

MEET THE SUPERHUMANS



channel4.com/paralympics



Introduction by David Abraham

The Paralympic Games embody everything Channel 4 is here to do. We have a special remit to cater to the needs and interests of diverse groups, to challenge stereotypes, and to bring under-represented groups into the mainstream – and to do it all in a way that feels fresh, creative and distinctive. Having the Paralympics in London gives us a wonderful opportunity to make a difference to the way disability and disability sports are perceived in this country, and it is an opportunity that all of us at Channel 4 welcome.

The Games will form a very significant part of our schedule in the weeks ahead and our biggest ever live broadcast event. We have just launched the biggest marketing campaign in Channel 4's history, 'Meet the Superhumans', which aims to change attitudes to disability as well as raising awareness of the Games. We know that the best way to change perceptions is to ensure that the Paralympic sports and athletes get maximum exposure and that's what we will be providing – on television, on mobile, online – from first thing in the morning to last thing at night. This booklet is a guide to the sports, to some of the competitors and to our brilliant team of presenters.

There will be over 400 hours of content across platforms including Channel 4, More 4, the web, tablet devices as well as dedicated channels on Sky, Virgin & freesat. We are planning all day coverage from a daily breakfast show to a late night alternative show featuring Adam Hills which, true to the traditions of Channel 4, will have an irreverent twist. Our very own Jon Snow will anchor the opening and closing ceremonies and among the main presenting team will be the irrepressible Arthur Williams, Ade Adepitan, Clare Balding, Georgie Bingham, Kelly Cates, Jonathan Edwards, Rick Edwards, Daráine Mulvihill and a remarkable range of commentators, analysts and Paralympic experts.

We'll be offering three live streams online, with dedicated apps for mobile and tablet devices, giving users access to live action from the Games, plus commentary, news and results. And we have created a revolutionary classification system, LEXI, to help people get to grips with the unfamiliar rules of some Paralympic sports.

All this has given us a great opportunity to promote another core Channel 4 value; a commitment to support and develop new talent. Following a nationwide search we've built a new team of presenters and reporters, 50% of whom have disabilities. We've invested time and money in training and preparing them and we're confident that not only will they give all our audiences a great experience of the Games, they'll go on to do great things in the future, too.

Tune in to our coverage from Wed 29 Aug 8pm. Enjoy the Games!



Hannah Cockcroft
Athletics



Ross Morrison
Wheelchair Rugby

Meet the team



Ade Adepitan

A Paralympic wheelchair basketball bronze medallist at Athens in 2004, Ade co-hosts Channel 4's 'That Paralympics Show', drawing on his expert knowledge of Paralympic sports and athletes. Channel 4's face of the London 2012 Paralympics, wheelchair basketball bronze medallist at the Athens 2004 Paralympics and an experienced presenter as well as expert pundit at Beijing 2008, Ade co-hosts Channel 4's 'That Paralympic Show' and has in-depth knowledge of sports and athletes.



Clare Balding

Clare has a long history as an Olympic and Paralympic presenter of Sydney 2000, Athens 2004 and Beijing 2008. She was also a presenter at the Winter Olympics in 2002 and 2006, the Commonwealth Games of 2006 and a range of other major sporting events including rugby league, 3-day-eventing, show-jumping, swimming, golf, tennis, bowls and darts. She is the lead presenter of Crufts on More4.



Adam Hills

Perrier Comedy Award nominee Adam is best known for hosting the Australian show 'Spicks and Specks', and in the UK for his many appearances on 'Never Mind the Buzzcocks' and 'Mock the Week'. He co-hosted ABC's live coverage of the opening and closing ceremonies of the 2008 Paralympics. Adam was born without a right foot, often brings disability into his comedy act and thinks London 2012 might be the right time for us to find a new word to replace 'disability'.



Jon Snow

Jon was ITN's Washington correspondent and then diplomatic editor before joining 'Channel 4 News' in April 1989, becoming its full-time presenter just four months later. He has won numerous Royal Television Society awards during his long career, including Best Male Presenter and Journalist of the Year for his reporting on Afghanistan, Iran and the Middle East.



