	Wel	sh Para-Swir	nming Female Long Course Re	cords	
Class	Name	Club	Venue	Date	Time
50m Fre	estyle			Updated: 19 D	ec 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 Fr	eestyle			Updated: 19 D	ec 24
S1					
S2					
S3 S4	Pothany Francis	Aboroaron	Pritich Cas Swim Wales New Year Most Swanson (L1)	11 lan 14	04:10.26
S5	Bethany Francis	Aberearon	British Gas Swim Wales New Year Meet, Swansea, (L1)	11 Jan 14	04:10.26
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	<u>'</u>	,	, , , ,		
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 Fr	eestyle			Updated: 19 D	ec 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	Phiannan Harri	Co Manchastar A susting	IDM Parlin Parlin (L1)	20 Amr 11	02:45 52
S13	Rhiannon Henry	Co Manchester Aquatics	IDM Berlin, Berlin, (L1)	28 Apr 11	02:15.52
S14 400m F r	Chloe Davies	Amman Valley	Burns Open Meet 2016, Sheffield, (L1)	31 Jan 16 Updated: 19 D	02:11.99
400m Fr S6	Elizabeth Johnson	Co Manchester Aquatics	BUCS Long Course 2014, Sheffield, (L1)	23 Feb 14	ec 24 06:56.22
S7	Enzabeth Johnson	Co Municilester Aquatics	Social course 2017, Stierriciu, (LL)	2316014	00.30.22
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			The second section section, se	20 may 20	55.1.17
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
	Chloe Davies	Amman Valley	Neath ASC Open Meet 2015, Swansea, (L1)	24 Oct 15	04:39.64

	200m Er	a a styla			Updated: 19 D	lec 2/
					Opuateu. 13 D	ec 24
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Calco Davies						
		Chlee Davies	Amman Vallay	Cormon International Open 2015 Parlin (L1)	16 Apr 15	00.30.08
56 Image: Company of the			Allillali valley	German international Open 2013, Bermi, (L1)		
Second S		reestyle	T T		Opdated: 19 D	ec 24
Second						
Sign						
Single						
S11						
Signature						
Side						
South						
Some Backstroke Updated: 19 Dec 24 51		Chles Davies	Amman Vallari	Could Mark Ara Crausa Millfield (14)	12 1 10	10:46.40
S1			Amman valley	South West Age Groups, Milifield, (L1)		
Separation Se		kstroke	<u> </u>	T	Updated: 19 D	ec 24
53 Bethany Francis Aberearon British Gas Swim Wales New Year Meet, Swansea, (L1) 11 Jan 14 01:51.17 56 Image: Company of State of						
544 Bethany Francis Aberearon British Gas Swim Wales New Year Meet, Swansea, (L1) 11 Jan 14 01:51.17 55 ————————————————————————————————————						
Signature						
Section Sect		Bethany Francis	Aberearon	British Gas Swim Wales New Year Meet, Swansea, (L1)	11 Jan 14	01:51.17
ST						
Section						
Meghan Willis Torfaen Dolphins Swim Wales Summer Open 2023, Swansea, (11) 07 Aug 23 00:36.78						
Set Bethan Eckley City of Cardiff Swim Wales Summer Open Meet, Swansea, (L1) 27 Jul 15 00:39.95			•			
S11			<u> </u>			
Ela Letton-Jones Nofio Gwynedd Citi Para Swimming World Series Great Britain, Sheffield, (L1) 17 Mar 23 00:39.62		Bethan Eckley	City of Cardiff	Swim Wales Summer Open Meet, Swansea, (L1)	27 Jul 15	00:39.95
513 Chole Davies Amman Valley Swim Wales Long Course Championships, Swansea, (L1) 27 Mar 16 00:32.33 100m Bsckstroke Updated: 19 Dec 24 51 Canal Course Championships, Swansea, (L1) 27 Mar 16 00:32.33 52 Canal Course Champas, Incland, (L1) 24 Oct 09 01:42.90 55 Canal Course Champas, Incland, (L1) Canal Course Champas, Incland, (L1) 24 Oct 09 01:42.90 56 Elizabeth Johnson Co Manchester Aquatics PC European Champas, Iceland, (L1) 04 Aug 14 02:02.15 58 Lily Rice Pembrokeshire County Aguatics GB Summer Championships 2024, Sheffield, (L1) 24 Jul 24 01:21.47 59 Meghan Willis Torfaen Dolphins Cit Para Swimming World Series Great Britain, Sheffield, (L1) 17 Mar 23 01:17.78 510 Rebecca Lewis RCT Squad British Summer Championships, Sheffield, (L1) 24 Jul 24 01:21.47 512 Ela Letton-Jones Nofio Gwynedd Aquatics GB Summer Championships, Sheffield, (L1) <						
State		Ela Letton-Jones	Nofio Gwynedd	Citi Para Swimming World Series Great Britain, Sheffield, (L1)	17 Mar 23	00:39.62
100m Backstroke						
S1 Image: Company of the c	S14	Chloe Davies	Amman Valley	Swim Wales Long Course Championships, Swansea, (L1)	27 Mar 16	00:32.33
S2 Image: S2 Image		ckstroke			Updated: 19 D	ec 24
53 Image: Same of the control of the cont						
S4 S.						
