

Welsh Para-Swimming Female Long Course Records

| Welsh Para-Swimming Female Long Course Records | | | | | |
|--|-------------------|------------------------|---|---------------------------|----------|
| Class | Name | Club | Venue | Date | Time |
| 50m Freestyle | | | | Updated: 19 Dec 24 | |
| S1 | | | | | |
| S2 | | | | | |
| S3 | | | | | |
| S4 | Bethany Francis | Aberearon | British Gas Swim Wales New Year Meet, Swansea, (L1) | 12 Jan 14 | 01:49.90 |
| S5 | | | | | |
| S6 | Elizabeth Johnson | Co Manchester Aquatics | British Championships LC 2002, Manchester, (L1) | 11 Apr 02 | 00:36.00 |
| S7 | Rebecca Donnelly | Bridgend County | Swim Wales Summer Nationals, Swansea, (L1) | 01 Aug 13 | 00:47.10 |
| S8 | Lily Rice | Pembrokeshire County | Citi Para Swimming World Series France 2024, Limoges, (L1) | 07 Jun 24 | 00:35.55 |
| S9 | Meghan Willis | Torfaen Dolphins | British Summer Championships, Sheffield, (L1) | 26 Jul 23 | 00:30.84 |
| S10 | Bethan Eckley | City of Cardiff | Swim Wales Summer Nationals, Swansea, (L1) | 06 Aug 17 | 00:32.04 |
| S11 | | | | | |
| S12 | Ela Letton-Jones | Nofio Gwynedd | Swim Wales Summer Meet 2024, Swansea, (L1) | 03 Aug 24 | 00:31.61 |
| S13 | Rhiannon Henry | Co Manchester Aquatics | IPC Swimming European Championships, Berlin, Germany, (L1) | 06 Jul 11 | 00:28.57 |
| S14 | Chloe Davies | Amman Valley | Neath ASC Open Meet 2015, Swansea, (L1) | 24 Oct 15 | 00:29.34 |
| 100m Freestyle | | | | Updated: 19 Dec 24 | |
| S1 | | | | | |
| S2 | | | | | |
| S3 | | | | | |
| S4 | Bethany Francis | Aberearon | British Gas Swim Wales New Year Meet, Swansea, (L1) | 11 Jan 14 | 04:10.26 |
| S5 | | | | | |
| S6 | Elizabeth Johnson | Co Manchester Aquatics | British Int Disability Mt, Sheffield, (L1) | 27 Apr 08 | 01:31.12 |
| S7 | Rebecca Donnelly | Bridgend County | Swim Wales Summer Nationals 2014, Swansea, (L1) | 06 Aug 14 | 01:45.72 |
| S8 | Lily Rice | Pembrokeshire County | Citi Para Swimming World Series France 2024, Limoges, (L1) | 07 Jun 24 | 01:13.07 |
| S9 | Meghan Willis | Torfaen Dolphins | Speedo Aquatics GB Swimming Championships 2024, London, (L1) | 07 Apr 24 | 01:06.96 |