Rick Edwards

A well-known face on Channel 4 and E4, Rick co-hosted 'T4' until July 2011. He co-presents Channel 4's 'That Paralympics Show', now in its fourth series, and contributed to the Channel's coverage of the IAAF World Championships in Daegu in August 2011. As well as hosting 'The Weekender' show on XFM, Rick has fronted a diverse range of programming for Channel 4, from game shows to movie specials and music series.



Jonathan Edwards MBE CBE

Former Olympic, Commonwealth, European and World triple-jump champion, Jonathan still holds the world record he established in 1995. Following his retirement from top-flight athletics in 2003, he has worked as a sports commentator for the Olympic Games in Athens in 2004 and Beijing in 2008, as well as many other athletic championships. He represents athletes on the Board of the London 2012 Organising Committee.



Kelly Cates

Kelly was part of ITV's team covering the Football World Cup in South Africa in 2010 and has most recently presented for ESPN and the English Premier League. Kelly began her broadcasting career at Sky Sports and quickly established herself as the main face of Sky Sports News channel, covering the football World Cup, the European Championships and a host of other major sporting events, including the Americas Cup and Golden League athletics.



Georgie Bingham

Georgie was the first female anchor on ESPN in America and has worked at Sky Sports News since 2004. She has broadcast live from many major sporting events, including Wimbledon and The Open. Her long career has included work for ITV, Sky News and Talksport.



Arthur Williams

Arthur is an ex-Royal Marine who was left paralysed from the chest down after a car accident. He became a successful wheelchair racer then switched to handcycling and trained with the Paralympics GB development squad before joining the Channel 4 presenting team. He is also a pilot and closely involved with the charities Help for Heroes and Aerobility.



Daraine Mulvihill

Daraine is a broadcast journalist who has also worked as a researcher and presenter for Ireland's RTE channel. Daraine has a passion for athletics, and represented Ireland internationally at junior level until she was 16, when an attack of meningitis led to amputations in all four limbs. She was voted Irish Person of the Year in 2001.

Meet the team



Sonja McLaughlan

Sonja is one of broadcasting's most established sports reporters and presenters, with more than twenty years' experience in the fast-moving world of live television and radio. During her career she has reported on Olympic Games from Atlanta, Sydney, Athens and Beijing and she will be providing trackside commentary for Radio 5 Live in London this summer.



Alex Brooker

Alex brings strong journalistic experience to the team, having worked for the Liverpool Echo and for the Press Association as a sports journalist. He was a reporter at the BT Paralympic World Cup in 2011 and the IBSA Judo European Championships in the same year. He led the writing team that produced the official guide to the London 2012 Paralympic Games.



Jordan Jarrett-Bryan

Jordan played wheelchair basketball at club and national level for fifteen years and was twice European champion with the GB junior team, which he captained in 2004. As a journalist he has worked for youth and dance music publications, in addition to being a sports reporter. He has reported for Channel 4 at the UK School Games and the 2011 European basketball championships in Israel.



Liam Holt

Coach and captain of the Cardiff Colts wheelchair basketball team Liam has been a researcher on all four series of 'That Paralympic Show'; as well as developing his skills as a reporter and interviewer during the 2011 BT Paralympics World Cup, the 2011 wheelchair fencing championships and the wheelchair rugby GB Cup in Cardiff.



Martin Dougan

Martin was a Glasgow based carpenter before winning a place on the Channel 4 talent search for presenters. Martin has worked on productions at BBC Childrens, BBC Sport Scotland, IMG Premier League News and Perform Progressive Sports Media, as well as reporting for Channel 4 from the 2011 BT Paralympics World Cup and the wheelchair rugby GB Cup in Cardiff.



Rachael Latham

Rachael is a former Paralympic swimmer who competed in Beijing in 2008 and is the current world record holder for 50m butterfly, European record holder for 200m butterfly, and British record holder for 200m backstroke. She reported for Channel 4 at the 2011 BT Paralympics World Cup, the IPC European Swimming Championships in Berlin (where she also reported for Perform), UK School Games from Sheffield. She contributes to 'That Paralympics Show'.



Iwan Thomas

A European and Commonwealth champion runner at 400m, Iwan still holds the British and Commonwealth Games records for one lap of the track. He won a silver medal at the 1996 Olympic Games in Atlanta as part of GB's 4x400m relay team and a gold medal with the relay team at the 1997 World Championships. He has contributed to Channel 4's athletic coverage and is a regular on 'That Paralympics Show'.