S5 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 24 01:23.03 S11						
Elizabeth Johnson Co Manchester Aquatics IPC European Champs, Iceland, (L1) 24 Oct 09 01:42.90 Rebecca Donnelly Bridgend County Swim Wales Summer Nationals 2014, Swansea, (L1) 04 Aug 14 02:02.15 Rebecca Donnelly Bridgend County Swim Wales Summer Nationals 2014, Swansea, (L1) 04 Aug 14 02:02.15 Meghan Willis Torfaen Dolphins Citi Para Swimming World Series Great Britain, Sheffield, (L1) 17 Mar 23 01:17.78 Rebecca Lewis RCT Squad British Summer Championships, Sheffield, (L1) 24 Jul 24 01:23.03 Ela Letton-Jones Nofio Gwynedd Aquatics GB Summer Championships 2024, Sheffield, (L1) 24 Jul 24 01:14.73 Rhiannon Henry Co Manchester Aquatics ASA Long Course Champs 2004, Manchester, (L1) 17 Jul 04 01:16.08 Chloe Davies Amman Valley Neath ASC Open Meet 2015, Swansea, (L1) 24 Oct 15 01:07.91 200m Backstroke Updated: 19 Dec 24 Eli Lily Rice Pembrokeshire County Torfaen Dolphins Long Course, Cardiff, (L3) 11 Jun 22 02:55.35 Seren Leconte Torfaen Dolphins IDM Berlin 2019, Berlin, (L1) 06 Jun 19 03:09.79 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65						
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S9Meghan WillisTorfaen DolphinsCiti Para Swimming World Series Great Britain, Sheffield, (L1)17 Mar 2301:17.78S10Rebecca LewisRCT SquadBritish Summer Championships, Sheffield, (L1)24 Jul 2301:23.03S11S12Ela Letton-JonesNofio GwyneddAquatics GB Summer Championships 2024, Sheffield, (L1)24 Jul 2401:14.73S13Rhiannon HenryCo Manchester AquaticsASA Long Course Champs 2004, Manchester, (L1)17 Jul 0401:16.08S14Chloe DaviesAmman ValleyNeath ASC Open Meet 2015, Swansea, (L1)24 Oct 1501:07.91200m BackstrokeS6Updated: 19 Dec 24S6Updated: 19 Dec 24S8Lily RicePembrokeshire CountyTorfaen Dolphins Long Course, Cardiff, (L3)11 Jun 2202:55.35S9Seren LeconteTorfaen DolphinsIDM Berlin 2019, Berlin, (L1)06 Jun 1903:09.79S10Rebecca LewisRCT SquadTorfaen Dolphins Non National Qualifier, Cardiff, (L3)17 Jun 1702:57.22S11S12Ela Letton-JonesNofio GwyneddCity of Sheffield Snow Frills Meet, Sheffield, (L3)28 Nov 2103:31.65S13S13S14S15S16S16S16S17S17S17S17S17S18			,			
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S11 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 S6 Updated: 19 Dec 24 S6 Updated: 19 Dec 24 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 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13		<u> </u>	<u>'</u>			
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 S1 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 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13 Serial Script Script State Sta		Rebecca Lewis	RCT Squad	British Summer Championships, Sheffield, (L1)	24 Jul 23	01:23.03
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 ST	S11					
Chloe Davies Amman Valley Neath ASC Open Meet 2015, Swansea, (L1) 24 Oct 15 01:07.91 200m Backstroke Updated: 19 Dec 24 S6 Updated: 1	S12		· ·			
200m Backstroke S6 S	S13					
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S7 Seren Leconte Torfaen Dolphins IDM Berlin 2019, Berlin, (L1) 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 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13 S10		ckstroke			Updated: 19 D	ec 24
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 S15 S16 S17						
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 Seren Leconte Torfaen Dolphins Non National Qualifier, Cardiff, (L3) 27 Jun 17 02:57.22					1	
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 S15 S15 S16 S17 Squad Squa		<u> </u>	· · · · · · · · · · · · · · · · · · ·			
S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13 S13 S15 S15 S16 S17 S18 S17 S18			<u> </u>	1 1 1	_	
S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13 City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65	S10	Rebecca Lewis	RCT Squad	Torfaen Dolphins Non National Qualifier, Cardiff, (L3)	17 Jun 17	02:57.22
S13						
		Ela Letton-Jones	Nofio Gwynedd	City of Sheffield Snow Frills Meet, Sheffield, (L3)	28 Nov 21	03:31.65
S14 Chloe Davies Amman Valley Swim Wales Long Course Championships, Swansea, (L1) 25 Mar 16 02:24.49	S13					
	S14	Chloe Davies	Amman Valley	Swim Wales Long Course Championships, Swansea, (L1)	25 Mar 16	02:24.49

50m Bre	eaststroke			Updated: 19 D	ec 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	1				