| S10 | Bethan Eckley | City of Cardiff | Swim Wales Summer Nationals, Swansea, (L1) | 03 Aug 17 | 01:10.15 |
| S11 | | | | | |
| S12 | Ela Letton-Jones | Nofio Gwynedd | Citi Para Swimming World Series France 2024 | 07 Jun 24 | 01:08.36 |
| S13 | Rhiannon Henry | Co Manchester Aquatics | IPC Swimming European Championships, Berlin, Germany, (L1) | 09 Jul 11 | 01:00.95 |
| S14 | Chloe Davies | Amman Valley | National Para Swimming, Manchester, (L1) | 12 Dec 15 | 01:00.59 |
| 200m Freestyle | | | | Updated: 19 Dec 24 | |
| S1 | | | | | |
| S2 | | | | | |
| S3 | | | | | |
| S4 | | | | | |
| S5 | | | | | |
| S6 | | | | | |
| S7 | | | | | |
| S8 | Lily Rice | Pembrokeshire County | Swim Wales Regional Racing Series - West 2024, Swansea, (L1) | 10 Feb 24 | 02:24.18 |
| S9 | Meghan Willis | Torfaen Dolphins | City of Swansea Aquatics MAY LC Open Meet 2024, Swansea, (L1) | 04 May 24 | 02:26.77 |
| S10 | Rebecca Lewis | RCT Squad | Keith Bewley Memorial Open Meet 2023, Cardiff, (L3) | 02 Jul 23 | 02:33.71 |
| S11 | | | | | |
| S12 | | | | | |
| S13 | Rhiannon Henry | Co Manchester Aquatics | IDM Berlin, Berlin, (L1) | 28 Apr 11 | 02:15.52 |
| S14 | Chloe Davies | Amman Valley | Burns Open Meet 2016, Sheffield, (L1) | 31 Jan 16 | 02:11.99 |
| 400m Freestyle | | | | Updated: 19 Dec 24 | |
| S6 | Elizabeth Johnson | Co Manchester Aquatics | BUCS Long Course 2014, Sheffield, (L1) | 23 Feb 14 | 06:56.22 |
| S7 | | | | | |
| S8 | Lily Rice | Pembrokeshire County | British Para Swimming International Winter, Aberdeen, (L1) | 03 Feb 24 | 05:15.39 |
| S9 | Molly Hopkins | Swansea Aquatics | Neath ASC Open Meet 2017, Swansea, (L1) | 21 Oct 17 | 05:08.54 |
| S10 | Rebecca Lewis | RCT Squad | Para Swimming World Series 2023 Berlin, Berlin, (L1) | 13 May 23 | 05:14.47 |
| S11 | | | | | |
| S12 | Ela Letton-Jones | Nofio Gwynedd | British Para Swimming International Winter, Aberdeen, (L1) | 03 Feb 24 | 05:27.31 |
| S13 | Rhiannon Henry | Co Manchester Aquatics | IPC Swimming World Champs, Eindhoven, (L1) | 19 Aug 10 | 04:37.08 |
| S14 | Chloe Davies | Amman Valley | Neath ASC Open Meet 2015, Swansea, (L1) | 24 Oct 15 | 04:39.64 |

