Welsh Para-Swimming Female Long Course Records						
Class	Name	Club	Venue	Date	Time	
50m Fre				Updated: Apri		
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	Eliza Humphrey	Northampton	Aquatics GB Swimming Championships 2025	17 Apr 25	00:34.82	
S12	Ela Letton-Jones	Nofio Gwynedd	Aquatics GB Swimming Championships 2025	17 Apr 25	00:30.82	
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 Fi	reestyle	1	<u> </u>	Updated: Apri	l 2 5	
S1	1					
S2	-					
S3 S4	Datham. Francia	Alexandra	Dritish Cos Cuins Walso New Year Mast Corpose (14)	11 1 14	04:10.26	
S5 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	01:31.12	
S8	Lily Rice	Pembrokeshire County	Citi Para Swimming World Series France 2024, Limoges, (L1)	00 Aug 14 07 Jun 24	01:43.72	
S9	Meghan Willis	Torfaen Dolphins	Aquatics GB Swimming Championships 2025	20 Apr 25	01:06.68	
S10	Bethan Eckley	City of Cardiff	Swim Wales Summer Nationals, Swansea, (L1)	03 Aug 17	01:10.15	
S11	Eliza Humphrey	Northampton	Aquatics GB Swimming Championships 2025	20 Apr 25	01:14.49	
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 Fi	reestyle			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	District	C. Marakari A. C.	IDAA Dadi'a Dadi'a (Ida)	20.4 11	02.45.52	
S13	Rhiannon Henry	Co Manchester Aquatics	IDM Berlin, Berlin, (L1)	28 Apr 11	02:15.52	
\$14	Chloe Davies	Amman Valley	Burns Open Meet 2016, Sheffield, (L1)	31 Jan 16	02:11.99	
400m F	_	Co Manchester A susting	PLICS Long Course 2014 Shoffield (11)	Updated: Apri 23 Feb 14		
S6 S7	Elizabeth Johnson	Co Manchester Aquatics	BUCS Long Course 2014, Sheffield, (L1)	25 Feb 14	06:56.22	
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	05:15.39	
S10	Rebecca Lewis	RCT Squad	Para Swimming World Series 2023 Berlin, Berlin, (L1)	13 May 23	05:08.54	
S11	Eliza Humphrey	Northampton	Aquatics GB Swimming Championships 2025	18 Apr 25	05.35.08	
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	

Section	800m Fr	eestyle			Updated: 19 D	ec 24
Section		cestyle			Opuateu. 13 D	CC 24
Same	S7					
Section						
	S9					
State						
1522						
State						
Chice Davies		1				
1500m Freestyle		Chloe Davies	Amman Valley	German International Open 2015, Berlin, (L1)	16 Apr 15	09:39.98
Section			,		•	
Same	S6					
Signature	S7					
Sili	S8					
Chice Davies	S9					
Side	S10					
Side	S11					
South West Age Groups, Millfield, (L1)	S12					
South West Age Groups, Millfield, (L1)	S13				+	
Some Backstroke	S14	Chloe Davies	Amman Valley	South West Age Groups, Millfield, (L1)	12 Jun 10	19:46.40
State	50m Bac	kstroke	·		Updated: Apri	25
Sabethany Francis Aberearon British Gas Swim Wales New Year Meet, Swansea, (L1) 11 Jan 14 01:51.17	S1					
Set Bethany Francis Aberearon British Gas Swim Wales New Year Meet, Swansea, (11) 11 Jan 14 01:51.17	S2					
Section	S3					
Section	S4	Bethany Francis	Aberearon	British Gas Swim Wales New Year Meet, Swansea, (L1)	11 Jan 14	01:51.17
Section Pembrokeshire County Torfaen Dolphins Long Course, Cardiff, (13) 11 Jun 22 00:38.95	S5					
	S6					
Meghan Willis	S7					
Heidi Rogerson	S8	Lily Rice	Pembrokeshire County	Torfaen Dolphins Long Course, Cardiff, (L3)	11 Jun 22	00:38.96
Heidi Rogerson	S9	Meghan Willis	Torfaen Dolphins	Swim Wales Summer Open 2023, Swansea, (L1)	07 Aug 23	00:36.78
Ela Letton-Jones	S10				27 Apr 25	00:38.91
Single	S11				<u> </u>	
Chioe Davies	S12	Ela Letton-Jones	Nofio Gwynedd	Citi Para Swimming World Series Great Britain, Sheffield, (L1)	17 Mar 23	00:39.62
100m Backstroke	S13					
S2	S14	Chloe Davies	Amman Valley	Swim Wales Long Course Championships, Swansea, (L1)	27 Mar 16	00:32.33
S2	100m Ba	ackstroke			Updated: Apri	l 25
S3	S1					
S4 S5 S6 S12abeth 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 Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:16.14 S10 Rebecca Lewis RCT Squad British Summer Championships, Sheffield, (L1) 24 Jul 23 01:23.03 S11 Eliza Humphrey Northampton Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:25.76 S12 Ela Letton-Jones Nofio Gwynedd Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:25.76 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 S200m Backstroke Updated: April 25 S6 S7 Seren Leconte Torfaen Dolphins IDM Berlin 2019, Berlin, (L1) 06 Jun 19 03:09.79 S10 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:55.66 S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13 S13 S14 S15 S16 S16	S2					
