pool and I can't wait to get in there again.

Toughest move you do in Synchro? Sustaining height in a double leg vertical in a long figure.

How did you get involved with Synchro? I have always loved swimming and been a strong swimmer all my life, so when I was about six or seven my swimming teacher suggested that I try out Synchro as I spent most of my time under the water. So I went to try out and got into the club and it went from there.

OUT OF THE POOL

Any Superstitions? I have quite a few really.

Favourite way to relax? I enjoy reading a book or spending time with friends.

Hobbies away from the pool? I love anything to do with sport and love learning about everything to do with it. At the moment though I don't really get much time for other sports. When I was younger I did diving and also a lot of dance at school and college.

What's the best thing you cook? Stuffed Peppers.

Best concert you have been to? Our Greatest Team Rises Ball in May this year. It was at the Royal Albert Hall in London and was amazing.

Who would you most like to meet? I am not sure. Michael McIntyre, Jessica Ennis or Ant and Dec.

Must watch TV? I really like Desperate Housewives and The Big Bang Theory.

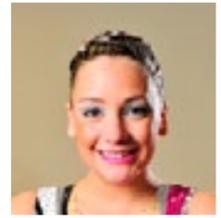
Ideal Holiday destination? Somewhere in the Caribbean would be great.

Which five people would you want at your ultimate dinner party? William and Kate, Michael McIntyre, Gary Barlow and Davina McCall.

If you could have a super power what would it be? Being able to do things instantly just by clicking your fingers like getting changed in the morning or Teleportation which could be very handy in getting to training in the mornings.



ASHA RANDALL



Dob: 06/04/1990

Born: Ascot

Club: Rushmoor

Coach: Biz Price

Trains: Aldershot

Lives: Camberley

Occupation: Full time athlete

ACHIEVEMENTS

European Championships 2012: Team 5th

World Championships 2011: Team Technical 10th, Team Free 9th, Team Combo 7th

European Championships 2010: Team 6th

World Championships 2009: Team Free 10th, Team Combo 7th

IN THE POOL

What are your goals for London Olympics? For the team to finish in the top six would be amazing.

Finest ever performance /why? It was at the World Championships in Shanghai 2011. In the Team Free final we did a great performance and beat our rivals USA.

Tell me about your GB Senior Debut? My debut was in Madrid at the World Trophy in 2008. It was such a great experience competing at a senior level competition for the first time.

Favourite Venue? The London Aquatics Centre is just an amazing venue and the pool feels so light and the chlorine doesn't really affect our eyes which is a big plus for synchronised swimmers as we compete without goggles! I really liked Rome for the World Championships in 2009 also as it was outdoors so straight away you noticed there's so much more air and it is so much clearer under water.

Toughest move you do in Synchro? Everything is tough but I think the toughest thing is definitely having to hold your breath for long amounts of time. Also making everything you do look effortless when on the inside it isn't.

How did you get involved with Synchro? My two older sisters started Synchro when I was little and whenever I went to their sessions and competitions I would just love it and couldn't wait until I was seven and old enough to start myself.

OUT OF THE POOL

Any Superstitions? My friend once told me to not walk over three drains as it is bad luck, so that's the only thing.

Favourite way to relax? To chill out on the sofa watching television or reading a book.

Hobbies away from the pool? I don't really get that much time but when I do I just like spending time seeing my friends and family.

What's the best thing you cook? I make a mean salad!

Best concert you have been to? Beyonce and Watch the Throne.

Who would you most like to meet? Either Chace Crawford or Liam Hemsworth.

Must watch TV? At the moment I really like Modern Family, that is my favourite. I also enjoy Grey's Anatomy.

Ideal Holiday destination? I've always wanted to go to the Maldives.

Which five people would you want at your ultimate dinner party? Michael McIntyre, Jay Z, Beyonce, Liam Hemsworth and Tinie Tempah.

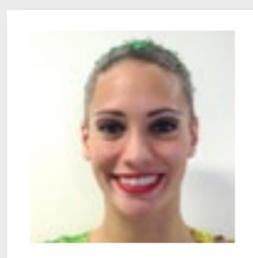
If you could have a super power what would it be? To be able to teleport. How cool would that be!



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JENNA RANDALL



Dob: 20/09/1988

Born: Ascot

Club: Rushmoor

Coach: Biz Price

Trains: Aldershot

Lives: Camberley

Occupation: Full time athlete

ACHIEVEMENTS

European Championships 2012: Duet 7th, Team 5th.

World Championships 2011: Solo Technical 8th, Solo Free 8th, Duet Technical 10th, Duet Free 8th, Team Free 9th, Team Combo 7th

Commonwealth Games 2010: Solo Silver, Duet Silver

European Championships 2010: Duet 5th

World Championships 2009: Solo Technical 8th, Solo Free 9th, Duet Technical 11th, Duet Free 10th, Team Free 10th, Team Free Combo 7th

Olympic Games 2008: Duet 14th

European Championships 2008: Solo 9th, Duet 9th

World Championships 2007: Solo Technical 17th, Solo Free 16th, Duet Technical 20th, Duet Free 20th

European Championships 2006: Solo 12th, Duet 13th

Commonwealth Games 2006: Solo Silver, Duet 4th

IN THE POOL

What are your goals for London Olympics? A top six finish in both Duet and Team. Our main rivals for the duet at the Games will be France and Italy. We were lucky enough to compete at the Olympic pool in April for the Olympic qualifiers and it was amazing, the pool is fantastic and the crowd were awesome. So it will be better again in July, I cannot wait.

Finest ever performance /why? 2010 Commonwealth Games winning silver in both duet and solo events. Delhi was great and a really good competition for us. We did our best swims for that year and the hard work paid off winning both the medals.

Tell me about your GB Senior Debut? I first competed for seniors in 2006 with Olivia in the duet event at the Commonwealth Games in Melbourne.

Favourite Venue? The venue in Rome for the 2009 World Championships. It is a stunning outdoor pool surrounded with roman statues.

Toughest move you do in Synchro? Sustained height double leg height whilst turning. Everything in Synchro involves a lot of body strength and power but with this move it involves all of that plus stability which is very hard to control. We have to be extremely strong in the core to be able to control our moves whilst trying to be explosive and high at the same time, not to forget holding our breath!

How did you get involved with Synchro? I joined when I was seven because my older sister Tia did it.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Just sitting on the sofa watching my favourite America television shows.

Hobbies away from the pool? I enjoy dancing, shopping and catching up with friends.

What's the best thing you cook? An asparagus risotto because that is the only thing I can cook!

Best concert you have been to? Kanye West and Jay Z. They were amazing.

Who would you most like to meet? Ryan Reynolds.

Must watch TV? I love watching US shows. At the moment my favourites are 90210, Grey's Anatomy, One Tree Hill and Desperate Housewives.

Ideal Holiday destination? I have always wanted to go to the Maldives.

Which five people would you want at your ultimate dinner party? Beyonce, Jay Z, Chris Brown, Ryan Reynolds and Zac Efron .

If you could have a super power what would it be? To be invisible so I can go places that I'm not meant to be.



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PRINT

KATIE SKELTON



Dob: 05/10/1987

Born: Reading

Club: Reading Royals

Coach: Biz Price

Trains: Aldershot

Lives: Aldershot

Occupation: Full time athlete

ACHIEVEMENTS

European Championships 2012: Team 5th

World Championships 2011: Team Technical 10th,
Team Free 9th

European Championships 2010: Team Technical 6th

World Championships 2009: Team Free 10th,
Team Free Combo 7th

IN THE POOL

What are your goals for London Olympics? To finish in the top six.

Finest ever performance /why? World Championships in 2011, it was an excellent swim and we pulled up a place which meant we finished ninth in the world.

Tell me about your GB Senior Debut? In Madrid 2008 at the FINA World Trophy, it was our first competition as a senior squad and we had to prove we were a team that would do well. It was a good performance and our coaches were happy with the performance.

Favourite Venue? The London Aquatics Centre because I love the design of it. Also the water is really clear and when we are swimming our routines without goggles I see all my team mates clearly. The lights are so bright to which helps this.

Toughest move you do in Synchro? Spinning is one of the hardest moves in our sport as it requires really good core stability as you are upside down vertically spinning on the spot. You have to have good balance and have the correct sculling technique so you stay on the spot and spin down at the right levels.

How did you get involved with Synchro? My next door neighbour used to do it and suggested I joined because I loved swimming, dancing and gymnastics. Synchro swimming is a combination of all of them.

OUT OF THE POOL

Any Superstitions? I have a special hand shake with certain team members and a specific saying to another member, but nothing away from the pool.

Favourite way to relax? Chilling on my bed watching Desperate Housewives with my house mate.

Hobbies away from the pool? I enjoy going to concerts, meeting up with friends and listening to music.

What's the best thing you cook? Chicken fajitas.

Best concert you have been to? Beyonce.

Who would you most like to meet? Elton John as I love his music and it cheers me up and makes me want to dance!

Must watch TV? Desperate Housewives.

Ideal Holiday destination? The Maldives because it looks beautiful and relaxing.

Which five people would you want at your ultimate dinner party? I would want five of my best friends who have always supported me throughout my career.