Danny Crates

One of Britain's most successful Paralympic athletes, Danny was a gold medallist at 800m in the T46 class at the 2004 Paralympics and was Britain's flag bearer at the opening ceremony of the Beijing Paralympics in 2008, where injury prevented him from defending his title. Since then he has launched a successful career as a broadcaster, presenting for Channel 4 at the 2011 IPC Athletics World Championships in Christchurch, New Zealand, and at the 2011 BT Paralympics World Cup.



Giles Long

Giles won the first of his 20 major medals in the 100m butterfly at the 1994 World Championships in a world record time. He was Olympic champion over that distance in Athens in 1996 and then in 2000 at Sydney, where he was also part of GB's winning 4x100m freestyle team. He was involved in the coverage of the 2011 BT Paralympic World Cup and the Paralympic European Wheelchair Fencing Championships.



Diana Man

Diana contracted meningococcal septicaemia in 2007 which resulted in the amputation of both lower legs and the fingers on her right hand as well as leaving her with extensive scarring and epilepsy. Before her illness sport had always been her main focus, especially athletics and equestrian and she has now tried many Paralympic sports. She concentrates on para dressage and has competed at the national championships for the last two years.

Ade Orogbemi
Wheelchair Basketball



Jonnie Peacock
Athletics

Paralympic Sports



Archery

There are both individual and team competitions in archery, with competitors aiming at a 122cm diameter target 70m away. There are three separate classifications; Archery Standing (ARST), Archery Wheelchair One (ARW1) and Archery Wheelchair Two (ARW2) Archery has featured in every Paralympic Games since 1948.

Ones to watch: **Danielle Brown, John Cavanagh, John Stubbs**

Event starts from 30th August



Athletics

The Athletics competition is made up of track, throwing and jumping events. Some athletes compete in wheelchairs or throwing frames, others with prosthetic limbs, and others with the guidance of a sighted companion. As well as having the greatest number of events and athletes at the Paralympic Games, Athletics also has the greatest number of classes.

Ones to watch: **Aled Davies, Daniel Greaves, David Weir, Hannah Cockroft, Jonnie Peacock, Nathan Stephens, Richard Whitehead, Stephen Miller**

Event starts from 31st August



Boccia

Boccia is a high-precision sport requiring breath-taking accuracy yet it is played by athletes whose physical impairments challenge every effort to control the flight of the ball. The aim of Boccia is to propel balls towards a white ball known as the 'jack'. At the close of each period of play (known as an 'end'), the athlete, pair, or team whose ball is closest to the jack scores one point, plus one for every ball nearer than the opposition's closest ball.

Ones to watch: **David Smith, Jacob Thomas, Nigel Murray**

Event starts from 2nd September



Cycling (Road)

Cyclists of all disabilities compete in road races, time trials and team relay, riding bicycles, tricycles, tandems or hand-driven cycles. In the Road Races, all riders start together, and the first to cross the finish line wins gold. The Time Trials differ from the Road Races in that the riders set off at intervals, and the winner is the rider with the fastest time over the course. In the Team Relay, each rider of the three-rider team completes one lap before handing over to his or her teammate. The winning team is the one that crosses the line first.

Ones to watch: **Darren Kenny, David Stone MBE, Sarah Storey**

Event starts from 5th September



Cycling (Track)

Track cyclists compete in a variety of individual and team races called Time Trials, Individual Pursuits and Sprints. They either race against the clock for the fastest time or go head-to-head in contests. To ensure competition is fair; athletes are grouped into classes according to how much their impairment impacts on their performance. The B class covers visually impaired athletes who compete on a tandem with a guide (or 'pilot') riding at the front. Classes C1-C5 cover athletes with a physical impairment – the lower an athlete's class number, the greater the impact of their impairment on their ability to cycle.

Ones to watch: **Darren Kenny, Jody Cundy, Jon Allan-Butterworth, Mark Colbourn, Rik Waddon, Sarah Storey**

Event starts from 30th August



Equestrian

Athletes compete in three dressage tests: a Team Test (with three to four riders per team), an Individual Championship Test, and a Freestyle Test, where athletes choose their own movements and music. Medals are awarded for the Individual Championship Test, the Freestyle Test and the Team score. Athletes are classified across five grades: Ia, Ib, II, III and IV. The impairments of Grade Ia athletes have the greatest impact on their ability to ride, while the impairments of Grade IV athletes have the least impact. Visually impaired riders use 'callers' to help guide them round the arena.