Welsh Para-Swimming Female Long Course Records

| 800m Freestyle | | | | Updated: 19 Dec 24 | |
|-----------------|-------------------|------------------------|--|--------------------|----------|
| S6 | | | | | |
| S7 | | | | | |
| S8 | | | | | |
| S9 | | | | | |
| S10 | | | | | |
| S11 | | | | | |
| S12 | | | | | |
| S13 | | | | | |
| S14 | Chloe Davies | Amman Valley | German International Open 2015, Berlin, (L1) | 16 Apr 15 | 09:39.98 |
| 1500m Freestyle | | | | Updated: 19 Dec 24 | |
| S6 | | | | | |
| S7 | | | | | |
| S8 | | | | | |
| S9 | | | | | |
| S10 | | | | | |
| S11 | | | | | |
| S12 | | | | | |
| S13 | | | | | |
| S14 | Chloe Davies | Amman Valley | South West Age Groups, Millfield, (L1) | 12 Jun 10 | 19:46.40 |
| 50m Backstroke | | | | Updated: 19 Dec 24 | |
| S1 | | | | | |
| S2 | | | | | |
| S3 | | | | | |
| S4 | Bethany Francis | Aberearon | British Gas Swim Wales New Year Meet, Swansea, (L1) | 11 Jan 14 | 01:51.17 |
| S5 | | | | | |
| S6 | | | | | |
| S7 | | | | | |
| S8 | Lily Rice | Pembrokeshire County | Torfaen Dolphins Long Course, Cardiff, (L3) | 11 Jun 22 | 00:38.96 |
| S9 | Meghan Willis | Torfaen Dolphins | Swim Wales Summer Open 2023, Swansea, (L1) | 07 Aug 23 | 00:36.78 |
| S10 | Bethan Eckley | City of Cardiff | Swim Wales Summer Open Meet, Swansea, (L1) | 27 Jul 15 | 00:39.95 |
| S11 | | | | | |
| S12 | Ela Letton-Jones | Nofio Gwynedd | Citi Para Swimming World Series Great Britain, Sheffield, (L1) | 17 Mar 23 | 00:39.62 |
| S13 | | | | | |
| S14 | Chloe Davies | Amman Valley | Swim Wales Long Course Championships, Swansea, (L1) | 27 Mar 16 | 00:32.33 |
| 100m Backstroke | | | | Updated: 19 Dec 24 | |
| S1 | | | | | |
| S2 | | | | | |
| S3 | | | | | |
| S4 | | | | | |
| S5 | | | | | |
| S6 | Elizabeth Johnson | Co Manchester Aquatics | IPC European Champs, Iceland, (L1) | 24 Oct 09 | 01:42.90 |
| S7 | Rebecca Donnelly | Bridgend County | Swim Wales Summer Nationals 2014, Swansea, (L1) | 04 Aug 14 | 02:02.15 |
| S8 | Lily Rice | Pembrokeshire County | Aquatics GB Summer Championships 2024, Sheffield, (L1) | 24 Jul 24 | 01:21.47 |
| S9 | Meghan Willis | Torfaen Dolphins | Citi Para Swimming World Series Great Britain, Sheffield, (L1) | 17 Mar 23 | 01:17.78 |
| S10 | Rebecca Lewis | RCT Squad | British Summer Championships, Sheffield, (L1) | 24 Jul 23 | 01:23.03 |
| S11 | | | | | |
| S12 | Ela Letton-Jones | Nofio Gwynedd | Aquatics GB Summer Championships 2024, Sheffield, (L1) | 24 Jul 24 | 01:14.73 |
| S13 | Rhiannon Henry | Co Manchester Aquatics | ASA Long Course Champs 2004, Manchester, (L1) | 17 Jul 04 | 01:16.08 |
| S14 | Chloe Davies | Amman Valley | Neath ASC Open Meet 2015, Swansea, (L1) | 24 Oct 15 | 01:07.91 |
| 200m Backstroke | | | | Updated: 19 Dec 24 | |
| S6 | | | | | |
| S7 | | | | | |
| S8 | Lily Rice | Pembrokeshire County | Torfaen Dolphins Long Course, Cardiff, (L3) | 11 Jun 22 | 02:55.35 |
| S9 | Seren Leconte | Torfaen Dolphins | IDM Berlin 2019, Berlin, (L1) | 06 Jun 19 | 03:09.79 |
| S10 | Rebecca Lewis | RCT Squad | Torfaen Dolphins Non National Qualifier, Cardiff, (L3) | 17 Jun 17 | 02:57.22 |
| S11 | | | | | |
| S12 | Ela Letton-Jones | Nofio Gwynedd | City of Sheffield Snow Frills Meet, Sheffield, (L3) | 28 Nov 21 | 03:31.65 |
| S13 | | | | | |
| S14 | Chloe Davies | Amman Valley | Swim Wales Long Course Championships, Swansea, (L1) | 25 Mar 16 | 02:24.49 |