If you could have a super power what would it be? Teleportation so I would not have to spend so much time travelling.



COACH PROFILES



BIZ PRICE

Position: National Performance Director

DOB: 16/08/61

Lives: Farnham

PREVIOUS OLYMPIC EXPERIENCE

Competitor for Barbados at Los Angeles 1984

Coach for Canada at Korea 1988

Coach for Canada at Sydney 2000

Coach for Spain at Athens 2004

Coach for GB at Beijing 2008



LOLLI MONTICO

Position: National Assistant Coach

DOB: 30/10/65

Lives: Farnborough, Hampshire

PREVIOUS OLYMPIC EXPERIENCE

Coach for Italy at Athens 2004

Attended Beijing 2008 as part of the GB 2012
Ambition Programme



TAMMY MCGREGOR

Position: Coach

DOB: 26/10/75

Lives: California

PREVIOUS OLYMPIC EXPERIENCE

Competitor for USA at Atlanta 1996

Coach for Czech Republic at Athens 2004

Coach for USA at Beijing 2008



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Ciaran James
Sean King
Joe O'Regan
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Adam Scholefield
Ed Scott
Jake Vincent
Jack Waller

WOMEN

Fran Clayton
Lisa Gibson
Ciara Gibson-Byrne
Beckie Kershaw
Fran Leighton
Fiona McCann
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Alex Rutlidge
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WATER POLO SCHEDULE

29 July	Olympic Park – Water Polo Arena	
10:00 – 12:40	GRE vs CRO	KAZ vs ESP (M prelims)
14:10 – 16:50	ITA vs AUS	HUN vs SRB (M prelims)
18:20 – 21:00	ROU vs GBR	MNE vs USA (M prelims)
30 July	Olympic Park – Water Polo Arena	
14:10 – 16:50	ESP vs CHN	ITA vs AUS (W prelims)
18:20 – 21:00	GBR vs RUS	HUN vs AUS (W prelims)
31 July	Olympic Park – Water Polo Arena	
10:00 – 12:40	HUN vs MNE	CRO vs ESP (M prelims)
14:10 – 16:50	AUS vs KAZ	GRE vs ITA (M prelims)
18:20 – 21:00	SRB vs GBR	USA vs ROU (M prelims)
1 August	Olympic Park – Water Polo Arena	
14:10 – 16:50	HUN vs CHN	ITA vs RUS (W prelims)
18:20 – 21:00	ESP vs USA	GBR vs AUS (W prelims)
2 August	Olympic Park – Water Polo Arena	
10:00 – 12:40	ESP vs AUS	KAZ vs GRE (M prelims)
14:10 – 16:50	MNE vs SRB	ROU vs HUN (M prelims)
18:20 – 21:00	GBR vs USA	ITA vs CRO (M prelims)

3 August	Olympic Park – Water Polo Arena	
14:10 – 16:50	ESP vs HUN (W prelims)	
18:20 – 21:00	RUS vs AUS (W prelims)	
4 August	Olympic Park – Water Polo Arena	
10:00 – 12:40	MNE vs ROU	CRO vs AUS (M prelims)
14:10 – 16:50	GRE vs ESP	ITA vs KAZ (M prelims)
18:20 – 21:00	HUN vs GBR	SRB vs USA (M prelims)
5 August	Olympic Park – Water Polo Arena	
14:50 – 17:30	Women's quarter-finals (2 matches)	
19:00 – 21:40	Women's quarter-finals (2 matches)	
6 August	Olympic Park – Water Polo Arena	
10:00 – 12:40	KAZ vs CRO	GRE vs AUS (M prelims)
14:10 – 16:50	ROU vs SRB	HUN vs USA (M prelims)
18:20 – 21:00	GBR vs MNE	ESP vs ITA (M prelims)
7 August	Olympic Park – Water Polo Arena	
14:10 – 16:50	Women's semi-final, classification match (5th-8th places)	
18:20 – 21:00	Women's semi-final, classification match (5th-8th places)	

8 August	Olympic Park – Water Polo Arena	
14:30 – 17:10	Men's quarter-finals (2 matches)	
18:40 – 21:20	Men's quarter-finals (2 matches)	
9 August	Olympic Park – Water Polo Arena	
14:30 – 17:10	Women's bronze medal match, gold medal match, victory ceremony	
		
10 August	Olympic Park – Water Polo Arena	
14:20 – 17:00	Men's semi-final, classification match (5th-8th places)	
18:30 – 21:10	Men's semi-final, classification match (5th-8th places)	
12 August	Olympic Park – Water Polo Arena	
10:20 – 13:00	Men's classification matches (5th-6th, 7th-8th places)	
14:30 – 17:40	Men's bronze medal match, gold medal match, victory ceremony	
		

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CRAIG FIGES



Name: Craig Figes
Dob: 14/08/1978
Born: Bristol
Club: Bristol Central
Coach: Greg Harper/Cristian Iordache
Trains: Manchester/Italy
Lives: Bristol
Occupation: Full time swimmer
Position: Driver

WHY WATER POLO?

My family were involved in swimming, Water Polo and synchronised swimming at Bristol Central and so I was swimming at an early age. I loved ball sports so I started Water Polo and found I enjoyed the team sport so much that it took over from swimming within a few years.

IN THE POOL

What are your goals for the London Olympics? To perform at the best of my ability. We have worked so hard to make the improvements necessary just to get to London but that's not enough for us, we really want to try and cause an upset or two if we can.

Finest ever performance or match? At the Commonwealth Games in 2002. It was in the bronze medal match against Malta. We won the bronze medal in front of a home crowd after extra time. I scored four goals in the game including two during extra time.

Best goal scored or saved? A spin lob to win a match with only two seconds remaining in a game against Real Canoe in the Spanish league a few years ago.

Favourite move? The spin lob.

Best Venue? Bicton Pool, Perth, Australia. It's a fantastic open air pool on the mouth of the Swan river, The view is fantastic.

When was your international senior debut? Way back in 1993, aged 14.

Toughest opponent? Vladimir Vujasinovic (SRB).

OUT OF THE POOL

Any Superstitions? Not really.

Favourite way to relax? Watching television, reading, going to the beach and trying to do yoga.

Hobbies away from the pool? I like sports like football and rugby and trying to surf when I get the chance.

What's the best thing you cook? I do make a great spaghetti bolognese, although my wife might disagree as she is a much better cook than me.

Best concert you have been to? Glastonbury festival a long, long time ago.

Who would you most like to meet? Michael Jordan.

Must watch TV? I'm watching The Wire at the moment and really enjoying it.

Holiday destination? South of France to visit the in-laws or somewhere with a great beach.

Which five people would you want at your ultimate dinner party? Roy Keane, David Walliams, Stephen Fry, Jeremy Clarkson and Andrew Flintoff.

If you could have a super power what would it be? Teleportation to cut out the endless travelling of an athlete.

Who would play you in a movie? Vin Diesel or anyone bald!



MATT HOLLAND



DoB: 22/06/89

Born: Carshalton

Club: Aix en Provence (France), Sutton & Cheam (UK)

Coach: Alex Donsimoni (France), Dave Andrews (UK)

Train: Aix en Provence

Lives: Aix en Provence

Position: Goalkeeper

WHY WATER POLO?

I started when I was a swimmer at Sutton and Cheam and the polo team were recruiting players.

IN THE POOL

What are your goals for the London Olympics? To play to the highest level I can and have the best performances of my life.

Finest ever performance/match Why? I am not sure what my best match has been but this season I have played well in the must win games for my club which has been important and memorable. We beat Sete 9-8 and Douai 8-7 at home and both were must win matches for us and they went down right to the last second of the game.

Best goal scored/save made? A penalty save against Slovenia in a European Junior qualification tournament in 2007. It's not my best save but one that I remember.

Favourite move? Anything that results in a save to be honest.

Favourite venue you have competed in? Lugano for location. Aix en Provence in France to play because we always play well at home and it's a good atmosphere.

International senior debut: In 2008 at the European A qualifiers in Dubrovnik.

Toughest opponent? Italy because they are current World Champions. Their movement on and off the ball is very quick which makes it hard to follow the ball and stay ready for the shots the whole attack. They have world class shooters as well as big strong centre forwards.

OUT OF THE POOL

Any Superstitions? No.

Favourite way to relax? Living in the south of France I can go to the beach or mountains. I like having a coffee in town and going to friends' houses for a barbeque.

Hobbies away from the pool? General things like listening to music and reading. I really enjoy the beach and I also follow other sports mainly cricket and football. I support Crystal Palace and follow Surrey CCC. Being in France I am learning the language and can speak a little, but it is very hard though.

What's the best thing you cook? A chorizo stew.

Best concert you have been to? The Cribbs in Leeds.

Who would you most like to meet? Andrew Flintoff.

Must watch TV? The Sopranos.

Holiday destination? Ibiza.

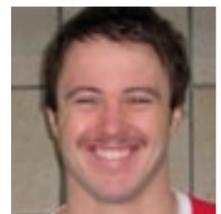
Which five people would you want at your ultimate dinner party? Andrew Flintoff, Johnny Cash, Kate Middleton, Jonathan Ross and Dougie Freedman, plus partners.

What super power would you like? To have Bernard's Watch and be able to teleport.