Ones to watch: **Lee Pearson, Sophie Christiansen**

Event starts from 30th August



Football (5-a-side)

Played outdoors using a ball with a noise-making device inside, this thrilling sport has no throw-ins, no offside rule and a rebound wall along the sides of the pitch – ensuring non-stop action. Matches are played over two halves of 25 minutes. Outfield players have visual impairments and wear eyeshades to keep the games fair; however, the goalkeeper may be fully sighted and can act as a guide in a match. Penalties are awarded for fouls, handballs, goalkeepers outside their areas – but also against any player who touches their blindfold.

Ones to watch: **Dave Clarke, Keryn Seal**

Event starts from 31st August



Football (7-a-side)

Played outdoors, 7-a-side Football follows FIFA rules, with some changes: each team has seven players; the pitch and goals are smaller; there's no offside rule; throw-ins can be made with one hand; and each half lasts 30 minutes. Teams are made up of athletes whose coordination is affected when walking and running (most commonly by cerebral palsy), and each team must include players with varying levels of impairment.

Ones to watch: **Ibrahima Diallo, Matt Dimbylow**

Event starts from 1st September



Goalball

This is a game played by two teams of 3 players, all visually impaired, attempting to score goals with a hard rubber ball containing a bell so that it can be located on the pitch. Three athletes on each side of the court have 10 seconds to make the throw from the moment they receive the ball. All players wear blindfolds to ensure that the totally blind are not at a disadvantage compared with the partially sighted.

Ones to watch: **Adam Knott, Georgie Bullen**

Event starts from 30th August



Judo

These are 5-minute judo bouts fought by blind or visually impaired opponents. Contact between contestants is allowed before the contest so they can size each other up and they compete on a mat with textured surfaces that allow them to identify exactly where they are. Scores are awarded for throws, holds, armlocks and strangles. The contest ends immediately if a competitor is awarded 'ippon' – the maximum score. If a contest is tied after five minutes, there is a golden score period where the first score of any sort wins.

Ones to watch: **Ben Quilter, Sam Ingram**

Event starts from 30th August



Powerlifting

Paralympic powerlifting is a bench-press competition in which athletes are grouped according to the extent of their disabilities. Powerlifters must lower the bench-press bar to their chest, hold it still, and then press it up to arm's length while keeping their elbows locked. Each athlete has three attempts.

Ones to watch: **Ali Jawad**

Event starts from 30th August



Rowing

There are four rowing events; two mixed-gender events – the Coxed Four and Double Sculls – plus the men's and women's Single Sculls. All the races are held on a 1,000m course, and all of them begin with heats, with two boats from each heat qualifying directly for the final. All remaining boats then compete for a second chance to qualify for the final.

Ones to watch: **Tom Aggar**

Event starts from 31st August



Sailing

Athletes will compete in three mixed events: the Single-Person, Two-Person and Three-Person Keelboat events, each of which consists of a series of 11 races. The design of the keelboats used in Paralympic competition provides stability, and the boats have open cockpits to allow more room for the sailors. The winner is the boat with the fewest penalty points, penalties being awarded for false starts, straying outside the marker buoys, or simply for being behind the leader.

Ones to watch: **Hannah Stodel, John Robertson, Stephen Thomas**

Event starts from 1st September



Shooting

The Paralympic Shooting programme includes both rifle and pistol events and sees athletes with different disabilities compete together in two classes. The target is made up of 10 scoring rings. The centre ring, known as the bull's-eye, is worth 10 points, or 10.9 in finals. Athletes shoot from a variety of positions – standing, sitting or prone (lying down) – at distances of 10m, 25m and 50m. The rules for each event depend on the firearm, the distance, shooting position, number of shots and the time limit, but each competition consists of a qualification and a final round.

Ones to watch: **Matt Skelhon**

Event starts from 30th August



Swimming

Competitors are classified according to the nature and extent of their disability and may start in a number of ways depending on an athlete's impairment: from a standing start; using a dive start from a sitting position on the starting platform; or from within the water. The Swimming competition features all four strokes: freestyle (usually front crawl), backstroke, breaststroke and butterfly.