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 Aquatics GB Summer Championships 2024, Sheffield, (L1) 24 Jul 24 01:21.47 Meghan Willis Torfaen Dolphins Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:16.14 Rebecca Lewis RCT Squad British Summer Championships, Sheffield, (L1) 24 Jul 23 01:23.03 Eliza Humphrey Northampton Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:25.76 Ela Letton-Jones Nofio Gwynedd Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:13.21 Rhiannon Henry Co Manchester Aquatics ASA Long Course Champs 2004, Manchester, (L1) 17 Jul 04 01:16.08 Amman Valley Neath ASC Open Meet 2015, Swansea, (L1) 24 Oct 15 01:07.91 200m Backstroke Updated: April 25 El Lily Rice Pembrokeshire County Torfaen Dolphins Long Course, Cardiff, (L3) 11 Jun 22 02:55.35 Eren Leconte Torfaen Dolphins IDM Berlin 2019, Berlin, (L1) 06 Jun 19 03:09.79 Ello Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:56.66 Ella Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65	S3					
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Meghan Willis Torfaen Dolphins Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:16.14 Rebecca Lewis RCT Squad British Summer Championships, Sheffield, (L1) 24 Jul 23 01:23.03 S11 Eliza Humphrey Northampton Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:25.76 S12 Ela Letton-Jones Nofio Gwynedd Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:13.21 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: April 25 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 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:56.66 S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65	S7	Rebecca Donnelly	Bridgend County	Swim Wales Summer Nationals 2014, Swansea, (L1)	04 Aug 14	02:02.15
Rebecca Lewis RCT Squad British Summer Championships, Sheffield, (L1) 24 Jul 23 01:23.03 S11 Eliza Humphrey Northampton Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:25.76 S12 Ela Letton-Jones Nofio Gwynedd Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:13.21 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: April 25 S6 Uily 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 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:56.66 S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65	S8	Lily Rice	Pembrokeshire County	Aquatics GB Summer Championships 2024, Sheffield, (L1)	24 Jul 24	01:21.47
Eliza Humphrey Northampton Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:25.76 Ela Letton-Jones Nofio Gwynedd Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:13.21 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: April 25 Ela Lily Rice Pembrokeshire County Torfaen Dolphins Long Course, Cardiff, (L3) 11 Jun 22 02:55.35 See Seren Leconte Torfaen Dolphins IDM Berlin 2019, Berlin, (L1) 06 Jun 19 03:09.79 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:56.66 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65	S9	Meghan Willis	Torfaen Dolphins	Aquatics GB Swimming Championships 2025, London, (L1)	16 Apr 25	01:16.14
Ela Letton-Jones Nofio Gwynedd Aquatics GB Swimming Championships 2025, London, (L1) 16 Apr 25 01:13.21 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: April 25 S6 Updated: April 25 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 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:56.66 S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65	S10	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 Chloe Davies Amman Valley Neath ASC Open Meet 2015, Swansea, (L1) 24 Oct 15 01:07.91 COMMENT Backstroke Updated: April 25 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 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:56.66 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65	S11	Eliza Humphrey	Northampton	Aquatics GB Swimming Championships 2025, London, (L1)	16 Apr 25	01:25.76