Who would play you in a movie? Edward Norton.



CIARAN JAMES



DoB: 05/07/91
Born: Bristol
Club: SV Cannstatt
Coach: Cristian Iordache
Train: Manchester
Lives: Manchester
Position: Driver/Shooter

WHY WATER POLO?

I used to swim when I was younger and got the opportunity to try Water Polo one day. It seemed to be ok and quite fun so it went from there.

IN THE POOL

What are your goals for the London Olympics? To just play the best that I possibly can and to enjoy the experience of playing in front of a home crowd.

Finest ever performance/match Why? I scored against Italy in the World League. It was such a big thing because they are the World Champions.

Best goal scored/save made? It was whilst playing for my club team SV Cannstatt in the German League.

Favourite move? The 360 backhand. It's when you do a backhand but you're facing the goal. So you do a 360 degree spin.

Favourite venue you have competed in? The Manchester Aquatics Centre. We train there most the time so it's like home for us.

International senior debut? In Slovenia back in 2009.

Toughest opponent? Italy, because they are the best in the world and so difficult to play against.

OUT OF THE POOL

Any Superstitions? No none.

Favourite way to relax? I like to listen to music, especially the XX.

Hobbies away from the pool? I really enjoy going to the cinema.

What's the best thing you cook? Coq au vin.

Best concert you have been to? I really enjoyed Athlete.

Who would you most like to meet? Zooey Deschanel.

Must watch TV? There are quite a few things at the moment that I am watching. I like Misfits, New Girl, How I Met Your Mother and Modern Family.

Holiday destination? Thailand.

Which five people would you want at your ultimate dinner party? Russell Crow, Superman, James Earl Jones, Ben E King and the Hulk.

What super power would you like? To be able to teleport.

Who would play you in a movie? Gladiator.



SEAN KING



Dob: 03/05/1989

Born: Farnborough

Club: Invicta, SV Weiden (Germany)

Coach: Martin Burke/Irek Luczak

Trains: Manchester

Lives: Weiden

Occupation: Full time swimmer

Position: Right side or one/two.

WHY WATER POLO?

I started at secondary school. I was a competitive swimmer and I went for a trial. It went from there.

IN THE POOL

What are your goals for the London Olympics? To show how much of an improvement that we as a team have made over the last few years and to prove that we can be competitive amongst the very best at the top level of the sport.

Finest ever performance or match? In 2006 in the Pan Pacific Games semi-finals where I managed to score eight goals.

Best goal scored or saved? This season in the German League for my club. I scored with a shot from 15 metres, cross cage.

Favourite move? During man-up. When you have an extra player than your opponents.

Best Venue? The Schatzlerbad stadium in Weiden the club I played for in Germany for the last couple of years. It is beautiful. There is a big outdoor pool with a lake, such an amazing venue.

When was your international senior debut? At the Comen Cup in 2008 in Malta.

Toughest opponent? Norbert Hosnyanszky (HUN). He was part of their team that won Olympic gold in Beijing 2008.

OUT OF THE POOL

Any Superstitions? None.

Favourite way to relax? Going to the cinema or reading.

Hobbies away from the pool? I am a big Chelsea fan so am quite into football. Watching the Champions League final at home was great especially being in Germany.

What's the best thing you cook? Jacket potato with beans and cheese.

Best concert you have been to? Probably Party in the Park when I was about 14.

Who would you most like to meet? Frank Lampard.

Must watch TV? I like Luther and The Killing. I watch a little bit of German TV but not a lot.

Holiday destination? Florida. I have been quite a few times and am going again later this year.

Which five people would you want at your ultimate dinner party? Frank Lampard, Idris Elba, Will Smith, Ricky Gervais and Jessica Alba.

If you could have a super power what would it be? Everyone wants to be able to fly.

Who would play you in a movie? Bradley Cooper.



JOE O'REGAN



Dob: 22/6/1991

Born: Oldham

Club: City of Manchester/PVSK Fuszert

Coach: Tim Dunsbee

Trains: Manchester

Lives: Manchester

Occupation: I am a student at Manchester Metropolitan University studying Geography. I am due to start my final year.

Position: Centre Back

WHY WATER POLO?

I swam a little when I was younger at my local pool in Royton and got asked to try polo and I enjoyed it, which led to me continuing playing it and getting where I am today.

IN THE POOL

What are your goals for the London Olympics? To compete amongst the world's best and play to the best of our abilities and do Britain proud. I can't wait to play in the arena in London with the size of the crowd. I'm very proud to say I'm going to be doing so.

Finest ever performance or match? Playing in a must win game in the Hungarian first division this year against Szentes and I scored four goals in the team's victory.

Best goal scored or saved? Against Hungary in Dublin last summer. I was playing on the right hand side and I got a foul on about 9m out and I knew before I had even received the ball I was going to shoot. As soon as it left my hand it was in. It went cross cage pretty hard and bar down and was one of those shots that was unstoppable.

Favourite move? Man up moves.

Best Venue? The National Pool in Dublin. It's where my parents first got to see me play for the senior national team and it's where I played against Hungary the three time Olympic champions.

When was your international senior debut? The Tbilisi tournament in Georgia 2010.

Toughest opponent? Hungarian national team and their centre forward Adam Steinmetz.

OUT OF THE POOL

Any Superstitions? Not really.

Favourite way to relax? Playing FIFA with the lads or just watching television. After training I mainly just want to sleep and take my mind off polo.

Hobbies away from the pool? I am a big Manchester United fan mainly because of the David Beckham influence. But my Dad is a City fan!

What's the best thing you cook? Warming up my mum's unbelievable meals.

Best concert you have been to? Swedish House Mafia.

Who would you most like to meet? David Beckham.

Must watch TV? Mrs. Brown's Boys, Celebrity Juice, That 70's Show and The Inbetweeners

Holiday destination? I really like Ireland.

Which five people would you want at your ultimate dinner party? David Beckham, Keith Lemon, Pixie Lott, Natalie Portman and Karl Pilkington.

If you could have a super power what would it be? Invisibility.

Which actor would play you in a movie? Blake Harrison who plays Neil in The Inbetweeners.



ROB PARKER



Dob: 04/12/1987

Born: Cheltenham

Club: CN Terrassa/Cheltenham

Coach: Dani Nart/Cristian Iordache

Trains: Barcelona

Lives: Barcelona

Position: Utility

WHY WATER POLO?

I used to swim for Cheltenham to a reasonable level and the Water Polo coach Martyn Thomas asked me to have a go. I liked it and it went from there.

IN THE POOL

What are your goals for the London Olympics? To get the best possible results and hopefully surprise some people on the way. From a personal level to perform to the best of my ability. It is going to be great competing at home.

Finest ever performance or match? A tournament in Georgia in 2009 I was awarded 'most valuable player' and was the top goalscorer.

Best goal scored or saved? I was playing for Cheltenham in the LEN Trophy against a Russian team and I spun two players and scored. After the game the coach told me it was the best individual goal.

Favourite move? When a player tries to steal the ball and you turn them – we call it the merry go round and you have to pay 50p admission.

Best Venue? In the Spanish league at Mataro. It's an outdoor pool next to the beach and you can't beat it on a sunny day.

When was your international senior debut? I am not sure of the game but it was in 2007 in a tournament in New Zealand.

Toughest opponent? Playing as centre back it would have to be Ivan Perez from Spain.

OUT OF THE POOL

Any Superstitions? Always chuck my hat in the water before I get in before the match, but nothing away from the pool.

Favourite way to relax? Just chilling with my mates.

Hobbies away from the pool? I like to play golf, badly. I support Manchester United so try to watch some games when I am in Spain. I have been to watch Barcelona a few times too.

What's the best thing you cook? Chicken and mint risotto is my best.

Best concert you have been to? I have never been to one.

Who would you most like to meet? David Beckham.

Must watch TV? At the moment I am watching Homeland and Game of Thrones.

Holiday destination? Australia.

Which five people would you want at your ultimate dinner party? Ricky Gervais, Karl Pilkington, Mila Kunis, Usian Bolt and David Beckham.

If you could have a super power what would it be? To be able to fly.

Who would play you in a movie? Apparently Nicholas Lindhurst.



ALEX PARSONAGE



Dob: 30/04/1985

Born: Dudley

Club: Lancaster/Warley Wasps

Coach: Christian Iordache

Trains: Manchester

Lives: Manchester

Occupation: Full time athlete

Position: 1 or 2

WHY WATER POLO?

I was a swimmer and got tired of the same thing so I tried Water Polo and found it really fun so stuck with it.

IN THE POOL

What are your goals for the London Olympics? To represent Great Britain at my highest level and make everyone proud to be British.

Finest ever performance or match? It's hard but I think my best performance was playing against the Olympic Champions Hungary in Dublin.

Best goal scored or saved? Scoring against the Olympic Champions was great in 2011. It was at a promotional event in Ireland.

Favourite move? Every move I make if it is successful, becomes my favourite.

Best Venue? The National Aquatics Centre in Dublin, the venue for the Dublin Cup. The atmosphere from the crowd was electric with around 2,500 people watching us play against Hungary.

When was your international senior debut? When I was 17 I made my first senior appearance in Switzerland against Egypt.