Welsh Para-Swimming Female Long Course Records

| 50m Breaststroke | | | | Updated: 19 Dec 24 | |
|-------------------|-------------------|------------------------|--|--------------------|----------|
| SB1 | | | | | |
| SB2 | | | | | |
| SB3 | | | | | |
| SB4 | | | | | |
| SB5 | | | | | |
| SB6 | Elizabeth Johnson | Co Manchester Aquatics | IDM Berlin, Berlin, (L1) | 28 Apr 11 | 00:46.70 |
| SB7 | Lily Rice | Pembrokeshire County | BPSIM 2022, Aberdeen, (L1) | 19 Feb 22 | 00:51.54 |
| SB8 | Chloe Butt | Caerphilly | Tiger Bay Open Meet, Cardiff, (L1) | 25 Mar 12 | 00:41.38 |
| SB9 | Meghan Willis | Torfaen Dolphins | Swim Wales Summer Open 2023, Swansea, (L1) | 03 Aug 23 | 00:41.33 |
| SB11 | | | | | |
| SB12 | Ela Letton-Jones | Nofio Gwynedd | Citi Para Swimming World Series Great Britain, Sheffield, (L1) | 17 Mar 23 | 00:47.60 |
| SB13 | Rhiannon Henry | Co Manchester Aquatics | City of Manchester Aquatics Swim Team Open, Manchester, (L1) | 12 May 12 | 00:39.81 |
| SB14 | Sian Adams | City of Cardiff | Cardiff International Open Meet 2023, Cardiff, (L1) | 21 May 23 | 00:41.88 |
| 100m Breaststroke | | | | Updated: 19 Dec 24 | |
| SB1 | | | | | |
| SB2 | | | | | |
| SB3 | | | | | |
| SB4 | | | | | |
| SB5 | | | | | |
| SB6 | Elizabeth Johnson | Co Manchester Aquatics | IPC Swimming European Championships, Berlin, Germany, (L1) | 04 Jul 11 | 01:38.89 |
| SB7 | Lily Rice | Pembrokeshire County | Aquatics GB Summer Championships 2024, Sheffield, (L1) | 24 Jul 24 | 01:45.03 |
| SB8 | Chloe Butt | Caerphilly | Tiger Bay Open Meet, Cardiff, (L1) | 24 Mar 12 | 01:29.78 |
| SB9 | Meghan Willis | Torfaen Dolphins | Cardiff International Open Meet 2023, Cardiff, (L1) | 20 May 23 | 01:28.73 |
| SB11 | | | | | |
| SB12 | Ela Letton-Jones | Nofio Gwynedd | Swim Wales National Championships 2024, Swansea, (L1) | 24 Mar 24 | 01:37.85 |
| SB13 | Rhiannon Henry | Co Manchester Aquatics | DSE National LongCourse Champs, Sheffield, (L1) | 08 Jun 02 | 01:27.72 |
| SB14 | Chloe Davies | Amman Valley | National Para Swimming, Manchester, (L1) | 12 Dec 15 | 01:25.17 |
| 200m Breaststroke | | | | Updated: 19 Feb 25 | |
| SB4 | | | | | |
| SB5 | | | | | |
| SB6 | Elizabeth Johnson | Co Manchester Aquatics | BUCS Swimming (50m) Championships 2012, Sheffield, (L1) | 11 Feb 12 | 03:40.33 |
| SB7 | Lily Rice | Pembrokeshire County | RCT New Year Long Course, Cardiff, (L3) | 07 Jan 23 | 04:06.30 |
| SB8 | Chloe Butt | Caerphilly | Swim Wales Age, Youth & Senior Champs, Swansea, (L1) | 08 Apr 12 | 03:15.92 |
| SB9 | Bronwyn Soffe | City of Newport | Swim Wales Regional Racing Series - South East, Cardiff, (L1) | 08 Feb 25 | 03:48.04 |
| SB11 | | | | | |
| SB12 | | | | | |
| SB13 | | | | | |
| SB14 | Chloe Davies | Amman Valley | Neath ASC Open Meet 2015, Swansea, (L1) | 24 Oct 15 | 03:07.08 |
| 50m Butterfly | | | | Updated: 19 Dec 24 | |
| S1 | | | | | |
| S2 | | | | | |
| S3 | | | | | |
| S4 | | | | | |
| S5 | | | | | |
| S6 | Elizabeth Johnson | Co Manchester Aquatics | IDM Berlin, Berlin, (L1) | 28 Apr 11 | 00:43.45 |
| S7 | | | | | |
| S8 | Lily Rice | Pembrokeshire County | Northampton SC Winter Festival 2022, Corby, (L1) | 17 Dec 22 | 00:41.67 |
| S9 | Chloe Butt | Caerphilly | Tiger Bay Open Meet, Cardiff, (L1) | 24 Mar 12 | 00:31.92 |
| S10 | Rebecca Lewis | RCT Squad | RCT New Year Long Course, Cardiff, (L3) | 08 Jan 23 | 00:35.64 |
| S11 | | | | | |
| S12 | Ela Letton-Jones | Nofio Gwynedd | Citi Para Swimming World Series Great Britain, Sheffield, (L1) | 18 Mar 23 | 00:37.08 |
| S13 | Rhiannon Henry | Co Manchester Aquatics | National Youth & Open 2006, Sheffield, (L1) | 05 Aug 06 | 00:30.44 |
| S14 | Saskia Webb | Haverfordwest | Swim Wales Summer Open 2023, Swansea, (L1) | 06 Aug 23 | 00:31.48 |