Chloe Davies Amman Valley Neath ASC Open Meet 2015, Swansea, (L1) 24 Oct 15 01:07.91 200m Backstroke Updated: April 25 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 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:56.66 S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13	S12	Ela Letton-Jones	Nofio Gwynedd	Aquatics GB Swimming Championships 2025, London, (L1)	16 Apr 25	01:13.21
200m Backstroke S6 S7 S8 Lily Rice Pembrokeshire County Torfaen Dolphins Long Course, Cardiff, (L3) S9 Seren Leconte Torfaen Dolphins IDM Berlin 2019, Berlin, (L1) S10 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) S13 Updated: April 25 L1 Jun 22 02:55.35 06 Jun 19 03:09.79 02:56.66 S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) S13 S16 S17 S18 S18 S18 S18 S19	S13	Rhiannon Henry	Co Manchester Aquatics	ASA Long Course Champs 2004, Manchester, (L1)	17 Jul 04	01:16.08
S6 S7 S7 S8 Lily Rice Pembrokeshire County Torfaen Dolphins Long Course, Cardiff, (L3) Seren Leconte Torfaen Dolphins IDM Berlin 2019, Berlin, (L1) Seren Leconte Torfaen Dolphins IDM Berlin 2019, Berlin, (L1) S6 Jun 19 S7 S6 S6 S7 S6 S8 Seren Leconte Torfaen Dolphins IDM Berlin 2019, Berlin, (L1) S7 S8	S14	Chloe Davies	Amman Valley	Neath ASC Open Meet 2015, Swansea, (L1)	24 Oct 15	01:07.91
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 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:56.66 S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13 S14 S15 S16 S16 S17 S17 S18 S18 S18 S18 S19 S	200m Ba	ackstroke			Updated: Apri	125
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 S10 Heidi Rogerson Holywell SC Swim Wales National Championships 2025, Swansea, (L1) 24 Apr 25 02:56.66 S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13	S6					
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S11 S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13 S13 S15 S16 S17 S18	S9	Seren Leconte	Torfaen Dolphins	IDM Berlin 2019, Berlin, (L1)	06 Jun 19	03:09.79
S12 Ela Letton-Jones Nofio Gwynedd City of Sheffield Snow Frills Meet, Sheffield, (L3) 28 Nov 21 03:31.65 S13	S10	Heidi Rogerson	Holywell SC	Swim Wales National Championships 2025, Swansea, (L1)	24 Apr 25	02:56.66
\$13	S11					
	S12	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

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	aststroke	T		Updated: 19 D	ec 24
SB1					
SB2 SB3					
SB4					
SB5					
SB6	Elizabeth Johnson	Co Manchester Aquatics	IDM Berlin, Berlin, (L1)	39 Apr 11	00:46.70
SB7	Lily Rice	Co Manchester Aquatics Pembrokeshire County	BPSIM 2022, Aberdeen, (L1)	28 Apr 11 19 Feb 22	00:46.70
SB8	Chloe Butt	Caerphilly	Tiger Bay Open Meet, Cardiff, (L1)	25 Mar 12	00:31.34
SB9	ļ	Torfaen Dolphins			00:41.38
SB11	Meghan Willis	Torraen Dolphins	Swim Wales Summer Open 2023, Swansea, (L1)	03 Aug 23	00:41.33
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	00:33.81
	eaststroke	city of cardin	Carum international Open Weet 2023, Carum, (L1)	Updated: 19 D	
SB1	eaststioke		<u> </u>	Opuateu. 19 D	ec 24
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 Jul 24 24 Mar 12	01:43.03
SB9	Meghan Willis	Torfaen Dolphins	Cardiff International Open Meet 2023, Cardiff, (L1)	24 May 23	01:29.78
SB11	iviegnan vviins	Torraeri Doiphins	Cardin international Open Weet 2025, Cardin, (L1)	20 Ividy 23	01.28.73
	Fla Latter Janes	Notic Cumodd	Suim Wales National Championships 2024 Surgeon (L1)	24 Mar 24	01.27.05
SB12	Ela Letton-Jones	Nofio Gwynedd	Swim Wales National Championships 2024, Swansea, (L1)	24 Mar 24	01:37.85
SB13 SB14	Rhiannon Henry Chloe Davies	Co Manchester Aquatics	DSE National LongCourse Champs, Sheffield, (L1)	08 Jun 02	01:27.72
		Amman Valley	National Para Swimming, Manchester, (L1)	12 Dec 15	01:25.17
	eaststroke	T		Updated: 19 Fo	en 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	· · · · · · · · · · · · · · · · · · ·		07 Jan 23	03.40.33
SB8	Chloe Butt	Pembrokeshire County Caerphilly	RCT New Year Long Course, Cardiff, (L3) Swim Wales Age, Youth & Senior Champs, Swansea, (L1)	07 Jan 23 08 Apr 12	04:06.30
SB9	Bronwyn Soffe	City of Newport	Swim Wales Regional Racing Series - South East, Cardiff, (L1)	08 Apr 12	03:48.04
SB11	втопмун зопе	City of Newport	Swiff Wales Regional Racing Series - South East, Calum, (L1)	06 Feb 25	03.46.04
SB12					