Toughest opponent? Up to this date I must say playing against Hungary have been the hardest matches because they are Olympic Champions and so strong.

OUT OF THE POOL

Any Superstitions? I don't really have any superstitions.

Favourite way to relax? To just chill out and watch television.

Hobbies away from the pool? I really like other sports, mainly football. I don't get to play that much at the moment but I support Wolves.

What's the best thing you cook? I love to cook a good casserole.

Best concert you have been to? Either Oasis or Kasabian.

Who would you most like to meet? David Beckham.

Must watch TV? I like Mrs Brown's Boys and Only Fools and Horses.

Holiday destination? Ibiza.

Which five people would you want at your ultimate dinner party? David Beckham, Keith Lemon, Paul Gascoigne, Michelle Keegan and Charlize Theron.

If you could have a super power what would it be? To be all round hero.

Who would play you in a movie? Mark Wahlberg.



GLEN ROBINSON



Dob: 26/01/1989

Born: Kendal

Club: SV Würzburg (GER)

Coach: Jürgen Helmschrott/Cristian Iordache

Trains: Würzburg/Manchester

Lives: Kendal

Occupation: Full time athlete

Position: 4 or 5 on the left side of the pool

WHY WATER POLO?

I started swimming at the age of five and did lots of competitions and I began to get quite good. But I don't think it was for me as I preferred team sports. At the age of 13 I started playing Water Polo at Kendal. I moved to Lancaster and got into the GB youth teams and then moved into the national senior team. I stopped swimming aged 16 and focused on Water Polo.

IN THE POOL

What are your goals for the London Olympics? Personally I just want to have consistent performances each game. I have put in so much effort in training leading up to the Olympics that I just want to play to the best of my ability. From the team side of things we want to be competitive and show people that we are not here simply to make up the numbers.

Finest ever performance or match? A World League game in Manchester against Russia in 2012. I had the best game for me and scored twice. My defence and attack were solid, I was really happy.

Best goal scored or saved? 2007 at the European Junior qualifiers against Spain. We had to win or draw to qualify and we were one goal down with three seconds left in the game. I scored from quite a long way out and it got us through to the finals.

Favourite move? My favourite move is a pass and go move. I hold the ball quite close to myself and try to get the opponent to commit to try and get the ball. I then pass the ball to a team mate and move away from my marker to get free.

Best Venue? One in Slovakia. It was an outdoor pool with a stadium either side.

When was your international senior debut? 2008 at a friendly competition in Malta.

Toughest opponent? Italy. They are really strong and the way they play and move in the water is really good.

OUT OF THE POOL

Any Superstitions? None away from the sport.

Favourite way to relax? Just do nothing. Watch movies or go for a walk. Sometimes I just like to go for a walk listening to music.

Hobbies away from the pool? I like to go clay pigeon shooting with my dad at weekends.

What's the best thing you cook? I like making chicken schnitzels.

Best concert you have been to? I am a Liverpool fan so have been to watch them a few times. But not really been to a concert.

Who would you most like to meet? Steven Gerrard.

Must watch TV? I watch the comedy channel a lot and just watch anything. Scrubs is always good.

Holiday destination? I have never been to America and always wanted to go to Miami.

Which five people would you want at your ultimate dinner party? Steven Gerrard, Peter Kay, Michael McIntyre, Ryan Reynolds and Eminem.

If you could have a super power what would it be? Teleportation would make it so much easier.

Who would play you in a movie? Ryan Reynolds.



SEAN RYDER



Dob: 18/06/1987

Born: Nottingham

Club: SV Weiden

Coach: Irek Luczak

Trains: Bavaria, South Germany

Lives: Urmston, Trafford

Occupation: Full time athlete

Position: Driver, Utility

WHY WATER POLO?

I followed my sister into the sport after being a competitive age group swimmer for four years. I only ever swam at counties but stopped swimming competitively at 11.

IN THE POOL

What are your goals for the London Olympics? To exceed my personal and the team's expectations, I'd love to score in front of a home crowd with both my parents watching.

Finest ever performance or match? The LEN European Junior Championships in Oradea, Romania. In the group stages I scored a couple of goals against Slovenia and it was the first time I felt I'd achieved something on a bigger stage than in a domestic competition.

Best goal scored or saved? I scored against Tempesti in Italy in a World League match in Cremona, Italy. It meant a lot seeing as they were the current World Champions.

Favourite move? The touch down.

Best Venue? Parnell Aquatics Centre for the Southern Cross Tournament, New Zealand. The complex and the entire city were outstanding.

When was your international senior debut? Czech Republic 2005 with Norman Leighton as Head Coach. It was a baptism of fire because I wasn't that old and I'd not really travelled further than our borders beforehand especially as the team junior.

Toughest opponent? I played against Aleksander Sapic a Serbian in 2007 and it was our first year at the HPC and as a senior my first big international tournament. He was very strong and an excellent shooter with a fast arm. I found it very hard to defend against him.

OUT OF THE POOL

Any Superstitions? Not away from the sport.

Favourite way to relax? Listening to music or enjoying a science fantasy novel in the sun.

Hobbies away from the pool? I like to play badminton and also going to the cinema.

What's the best thing you cook? I reckon I'm a good omelette maker. I'm not the best cook.

Best concert you have been to? I went to see Swedish House Mafia and I'm pretty sure it was the best night of my life to date.

Who would you most like to meet? Keith Lemon, he's one funny guy and he has some very entertaining guests on his TV show.

Must watch TV? Grand Designs for inspiration. I hope one day I'll be able to build my own house.

Holiday destination? I want to go to the US eventually and be a proper tourist in California and see if it really is like The O.C.

Which five people would you want at your ultimate dinner party? Sir Steve Redgrave, Lance Armstrong, Katy Perry, Cheryl Cole and Will Smith.

If you could have a super power what would it be? That's easy, I would like to be able to fly.

Who would play you in a movie? Viggo Mortensen.



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ADAM SCHOLEFIELD



Dob: 24/05/85

Born: Leeds

Club: PVSF Fuszert, Rotherham, Morley

Coach: Attila Petik/Norman Leighton/
Phil Hill

Trains: Manchester

Lives: Leeds or Pécs

Occupation: Full time athlete

Position: Centre Forward

WHY WATER POLO?

My older sisters played and I liked the look of it. I wasn't allowed to start until I was ten as everybody else was much older. So I got my first taste on my 10th birthday!

IN THE POOL

What are your goals for the London Olympics? It would be great to win a game and also make sure we do not get beaten heavily. It will be great to compete in front of a home crowd but I am more focused on what we do in the pool.

Finest ever performance or match? The match against Georgia in 2011 in Manchester. We won and I scored a few goals. Playing against the top teams all the time is a great learning curve for us as a team but it is tough.

Best goal scored or saved? Scoring for a centre forward is always good. All goals are my best goals!

Favourite move? You will have to wait and see on that one.

Best Venue? Sheffield Road, Rotherham's old pool. It has closed down now but I used to play a lot there when I was getting into the sport.

When was your international senior debut? I think it was back in 1993 or 1994. It seems a long time ago now.

Toughest opponent? Szabolcs Binder (HUN).

OUT OF THE POOL

Any Superstitions? I have quite a lot of swimming ones, like not shaving the day of a game.

Favourite way to relax? I watch a lot of comedy.

Hobbies away from the pool? I am doing a PhD in Image Processing at Imperial College in London so that takes up a lot of my time along with training. I should finish in the next couple of months. I am a big rugby league fan so I support Leeds Rhinos.

What's the best thing you cook? Yorkshire puddings to go with my roast dinner.

Best concert you have been to? Peter Kay.

Who would you most like to meet? Winston Churchill.

Must watch TV? Anything comedy and Top Gear. I like the Apprentice but don't watch much TV.

Holiday destination? I spent a lot of time in Thailand after the World Student Games a few years ago and did some travelling. It was great.

Which five people would you want at your ultimate dinner party? Lance Armstrong, Kate Middleton, Louis CK, Albert Einstein and Stewie Griffin.

If you could have a super power what would it be? To teleport myself.

Who would play you in a movie? John Cleese.



ED SCOTT



DoB: 28/05/1988

Born: Leeds

Club: CE Mediterrani

Coach: Javier Aznar/Christian Lordache

Train: Barcelona, Spain

Lives: Barcelona, Spain

Occupation: Full time athlete at the moment but I am part way through a medical degree at the University of Leeds. I have two more years left to complete once I have finished playing professionally

Position: Goalkeeper, I have a really strong breaststroke leg kit which is really important for a goalkeeper. I was never the strongest of swimmers when I started in the sport so started playing in goal

WHY WATER POLO?

Started playing at Bolton School as it was offered as a sport there.

IN THE POOL

What are your goals for the London Olympics? To be competitive with the best teams in the world and play consistently well.

Finest ever performance/match Why? Against Hungary in 2011. I made some good saves against the reigning Olympic Champions.

Best goal scored/save made? I don't think I can single out one best save. This year, I made an important penalty save in the Catalan Cup semi-final for my club team in a penalty shoot-out. This helped us to reach the final.

Favourite move? I don't really have one as a goalie. Saving a shot with my foot is something I might do for fun in training but is never something I have attempted in a game, although some goalkeepers have done.