Ones to watch: **Ellie Simmonds, Jonathan Fox, Liz Johnson, Nyree Kindred, Sascha Kindred, Susie Rodgers**

Event starts from 30th August



Table Tennis

Table tennis was one of the first sports to formally open itself to players of all disability classes, including those with cerebral palsy (in 1980) and those with intellectual disabilities (in 2000). Wheelchair players also compete with slight tweaks to the rules. Games are won by the first player to score 11 points, and a match is won by whichever player does best out of five games.

Ones to watch: Will Bayley

Event starts from 30th August



Volleyball (Sitting)

As with any volleyball game, a team of six players attempts to land the ball in their opponents' court. The difference is that all the players are sitting and must have at least one buttock in contact with the floor when they play the ball each team is allowed three touches of the ball (in addition to a legal block) before it must cross the net. The first team to score 25 points, with a 2-point advantage wins a set, and the first team to win 3 sets wins the game. If the game runs to five sets, only 15 points are needed to take the final set.

Ones to watch: Anton Raimondo, Martine Wiltshire

Event starts from 30th August



Wheelchair Basketball

Teams compete on a standard-size basketball court with standard 10-foot high hoops. Athletes of all levels of disability can compete in the same match, each of them being rated between 1 and 4.5 depending on their functional ability, but no team can exceed a total rating of 14 on court at any one time. A single point is awarded for free throws, two points for a basket scored from inside the arc, and three points – plus a roar from the crowd – for a basket scored from outside the arc. Players must dribble the ball by bouncing it at least once for every two pushes of the wheel, or they give away a penalty for 'travelling'.

Ones to watch: Amy Conroy, Helen Freeman, Ian Sagar, Terry Bywater

Event starts from 30th August



Wheelchair Fencing

Competitors' wheelchairs are clamped to the floor so that they are stationary, with the distance between them accurately fixed. The fencers take their weapon – foil, epee or sabre – and score points by hitting specific target areas on their opponent. The chairs may be stationary but the tip of a fencing sword is the second speediest object in sport – only a rifle bullet goes faster.

Ones to watch: Tom Butcher Hall

Event starts from 4th September



Wheelchair Rugby

Four-a-side wheelchair rugby is a fast and brutal sport, featuring elements of basketball, handball and ice hockey. A team may have four players on court at any time, and can be made up of both men and women. A try is scored by crossing your opponent's goal line with two wheels in contact with the floor and the ball in your hands. Players must either bounce the ball or pass it within 10 seconds of receiving it. Special rugby wheelchairs are built with industrial strength bumpers and tough side wings.

Ones to watch: Aaron Phipps, Kylie Grimes

Event starts from 5th September



Wheelchair Tennis

The only concession that wheelchair tennis makes to its players is that the ball is allowed to bounce twice. There are two classes of competitor: 'quad' for players with disabilities in three or all limbs and 'open' for those with a disability in one or both lower limbs. 'Quad' players use electric-powered chairs, enabling them to have their rackets taped to both hands for maximum hitting power. All matches are played over the best of three sets.

Ones to watch: Andy Lapthorne, Peter Norfolk

Event starts from 1st September

LEXI



THE LOW DOWN



We have developed a revolutionary new graphics-based system, LEXI, that will help viewers understand the classification system used to distinguish different levels and forms of disability amongst the Paralympic competitors.

The existing classification system is the basis for all Paralympic competition. It separates athletes with similar levels of impairment into

groups or classes, so that they can be more equally matched against each other. LEXI simplifies this by using a palette of colours to distinguish levels of disability, with green indicating no impairment through to red indicating severe impairment.

Research carried out by YouGov on behalf of Channel 4 showed that a third of adults in the UK found the disability classifications confusing

and would be more interested in watching Paralympic sports if they had a better understanding of why athletes with different kinds of disability are allowed to compete against each other.

The LEXI concept was created by Paralympic gold medallist Giles Long and Channel 4 and endorsed by both LOCOG and The British Paralympic Association. The system will be used

across eight different sports during the Games this summer. It will be used as an analytical tool before races or games, and to help analyse results immediately after events. It will also be incorporated into video packages, giving viewers an extra depth of understanding to help them fully understand and enjoy Paralympic sport.

Jody Cundy
Cycling



Ellie Simmonds
Swimming