Welsh Para-Swimming Female Long Course Records

| 100m Butterfly | | | | Updated: Mar 25 | |
|------------------------|-------------------|------------------------|---|--------------------|----------|
| S5 | | | | | |
| S6 | Elizabeth Johnson | Co Manchester Aquatics | USA Swimming Disability Champs, Univ of Minnesota, (L1) | 14 Jun 03 | 01:46.59 |
| S7 | | | | | |
| S8 | Lily Rice | Pembrokeshire County | Swim Wales Summer Open 2023, Swansea, (L1) | 07 Aug 23 | 01:34.22 |
| S9 | Meghan Willis | Torfaen Dolphins | Cardiff International Open Meet 2025, Cardiff, (L1) | 23 Mar 25 | 01:16.00 |
| S10 | Rebecca Lewis | RCT Squad | Para Swimming World Series 2023 Berlin, Berlin, (L1) | 11 May 23 | 01:18.80 |
| S11 | | | | | |
| S12 | Ela Letton-Jones | Nofio Gwynedd | City of Sheffield SS Premier Open Meet 2024, Sheffield, (L1) | 09 Mar 24 | 01:23.44 |
| S13 | Rhiannon Henry | Co Manchester Aquatics | British Gas Youth Champs, Sheffield, (L1) | 31 Jul 09 | 01:07.14 |
| S14 | Saskia Webb | Haverfordwest | Swansea University Swim Team 2024 LC Sprint Meet, Swansea, (L1) | 02 Jun 24 | 01:11.97 |
| 200m Butterfly | | | | Updated: 19 Dec 24 | |
| S8 | | | | | |
| S9 | Meghan Willis | Torfaen Dolphins | RCT New Year Open Meet, Cardiff, (L3) | 05 Jan 20 | 03:31.64 |
| S10 | Rebecca Lewis | RCT Squad | Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1) | 15 Feb 20 | 03:02.92 |
| S11 | | | | | |
| S12 | | | | | |
| S13 | Rhiannon Henry | Co Manchester Aquatics | US Open Championships 2005, Portland, (L1) | 15 Jul 05 | 02:31.88 |
| S14 | Saskia Webb | Haverfordwest | Para Swimming World Series 2023 Berlin, Berlin, (L1) | 13 May 23 | 02:53.44 |
| 150m Individual Medley | | | | Updated: 19 Dec 24 | |
| SM1 | | | | | |
| SM2 | | | | | |
| SM3 | | | | | |
| SM4 | | | | | |
| 200m Individual Medley | | | | Updated: 19 Dec 24 | |
| SM3 | | | | | |
| SM4 | | | | | |
| SM5 | | | | | |
| SM6 | Elizabeth Johnson | Co Manchester Aquatics | British Champs (50m) 2008, Sheffield, (L1) | 05 Apr 08 | 03:20.48 |
| SM7 | | | | | |
| SM8 | Lily Rice | Pembrokeshire County | British Summer Championships, Sheffield, (L1) | 26 Jul 23 | 03:00.51 |
| SM9 | Meghan Willis | Torfaen Dolphins | Commonwealth Games 2022, Birmingham, (L1) | 02 Aug 22 | 02:44.52 |
| SM10 | Rebecca Lewis | RCT Squad | Commonwealth Games 2022, Birmingham, (L1) | 02 Aug 22 | 02:54.07 |
| SM11 | | | | | |
| SM12 | Ela Letton-Jones | Nofio Gwynedd | Aquatics GB Summer Championships 2024, Sheffield, (L1) | 23 Jul 24 | 02:50.33 |
| SM13 | Rhiannon Henry | Co Manchester Aquatics | Paralympic Games 2012, London, (L1) | 07 Sep 12 | 02:32.84 |
| SM14 | Chloe Davies | Amman Valley | National Para Swimming, Manchester, (L1) | 12 Dec 15 | 02:20.89 |
| 400m Individual Medley | | | | Updated: 19 Dec 24 | |
| SM6 | | | | | |
| SM7 | | | | | |
| SM8 | | | | | |
| SM9 | | | | | |
| SM10 | | | | | |
| SM11 | | | | | |
| SM12 | | | | | |
| SM13 | | | | | |
| SM14 | Chloe Davies | Amman Valley | Team Bath Grand Prix, Bath, (L1) | 30 Jan 10 | 06:19.55 |

Welsh Para-Swimming Female Long Course Records

| RELAYS: | | | | | |
|-------------------------------|--|--|--|--|---------------------------|
| 4x50m Freestyle Relay | | | | | Updated: 19 Dec 24 |
| 20pts | | | | | |
| 34pts | | | | | |
| 49pts (S11/S13) | | | | | |
| S14 | | | | | |
| 4x100m Freestyle Relay | | | | | Updated: 19 Dec 24 |
| 34pts | | | | | |
| 49pts (S11/S13) | | | | | |
| S14 | | | | | |
| 4x50m Medley Relay | | | | | Updated: 19 Dec 24 |
| 20pts | | | | | |
| 34pts | | | | | |
| 49pts (S11/S13) | | | | | |
| S14 | | | | | |
| 4x100m Medley Relay | | | | | Updated: 19 Dec 24 |
| 34pts | | | | | |
| 49pts (S11/S13) | | | | | |
| S14 | | | | | |

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