Favourite venue you have competed in? Piscina Josep Valles in Barcelona.

International senior debut: Heliopolis tournament in Egypt 2005.

Toughest opponent? Hungary are my toughest opponents as they are three time Olympic Champions. They have some great players and are renowned for having some of the best shooters in the world, so for a goalkeeper, it makes my life pretty tough.

OUT OF THE POOL

Any Superstitions? I always have to do University work with the same pen.

Favourite way to relax? Just watching films or television.

Hobbies away from the pool? Beating Rob Parker on Pro Evolution Soccer. I'm a big sports fan especially football and rugby. Really enjoy following the Premier League and rugby internationals. I'm a Manchester United fan which I get a lot of stick for being from Leeds and living in Bolton.

What's the best thing you cook? Toad in the hole.

Best concert you have been to? Robbie Williams.

Who would you most like to meet? David Beckham.

Must watch TV? How I Met Your Mother.

Holiday destination? Definitely Hawaii.

Which five people would you want at your ultimate dinner party? The Queen, Peter Kay, Steven Fry, Kylie Minogue and David Beckham.

What super power would you like? I would like to be able to stop time.

Who would play you in a movie? Ivan Drago from Rocky IV.



JAKE VINCENT



Dob: 24/06/1989

Born: Solihull

Club: SV Bayer Uerdingen 08 (Germany)

Coach: Rainer Hoppe (Germany)/Cristian Iordache (GB)

Train: Krefeld (Germany)/Manchester

Lives: Solihull

Position: Centre Back

WHY WATER POLO?

When I was young my sister did a lot of swimming so I spent quite a bit of time at the pool. I was always more in to team sports so one day I saw a Water Polo session going on in the diving pit of my local pool when my sister was swimming so I got in and here we are.

IN THE POOL

What are your goals for the London Olympics? To prove that this is the level we are at and that we should be competing against the best in the world.

Finest ever performance or match? Playing for my club in Germany we were playing Spandau Berlin, the favourites to win the league and reigning champions for the last four years, we lost 6-5 but the team played with some real determination and skill it was a close game and I got man of the match.

Best goal scored or saved? I can't really remember the best goal but the most memorable to me was when we were playing the Junior Europeans in Turkey in 2008 against Slovenia. With three minutes left of the game I scored my third goal from about nine metres into the top left corner. I knew the ball was going in as soon as it left my hand.

Favourite move? I don't really have a favourite, just as long as we score it's good.

Best Venue? That would have to be in Brisbane, Australia when I was playing a season over there. Playing on a warm evening with the sun setting in front of a home crowd cheering you on is good.

When was your international senior debut? In Poland in 2008 when I scored in my first senior international match.

Toughest opponent? Reigning Olympic Champions Hungary. They are really strong, quick and really experienced.

OUT OF THE POOL

Any Superstitions? Not really.

Favourite way to relax? Just to collapse on the sofa in front of some rubbish television.

Hobbies away from the pool? I don't get much time but anything as long as I'm with my mates.

What's the best thing you cook? I think that I cook a mean BBQ with all the meat you can think of.

Best concert you have been to? A few years ago I went to Leeds Festival and had a great weekend. It was awesome.

Who would you most like to meet? I have met quite a few of my sporting heroes so going to say Jeremy Clarkson.

Must watch TV? When I watch TV it is normally some rubbish that is on so I wouldn't say that it is must see. I really like the Sherlock Holmes series though.

Holiday destination? I like having things to do and not just lying around on a beach so anywhere.

Which five people would you want at your ultimate dinner party? My family.

If you could have a super power what would it be? I would like to have them all like Superman but if I had to choose one I would say flying.

Who would play you in a movie? I would say Gerard Butler.



JACK WALLER



Dob: 06/10/1989

Born: Enfield

Club: Invicta/ CN Sant Andreu

Coach: Carlos Bellon/Cristian Iordache

Trains: Manchester, Barcelona

Lives: Battle, East Sussex

Occupation: Full time swimmer

Position: Centre Forward

WHY WATER POLO?

My dad played and I used to get in with him to train when I was younger and it went on from there. I really enjoyed the game so stopped swimming and started focusing on Water Polo.

IN THE POOL

What are your goals for the London Olympics? To play to the best of my ability.

Finest ever performance or match? I scored twice against Hungary in Ireland last year in a series match. I really enjoyed that game.

Best goal scored or saved? It was a back hand shot against Greece at the Manchester Aquatics Centre in 2010.

Favourite move? Backhand. Because I have scored all my best goals with a backhand.

Best Venue? Melbourne. It is an amazing pool, the stadium was huge and it was in a lovely location.

When was your international senior debut? Back in 2008 in Holland.

Toughest opponent? Italy because they were solid all over the pool, no obvious weakness. Plus they are the current World Champions.

OUT OF THE POOL

Any Superstitions?No.

Favourite way to relax? Playing on my iPad or Football Manager.

Hobbies away from the pool? I don't really get much time for hobbies other than eating. I support Tottenham so watch a lot of sport on television when I can. Being based in Barcelona I have been to see one of their football matches, when they won 5-0.

What's the best thing you cook? Nachos.

Best concert you have been to? Rihanna.

Who would you most like to meet? The Queen.

Must watch TV? I like Dexter and Modern Family at the moment.

Holiday destination? Ibiza.

Which five people would you want at your ultimate dinner party? David Beckham, Prince William (with Kate Middleton), Will Ferrell, Katy Perry and Jamie Oliver (so he can cook).

If you could have a super power what would it be? Invisibility would be good.

Who would play you in a movie? Either Danny Dyer or Jude Law.



FRAN CLAYTON



Dob: 07/01/1990

Born: Nottingham

Club: City of Liverpool / Catterick Cobras

Coach: Szilveszter Fekete/Gordon Dacre
Trains: Manchester

Lives: Manchester

Occupation: Full time athlete

Position: Left Winger

WHY WATER POLO?

I have always been around Water Polo as my mum plays and my dad used to coach and referee. So from a baby, me and my brother and sister were passed up and down the subs bench or playing behind the goal or on pool side. I first started to play properly when I was eight and joined Bedale Sharks Swimming and Water Polo Club and the Water Polo session was for 30 minutes before the swimming session so I would just do both! Shortly after this my parents set up a senior Water Polo club, Catterick Cobras and I would train with both the junior and senior teams. I made my senior national competition debut at the age of 11 helping Harrogate win the third and second division titles as well as becoming a top goalscorer.

IN THE POOL

What are your goals for the London Olympics? To play to the best of my ability, help my team out as much as I can and hopefully win some matches.

First time GB women competing in the Olympics, how does that make you feel? I feel very proud, it has taken a lot of hard work to get here but it is great that the nation that invented the sport are back competing with the world's top teams.

Finest ever performance/match Why? I can't put one specific one down. I had a couple of good tournaments as a junior and was top goalscorer at one of them.

Best goal scored? I have a slight speciality from shooting from a long way out towards the end of the quarter. I remember one match I was playing for Harrogate in the National League and I shot in the last two seconds from our own two meter line and got it stuck in the block behind the goal.

Favourite move? Shooting, I just like shooting.

Favourite venue? Anywhere with a decent crowd cheering is fine by me.

International senior debut: 2007 in Portugal.

Toughest opponent? Possibly Australia – they're all big girls and good players.

OUT OF THE POOL

Favourite way to relax? A good film on the sofa with my duvet and some chocolate.

Hobbies away from the pool? I go dog-walking for Manchester Dogs Home. I really like dogs but don't have time to keep one for myself at the moment so I try and do that as much as possible and give those dogs a bit of quality of life.

What's the best thing you cook? Anything! Fajitas, curry. I'm a big cake fan as well. I love baking.

Best concert you have been to? I've actually never been to one. I'm still waiting for that.

Who would you most like to meet? It's a toss-up between Michael McIntyre and Usain Bolt.

Must watch TV? Game of Thrones.

Holiday destination? I'd love to go to Zanzibar or Egypt.

Which five people would you want at your ultimate dinner party? Usain Bolt, Michael McIntyre, Jeremy Clarkson, Johnny Depp and Brad Pitt.

What super power would you like? It would have to be either flying or transportation.

Who would play you in a movie? Jennifer Aniston.



LISA GIBSON



Dob: 12/08/1989

Born: Chichester

Club: City of Manchester

Coach: Szilveszter Fekete

Trains: Manchester

Lives: Manchester

Occupation: Full time Water Polo

Position: Centre Forward

WHY WATER POLO?

I went to a summer swim programme and during one of the sessions they did Water Polo. By the end of the summer we had a competition and a club coach saw me play and said I should join the club which I did. My older sister played Water Polo at high school so I would always go and watch her matches and I fell in love with the sport.

IN THE POOL

What are your goals for the London Olympics? I want to play the best that I can and also want the team to play as best as we can.

First time GB women competing in the Olympics, how does that make you feel? It is very exciting and hopefully by having GB Water Polo in the Olympics we will get more youngsters involved in the sport for the future.

Finest ever performance/match Why? I played really well at the Europeans earlier this year and scored some goals. It was important that the team played well. But my match against Hungary would be the one for me.