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 B	reaststroke			Updated: 19 D	ec 24
SB1					
SB2	1			1	
SB3	1			1	
SB4	1			1	
SB5	1			1	
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
	reaststroke	, , , , , , , , , , , , , , , , , , , ,	, (-2-)	Updated: 19 F	
SB4				Opuateur 25 i	
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	1	and an incompany		1 221322	
SB12					
SB13				1	
SB14	Chloe Davies	Amman Valley	Neath ASC Open Meet 2015, Swansea, (L1)	24 Oct 15	03:07.08
50m Bu			,,,,,	Updated: 19 D	
S1			<u> </u>	puatea. 15 B	
S2	1			1	
S3	+			1	
S4	+			1	
S5	+			1	
S6	Elizabeth Johnson	Co Manchester Aquatics	IDM Berlin, Berlin, (L1)	28 Apr 11	00:43.45
S7				=0p. 11	231.01.13
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				1	
S12	Ela Letton-Jones	Nofio Gwynedd	Citi Para Swimming World Series Great Britain, Sheffield, (L1)	18 Mar 23	00:37.08
	1=.0 =0::011 301103	1	The state of the s	1 -5 11101 25	1 23.57.00
S13	Rhiannon Henry	Co Manchester Aquatics	National Youth & Open 2006, Sheffield, (L1)	05 Aug 06	00:30.44

TOOH BY	itterfly			Updated: Mar	25
S5	itterily	T T		Opuateu. Mar	25
	Flinghoth Johnson	Ca Manahantan Asustina	USA Coding price Disability Change Hair of Minagesta (14)	14 1 02	01.46.50
S6	Elizabeth Johnson	Co Manchester Aquatics	USA Swimming Disability Champs, Univ of Minnesota, (L1)	14 Jun 03	01:46.59
S7	Lih. Diaa	Danshualiashina Cauntu	Suring Wales Communa Ones 2022 Surgass (14)	07 4 22	01.24.22
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 Bu	itterfly	1		Updated: 19 D	ec 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 Inc	dividual Medley			Updated: 19 D	ec 24
SM1					
SM2					
SM3					
SM4					
	dividual Medley			Updated: 19 D	ec 24
	dividual Medley			Updated: 19 D	ec 24
200m Inc	dividual Medley			Updated: 19 D	ec 24
200m Ind	dividual Medley			Updated: 19 D	ec 24
200m Ind SM3 SM4	dividual Medley Elizabeth Johnson	Co Manchester Aquatics	British Champs (50m) 2008, Sheffield, (L1)	Updated: 19 D	03:20.48
SM3 SM4 SM5		Co Manchester Aquatics	British Champs (50m) 2008, Sheffield, (L1)		
200m Inc SM3 SM4 SM5 SM6		Co Manchester Aquatics Pembrokeshire County	British Champs (50m) 2008, Sheffield, (L1) British Summer Championships, Sheffield, (L1)		
200m Inc SM3 SM4 SM5 SM6 SM7	Elizabeth Johnson			05 Apr 08	03:20.48
200m Inc SM3 SM4 SM5 SM6 SM7	Elizabeth Johnson Lily Rice	Pembrokeshire County	British Summer Championships, Sheffield, (L1)	05 Apr 08 26 Jul 23	03:20.48
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9	Elizabeth Johnson Lily Rice Meghan Willis	Pembrokeshire County Torfaen Dolphins	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1)	05 Apr 08 26 Jul 23 02 Aug 22	03:20.48 03:00.51 02:44.52
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9	Elizabeth Johnson Lily Rice Meghan Willis	Pembrokeshire County Torfaen Dolphins	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1)	05 Apr 08 26 Jul 23 02 Aug 22	03:20.48 03:00.51 02:44.52
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis	Pembrokeshire County Torfaen Dolphins RCT Squad	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22	03:20.48 03:00.51 02:44.52 02:54.07
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24	03:20.48 03:00.51 02:44.52 02:54.07
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m Inc	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m Inc SM6 SM7	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m Inc SM6 SM7 SM8	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m Inc SM6 SM7 SM8	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m Inc SM6 SM7 SM8	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m Inc SM6 SM7 SM8 SM9 SM10	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m Inc SM6 SM7 SM8 SM9 SM14	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Commonwealth Games 2022, Birmingham, (L1) Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 02 Aug 22 02 Aug 22 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.52 02:54.07 02:50.33 02:32.84 02:20.89

RELAYS:					
4x50m Freestyle Relay			Updated: 19 Dec 24		
20pts					
34pts					
49pts (S11/S13)					
S14					
4x100m Freestyle	e Relay	Update	ed: 19 Dec 24		
34pts					
49pts (S11/S13)					
S14					
4x50m Medley R	elay	Update	ed: 19 Dec 24		
20pts					
34pts					
49pts (S11/S13)					
S14					
4x100m Medley	Relay	Update	ed: 19 Dec 24		
34pts					
49pts (S11/S13)					
S14					