Best goal scored? The two I scored against Hungary.

Favourite move? Turning and pit. I love turning it's so fun

Favourite venue? The European Championship in Eindhoven. It was so cool because you had televisions on both sides to show replays.

International senior debut: European B Championships in 2007 in the Czech Republic.

Toughest opponent? The USA as we haven't played against them very much, so I think it will come as quite a surprise to us.

OUT OF THE POOL

Any Superstitions? I don't walk under ladders and I do the same routine before matches.

Favourite way to relax? A good book and listening to chilled music, or a cup of tea and a film.

Hobbies away from the pool? At the moment I have no time. But I do play the piano and like to hang out with friends.

What's the best thing you cook? Cake. The girls call it lasagne cake, as I make it in a lasagne dish.

Best concert you have been to? No Doubt or Adam Lambert.

Who would you most like to meet? The Dalai Lama, he is so relaxed.

Must watch TV? Grey's Anatomy and Vampire Diaries.

Holiday destination? My ideal holiday destination is Hawaii.

Which five people would you want at your ultimate dinner party? Mum, Dad, Sister, David Beckham and Joe Hart.

What super power would you like? To be able to heal people.

Who would play you in a movie? Reese Witherspoon.



CIARA GIBSON-BYRNE



Club: City of Manchester

Coach: Szilveszter Fekete

Dob: 03/12/1992

Born: Barcelona, Spain

Trains: Manchester

Lives: Manchester

Occupation: Full time athlete

Position: Right Winger

WHY WATER POLO?

I started swimming at a very young age and when I was 11 I tried Water Polo and I just loved it. It's a fun game and I loved being part of a team.

IN THE POOL

What are your goals for the London Olympics? I want to be in the team and contribute in achieving a good position overall.

First time GB women competing in the Olympics, how does that make you feel? It is an honour to be in the team that goes to the Olympics. I'm sure the experience and support will be great. It will also be great to promote our sport across the country.

Finest ever performance/match Why? In Eindhoven at the Europeans against Germany, it was a hard match and we were battling for seventh place. I scored three goals and contributed to us winning the game.

Best goal scored? I scored a last minute goal in the Spanish Championships in a game which meant my club team finished third.

Favourite move? It's a two drive we do in attack. Where positions two and three drive through and position one which is normally me comes around and is normally able to feed the ball or shoot.

Favourite venue? The Olympic pool in London.

International senior debut: In 2010 against Germany.

Toughest opponent? The big teams like USA, Australia and Hungary.

OUT OF THE POOL

Any Superstitions? Only when things are going wrong.

Favourite way to relax? Listening to music and thinking about nothing.

Hobbies away from the pool? Skyping my friends.

What's the best thing you cook? Croquettes.

Best concert you have been to? Beyonce in Barcelona, amazing.

Who would you most like to meet? Usain Bolt.

Must watch TV? Gossip Girl.

Laptop or Mobile? Mobile.

Holiday destination? I want to visit Hawaii.

Which 5 people would you want at your ultimate dinner party? David Beckham, Usain Bolt, Beyonce, Kate Middleton and Michael McIntyre.

What super power would you like? I would like to be able to walk on water.

Who would play you in a movie? I think Blake Lively.



BECKIE KERSHAW



Dob: 11/08/1990

Born: Lancaster

Club: City of Manchester/Lancaster City

Coach: Szilveszter Fekete

Trains: Manchester

Lives: Manchester

Occupation: Full-time athlete. I also volunteer at a school in Salford once a week.

Position: Right Winger

WHY WATER POLO?

I was a swimmer at Lancaster City but wanted to get more involved in a team sport so tried it out and went from there.

IN THE POOL

What are your goals for the London Olympics? I want to play as well as I can and for the team to play at our best. If we do, we could beat anyone.

First time GB women competing in the Olympics. How do you feel? Excited. We are the underdogs and have no expectations. We can set the bar for the sport in the UK. It's a great platform for us.

Finest ever performance/match Why? Against Greece in the World League in 2011 in Barcelona. It was the first time we had beaten them. It was a year away from London and it gave us the belief that we can do it.

Best goal scored? I never score! The first time I played in Manchester against Spain in 2011, I scored in front of a home crowd which was great.

Favourite venue? In Shenzhen at the World University Games. It was modern, brand new and there was a 3,000-strong crowd for every game. It was the first time I played in front of such a crowd.

International senior debut: January 2007, in Portugal during a five nation tournament

Toughest opponent? The other right wingers in the squad. There is such competition for a place on the team.

OUT OF THE POOL

Any Superstitions? I can't wear a hat with an odd number during a game.

Favourite way to relax? Shopping.

Hobbies away from the pool? Shopping and visiting friends around the UK.

What's the best thing you cook? Salmon.

Best concert you have been to? Take That.

Who would you most like to meet? David Beckham.

Must watch TV? Gossip Girl, Dexter.

Laptop or Mobile? Mobile.

Best Holiday destination? I would like to go to New York.

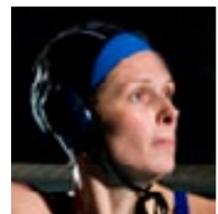
Which five people would you want at your ultimate dinner party? David Beckham, David Walliams, Sheldon from the Big Bang Theory, Ryan Gosling and Victoria Beckham.

What super power would you like? Invisibility.

Who would play you in a movie? Sandra Bullock is my favourite actress so her.



FRAN LEIGHTON



DoB: 30/03/1982

Born: Rotherham

Club: Manchester High Performance Centre

Coach: Sly Fekete / Norman Leighton

Train: Manchester

Lives: Manchester

Position: Centre Forward

WHY WATER POLO?

I used to watch my dad play and collect the balls behind the goals from a really young age. My brother played also and I liked the look of it so gave it a go. I think I was about 12 when I started playing but have always been around the sport.

IN THE POOL

What are your goals for the London Olympics? For the team to fulfil its full potential and to showcase British Water Polo to the public. All the games are going to be tough but we have played everyone in our group before which will help. There won't be an easy game but every game will be very different. We can create a legacy in Great Britain.

How do you feel that this will be the first time GB women have competed in the Olympics? It is so exciting and a landmark for Water Polo. It gives us a chance to show the world how far we have come over the last few years. The whole team are so proud to representing Great Britain in London. It is going to be unique.

Finest ever performance/match Why? Playing in the under 16 national championships for Rotherham Metro, we won!

Best goal scored/save made? As a centre forward all goals are good goals.

Favourite move? To pit as it creates an advantage for us in attack and it is great team work.

Favourite venue you have competed in? The Olympic Park is amazing. The crowd were fantastic and all the staff and volunteers were awesome. It's great to have a venue solely for Water Polo.

International senior debut? 1998, I have been doing this for a while!

Toughest opponent? The Hungarian number 6.

OUT OF THE POOL

Any Superstitions? I always rinse my hat before I put it on for a new game.

Favourite way to relax? I like reading, being out in the sunshine and going out to eat.

Hobbies away from the pool? I enjoy reading and photography and I love horse riding. I am not very good and haven't been able to go for a while but hope to after the Games. One day I would like to have my own horse. I follow and watch loads of sport to. I am a Manchester United fan and like watching Wimbledon and most team sports.

What's the best thing you cook? In the winter I put on a big stew in the slow cooker and it is ready for when I get home from training. Overall, I don't think I'm that great a cook.

Best concert you have been to? Either Foo Fighters at Wembley or Florence and the Machine.

Who would you most like to meet? Alex Ferguson.

Must watch TV? Grand Design, Location Location Location and Silent Witness.

Holiday destination? Portugal that I have been to but I would love to go to the Maldives.

Which five people would you want at your ultimate dinner party? Kevin McCloud, David Beckham, Adele, Kirstie Allsopp and Eddie Izzard.

What super power would you like? Teleporting.

Who would play you in a movie? Charlize Theron.



FIONA MCCANN



Club: City of Liverpool/City of Chester
Coach: Szilveszter Fekete/Gordon Dacre
Dob: 13/05/1987
Born: Chester
Trains: Manchester
Lives: Manchester
Occupation: Full time athlete
Position: Centre Back

WHY WATER POLO?

My dad use to play so I got into it that way. I used to be a bit clumsy when I was little so after swimming when I was younger I progressed into polo.

IN THE POOL

What are your goals for the London Olympics? For me to get into the team and to do the tactics to the best of my ability and stick to the team goal.

First time GB women competing in the Olympics, how does that make you feel? It is great for the sport in Great Britain as it gives us a little of the spotlight. It will give people the chance to see the sport and hopefully it will encourage young children to come and take part.

Finest ever performance/match Why? Against Holland in the recent Europeans. I scored twice, one goal against their best player so I was pleased with that.

Best goal scored? In the same game against Holland I scored a goal with my foot! It was legal.

Favourite move? Grabbing someone and pulling around and kicking off them so you go on the counter attack.

Favourite venue? Manchester Aquatics Centre. It's our home and there is always a great crowd. You can hear the noise in the pool also.

International senior debut: 2005 in France in a four-nation tournament.

Toughest opponent? USA and Australia because we have not had that many opportunities to play against them.

OUT OF THE POOL

Any Superstitions? Not at all, I am very laid back.

Favourite way to relax? Being on a beach.

Hobbies away from the pool? I like watching a lot of sport. Football, rugby and rowing. I did actually row a few years ago and I support Manchester United. I really enjoy eating out when I can also.

What's the best thing you cook? Pies. I am quite good at making pastry.

Best concert you have been to? Bryan Adams.

Who would you most like to meet? My granddad because I have never met him.

Must watch TV? My favourites are One Tree Hill, Gossip Girl, 90210, Match of the Day and Celebrity Juice.

Laptop or Mobile? Mobile.

Holiday destination? New York I have been twice and plan to go again in 2013.

Which five people would you want at your ultimate dinner party? My Grandad, Prince Harry, David Beckham, Johnny Depp and Gossip Girl Chuck Bass.

What super power would you like? To be invisible.

Who would play you in a movie? Cameron Diaz.



ROSIE MORRIS



Dob: 31/01/1986

Born: Birmingham

Club: City of Liverpool/Solihull

Coach: Gordon Dacre/Szilveszter Fekete

Trains: Manchester

Lives: Manchester

Occupation: Full time athlete

Position: Goalkeeper

WHY WATER POLO?

I used to be a swimmer, my sister played Water Polo so I moved across to try it as it looked more fun. I went to a GB Junior trial as an outfield player. In between the actual sessions I was messing around in goal and they said that would be my best position. So I became a keeper and made the senior squad a month later.

IN THE POOL

What are your goals for the London Olympics? To play as well as I can. Also to showcase the sport and make sure the country sees how good it is.

It will be the first time GB women competing in the Olympics. How do you feel about that? It's a massive opportunity. It's on our backs to inspire the country to showcase the sport in the UK. Hopefully we can inspire more people to try it out and play Water Polo.

Finest ever performance/match Why? A couple of the games against Russia and Holland at the European Championships earlier in 2012. Made some saves that I shouldn't really have made!

Best goal scored or saved? I have scored one goal! For my club (Liverpool) in the Champions League. In the last few seconds I had nothing to lose so I had a shot and it went in the top corner.

Favourite move? When the defence make a great block, meaning I don't have to do anything.

Favourite venue? Perth, Australia was really nice. We had the Commonwealth tournament in 2006 there.

International senior debut: 2004 in the European B's tournament in France.

Toughest opponent? Robyn and Jade the other two goalies in the squad. We all push each other on.

OUT OF THE POOL

Any Superstitions? Not really. I broke a mirror the other day, but nothing has happened yet!

Favourite way to relax? If I get the chance, to sit in the sun and read a book. It doesn't happen a lot in Manchester though!

Hobbies away from the pool? Eating, sleeping, shopping and bit of tennis.

What's the best thing you cook? I am the chef in our house! Dessert is my best, I make a good Eton mess.

Best concert you have been to? Take That at Earls Court, the first time around.

Who would you most like to meet? The Queen.

Must watch TV? The Voice and Britain's Got Talent.

Laptop or Mobile? Mobile.

Best Holiday destination? Best place I have been was Mykonos. Although the team holiday in Portugal after the Olympics should be fun.

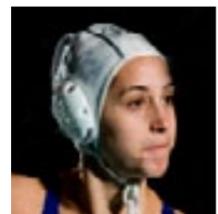
Which five people would you want at your ultimate dinner party? David Gandy, Joe Hart, Prince Harry, Robbie Williams and John Bishop.

What super power would you like? Invisibility, would be fun, I could get up to anything.

Who would play you in a movie? Rosie Huntington-Whitely



HAZEL MUSGROVE



Club: Liverpool
Coach: Gordon Dacre/Szilveszter Fekete
Dob: 06/02/1989
Born: Watford
Trains: Manchester
Lives: Manchester
Occupation: Full time athlete
Position: Centre Back

WHY WATER POLO?

My dad and my brothers all played and my dad also coached the local team. I used to swim but then went into Water Polo.

IN THE POOL

What are your goals for the London Olympics? Our overall goal is top six. I would like to play well and firmly believe anything can happen in a major tournament.

First time GB women competing in the Olympics, how does that make you feel? After the test event in the venue earlier in the year I cannot wait to play. It was amazing. It will be an unreal experience to have that amount of support and to represent Great Britain at home.

Finest ever performance/match Why? For Liverpool in the LEN quarter finals. Recco have a great centre forward and I defended really well that day. From a team perspective it would be when we beat Italy and Germany in World League.

Best goal scored? I scored an important goal on the buzzer in World League last year against Spain. It kept us in the game.

Favourite move? I like to fight and play a press.

Favourite venue? The Manchester Aquatics Centre. I just enjoy playing at home with family and friends watching. It is such a great feeling.

International senior debut: European Bs in Manchester back in 2009.

Toughest opponent? We played Australia in February this year and they were just so tough.

OUT OF THE POOL

Any Superstitions? Not really.

Favourite way to relax? Reading. I like anything from fiction to cheesy girly books to autobiographies.

Hobbies away from the pool? Reading and spending time with family and friends.

What's the best thing you cook? My lasagne.

Best concert you have been to? Park life.

Who would you most like to meet? Usain Bolt.

Must watch TV? The Big Bang Theory.

Laptop or Mobile? Mobile.

Holiday destination? I would love to travel around the whole of Italy. That would be amazing.

Which five people would you want at your ultimate dinner party? Stevie Wonder, Usain Bolt, Matt Damon, Michael McIntyre and Adele.

What super power would you like? To be able to fly.

Who would play you in a movie? Emma Watson.



ROBYN NICHOLLS



Dob: 08/05/1990

Born: Bolton

Club: City of Manchester/Tyldesley

Coach: Szilveszter Fekete

Trains: Manchester

Lives: Manchester

Occupation: Full time Water Polo

Position: Goalkeeper

WHY WATER POLO?

My brother played. I prefer the team sport, we have so much support around us.

IN THE POOL

What are your goals for the London Olympics? To start at the Olympics. Teams select two goalkeepers for the squad, so if I was selected it would be great to start at the Games.

First time GB women competing in the Olympics, how does that make you feel? I haven't really thought about it, the last few years have all been about getting selected for the team so I'm not really focused on the games themselves yet.

Finest ever performance/match Why? At the LEN European Cup in Manchester. We played against a Russian club team in December 2011. I was saving everything and the world's top club side Pro-Recco even asked our coach who our goalkeeper was.

Best save you made? We went to penalties for the European Juniors in 2009. I saved three penalties and the last one won us the match.

Favourite move? I like to steal the ball.

Favourite venue? Shenzhen, for the University Games. It was such a professional layout. It was the first time I went into a call room when you sit opposite your opponents. The USA team were very lively in there before we played them.

International senior debut: 2008, I took part in a tournament in Hungary against Germany.

Toughest opponent? The hardest so far has been Australia. They were so much bigger and more physical than us.

OUT OF THE POOL

Any Superstitions? I am not allowed to get into a blue car or drive a blue car.

Favourite way to relax? I have an unlimited cinema card, so that is my favourite way to relax.

Hobbies away from the pool? Zumba on the Wii. I am a master, it says on the screen.

What's the best thing you cook? I can boil an egg, but I can't really cook. Fran Clayton is the best baker in the team though.

Best concert you have been to? Steps Reunion Tour.

Who would you most like to meet? Rihanna, I've been to a few of her concerts and I'm a fan.

Must watch TV? Hollyoaks or the Undateables.

Laptop or Mobile? Mobile.

Holiday destination? Biarritz.

Which five people would you want at your ultimate dinner party? David Walliams, Sarah McMillan, David Gandy, Ashley Banjo and Rihanna.

What super power would you like? The ability to stop time

Who would play you in a movie? Fizz from Corrie.



FRANCESCA PAINTER-SNELL



Club: West London Penguin
Coach: Szilveszter Fekete
Dob: 28/03/1987
Born: Auckland, New Zealand
Trains: Manchester
Lives: Manchester
Occupation: Full time athlete
Position: Centre Back

WHY WATER POLO?

I got into Water Polo as a natural progression from swimming and because my older brother played.

IN THE POOL

What are your goals for the London Olympics? To play in competitive matches that will hopefully lead us to a medal.

First time GB women competing in the Olympics, how does that make you feel? Very excited. To be part of Team GB is such an honour but to be competing at home in front of a 5,000 strong home crowd will be incredible.

Finest ever performance/match Why? Beating the World Champions Greece last year and also beating Germany in extra time at the Europeans this year.

Best goal scored? Maybe a bounce shot from 7m. I can't remember the exact game but I think it was from the Europeans earlier in 2012.

Favourite move? Being a centre back, I like to turn the centre forward, go on a counter attack and score at the other end.

Favourite venue? One of the outdoor pools in Greece, they are right on the water's edge.

International senior debut: In Russia in 2009.

Toughest opponent? The big centre forwards from Hungary, Australia, USA and China. Just all the centre forwards in general actually because they're about twice the size of me.

OUT OF THE POOL

Any Superstitions? None.

Favourite way to relax? Watching television.

Hobbies away from the pool? Mainly watching a lot of sport. Whatever is on really. I really enjoy tennis and athletics at the moment though.

What's the best thing you cook? My grandmother's chocolate cake.

Best concert you have been to? A dance festival in Serbia called Exit Festival, it was brilliant.

Who would you most like to meet? Mr and Mrs Beckham.

Must watch TV? Grey's Anatomy is my favourite.

Laptop or Mobile? I use my laptop more because that's how I Skype my family in New Zealand.

Holiday destination? I sailed around Croatia and stopped off on loads of beaches along the way and it was just my best holiday ever.

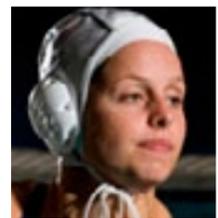
Which five people would you want at your ultimate dinner party? Kate Middleton, David Beckham, Victoria Beckham, Kate Winslet and The Queen.

What super power would you like? Flying.

Who would play you in a movie? Kate Winslet.



ALEX RUTLIDGE



Club: City of Manchester

Coach: Szilveszter Fekete

Dob: 12/11/1988

Born: Lancaster

Trains: Manchester

Lives: Manchester

Occupation: I am a full time athlete now after studying Criminology at Manchester University

Position: Centre Back

WHY WATER POLO?

I joined Lancaster City Swimming and Water Polo club when I was about four and attended swimming lessons. My dad used to play Water Polo and I would watch him in games. As I enjoyed it, I began playing Water Polo myself when I was 11.

IN THE POOL

What are your goals for the London Olympics? To play the best I can and stop the centre forwards scoring. Also I will focus on being physical in attack.

First time GB women competing in the Olympics, how does that make you feel? I feel like it's a great achievement to be part of the squad training for the Olympics. As it's the first time the GB women have taken part it will be an even more exciting experience.

Finest ever performance/match Why? Probably in the European B Championships in 2009 in Manchester. We all played really well as a team and won the tournament.

Best goal scored? It was in Italy and we were playing the U21 Italian team. We were drawing 7-7 with 10 seconds left and I got on a counter and scored the winner.

Favourite move? I like the fighting aspect, so my favourite move is to press.

Favourite venue? I like playing at home, so at the Manchester Aquatics Centre.

International senior debut: It was on my 17th birthday and it was a match in Sweden.

Toughest opponent? I think Hungary because we've played them quite a lot recently so we know each other's game really well. It's always a tough game against them.

OUT OF THE POOL

Any Superstitions? I have to say 'good morning Mr Magpie' if I see one.

Favourite way to relax? With a hot chocolate watching a film on a night in.

Hobbies away from the pool? I like seeing my family. I go home a lot to see them and my friends. I like reading as well.

What's the best thing you cook? I like making curries and naan breads! Not too spicy but they have to have a bit of a kick.

Best concert you have been to? Rihanna at the MEN Arena in 2011.

Who would you most like to meet? Sir Alex Ferguson because I'm a Manchester United supporter.

Must watch TV? Dexter.

Ideal Holiday destination? I've never been to the Maldives and would really love to go.

Which five people would you want at your ultimate dinner party? Alex Ferguson, Rihanna, Wayne Rooney, Bradley Cooper and David Walliams.

What super power would you like? To fly.

Who would play you in a movie? Sarah Michelle Geller.



CHLOE WILCOX



Club: City of Manchester
Coach: Szilveszter Fekete
Dob: 20/12/1986
Born: Carlisle
Trains: Manchester
Lives: Manchester
Occupation: Full time
Position: Left Winger

WHY WATER POLO?

It just happened. I got tired of swimming and found it more exciting and I preferred the team aspect of the sport. I started when I was 11, my three older brothers all went onto play Water Polo so I didn't have a choice. I am better than them now though.

IN THE POOL

What are your goals for the London Olympics? Just to be competitive and to be able to show everyone how much we have improved.

First time GB women competing in the Olympics, how do you feel about that? It's such an opportunity to be able to train for an Olympics. When I first started it was unheard of for us to have this opportunity. So I can't wait!

Finest ever performance/match Why? 2011 World League, we beat Greece who went on that year to become the World Champions. It showed us what we can do if we all play well. So we just need to get consistent.

Best goal scored? Against China at the World University Games it hit the bar, bounced down and in. It's the closest you get to 'missing' a shot, but I scored.

Favourite move? During 'man-up'. Which is when one of the other team has a player sin-binned for 20 seconds. You tend not to get man-marked during this phase so you get a bit more freedom.

Favourite venue? Shenzhen, China.

International senior debut: At a tournament in 2005 in Lille, France. The team voted me best player for the tournament and I scored my first senior international goal too.

Toughest opponent? Hungary. We train with them so much and our coach is Hungarian. They are our bogey team!

OUT OF THE POOL

Any Superstitions? Not really no. Sometimes I will wear lucky clothes if we win a game though. In the pool, I am always on the end of the line before we get into the pool.

Favourite way to relax? Going home to the family in Reagill in the Lake District.

Hobbies away from the pool? Watch TV or sleep.

What's the best thing you cook? Crispy Cake. I am the dessert maker in the house I think.

Best concert you have been to? Kendal Calling, the mini-festival.

Who would you most like to meet? My Grandad. I never got to meet him.

Must watch TV? Dexter is my favourite. I watch Grey's Anatomy when we are away on trips and I really like 24 Hours in A&E.

Laptop or Mobile? Mobile.

Holiday destination? Some of the team went to Mykonos in 2010 and had an amazing time.

Which five people would you want at your ultimate dinner party? My Grandad, John Lennon, Michael Phelps, Ryan Reynolds and Sarah Millican.

What super power would you like? Flying.

Who would play you in a movie? Jordan.



ANGIE WINSTANLEY-SMITH



Club: City of Manchester

Coach: Szilveszter Fekete

Dob: 05/08/1985

Born: South Shields

Trains: Manchester

Lives: Manchester

Occupation: I am a full time athlete at the moment but have one more year of my French degree in Manchester to complete at some point.

Position: Centre Forward

WHY WATER POLO?

I was swimming at a club and was quite a strong swimmer. The Water Polo coach kept asking me to go and try out from the age of about 13, but I wanted to focus on my swimming. I eventually went to a training session and really enjoyed it. I won Nationals at the age 15/16 in the 100m Backstroke and then moved across to Water Polo completely when I was 18.

IN THE POOL

What are your goals for the London Olympics? To get selected for the team. As a squad our goal is to get finish in the top six but I think we can sneak a medal as we have been really competitive with all the top teams of late.

First time GB women competing in the Olympics, how does that make you feel and have you been to the venue yet?

There are no words to describe it. It is a massive honour to be on the team and to be able to play at this level is a dream come true.

Finest ever performance/match Why? When we beat Italy in the World League a couple of years ago. It was the first time that we had been really competitive against a top nation. I scored some goals and got some man-ups.

Best goal scored? I scored a back shot from 10 metres in the French Cup final.

Favourite move? The back shot as it's a crowd pleaser.

Favourite venue? I really enjoyed playing in China at the University Games.

International senior debut: World Championships way back in 2003, I didn't play much but it was a great experience to be involved.

Toughest opponent? I think Hungry because we have played them so much over the years.

OUT OF THE POOL

Any Superstitions? I am a nightmare. I look for signs that things are going to go well. I always have the same meal.

Favourite way to relax? A nice hot bath.

Hobbies away from the pool? Going to the cinema, and travelling. I lived in France for five years so I am fluent in French. I can understand a bit of Italian too.

What's the best thing you cook? Takeaway!

Best concert you have been to? Maroon 5 in Paris were amazing.

Who would you most like to meet? David Beckham.

Must watch TV? Hollyoaks and Dexter. I don't watch that much television really.

Holiday destination? I lived in Nice for a while which was great, but I would love to go to Fiji.

Which five people would you want at your ultimate dinner party? Nanna and Grandad, my Mum, Martin Luther King and David Beckham.

What super power would you like? To be really strong so I could score more goals

Who would play you in a movie? Cameron Diaz.



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COACH PROFILES



SZILVESZTER FEKETE

Dob: 14/06/1955

Nationality: Hungarian

Lives: Manchester

Position: GB Women Head Coach

Number of years coaching GB: 5 years

PREVIOUS OLYMPIC EXPERIENCE

London 2012 debut



CRISTIAN IORDACHE

Dob: 17/04/1969

Nationality: Romanian

Lives: Manchester

Position: GB Men Head Coach

Number of years coaching GB: 4 years
(3 as Head Coach)

Previous Olympic Games experience:
London 2012 debut

PREVIOUS OLYMPIC EXPERIENCE

London 2012 debut



DAVID BOYCOTT-BROWN

Dob: 02/10/1983

Nationality: British

Lives: Manchester

Position: GB Women Assistant Coach

Number of years coaching GB: 1.5 years

PREVIOUS OLYMPIC EXPERIENCE

London 2012 debut



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PRINT

COACH PROFILES



ZOLTAN KASAS

Dob: 15/09/1946

Nationality: Hungarian

Lives: Budapest, Hungary

Position: GB Men Assistant Coach

Number of years coaching GB:
6 months

PREVIOUS OLYMPIC EXPERIENCE

Competitor for Hungary at Munich 1972

Assistant Coach for Hungary at Sydney 2000

Assistant Coach for Hungary at Athens 2004

Assistant Coach for Hungary Beijing 2008



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