SB13 SB14	Chloe Davies	Amman Valley	Neath ASC Open Meet 2015, Swansea, (L1)	24 Oct 15	03:07.08
		Anninan valley	Neath ASC Open Meet 2015, Swansea, (L1)		
50m But S1	terny	<u> </u>		Updated: 19 D	ec 24
S2		 		+	
S3		 		+	
	-	 		+	
S4 S5	 	1		+	
	Elizabeth Johnson	Co Manchostar Assisting	IDM Parlin Parlin (L1)	20 Apr 11	00.42.45
S6	Elizabeth Johnson	Co Manchester Aquatics	IDM Berlin, Berlin, (L1)	28 Apr 11	00:43.45
S7	Lily Rico	Dombrokoshira Carrati	Northampton SC Winter Feetings 2022 Control (14)	17 Doc 22	00:41.67
S8 S9	Lily Rice Chloe Butt	Pembrokeshire County	Northampton SC Winter Festival 2022, Corby, (L1) Tiger Bay Open Meet, Cardiff, (L1)	17 Dec 22 24 Mar 12	00:41.67 00:31.92
S10		Caerphilly RCT Squad	RCT New Year Long Course, Cardiff, (L3)		
	Rebecca Lewis	nei squdu	NOT NEW Teal LONG COURSE, Caraill, (L3)	08 Jan 23	00:35.64
S11	Ela Lotton Janea	Notic Currende	Citi Para Swimming World Series Great Britain, Sheffield, (L1)	10 Mar 22	00.27.00
S12	Ela Letton-Jones	Nofio Gwynedd		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

100m R	ittorfly			Updated: Mar	25
100m Bu S5	ltterny	T		Opuateu. Mar	25
	Elizabath Jahassa	Ca Marrahantan Asustina	USA Suringenia 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	Lib. Dies	Danaharahara Carrata	Curing Wales Common Open 2022 Common (L1)	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 Bւ	ıtterfly			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 In	dividual Medley			Updated: 19 D	ec 24
SM1					
SM2					
SM3					
61.4.6					
SM4	1				
	dividual Medley			Updated: Apri	l 25
	dividual Medley			Updated: Apri	l 25
200m In	dividual Medley			Updated: Apri	1 25
200m In	dividual Medley			Updated: Apri	125
200m Inc SM3 SM4	dividual Medley Elizabeth Johnson	Co Manchester Aquatics	British Champs (50m) 2008, Sheffield, (L1)	Updated: Apri	03:20.48
200m Inc SM3 SM4 SM5		Co Manchester Aquatics	British Champs (50m) 2008, Sheffield, (L1)		
200m Inc SM3 SM4 SM5 SM6		Co Manchester Aquatics Pembrokeshire County			
200m Inc SM3 SM4 SM5 SM6	Elizabeth Johnson		British Champs (50m) 2008, Sheffield, (L1) British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025	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) Aquatics GB Swimming Championships 2025	05 Apr 08 26 Jul 23 19 Apr 25	03:20.48 03:00.51 02:44.35
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Eliza Humphrey	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22	03:20.48 03:00.51 02:44.35 02:54.07
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis	Pembrokeshire County Torfaen Dolphins RCT Squad	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Eliza Humphrey Ela Letton-Jones	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 02:50.33
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Eliza Humphrey Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 02:50.33 02:32.84 02:20.89
200m Inc SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Eliza Humphrey Ela Letton-Jones Rhiannon Henry	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 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 Eliza Humphrey Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 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 Eliza Humphrey Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 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 Eliza Humphrey Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 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 Eliza Humphrey Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 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	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Eliza Humphrey Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 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 Eliza Humphrey Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 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 SM1	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Eliza Humphrey Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 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 SM1	Elizabeth Johnson Lily Rice Meghan Willis Rebecca Lewis Eliza Humphrey Ela Letton-Jones Rhiannon Henry Chloe Davies	Pembrokeshire County Torfaen Dolphins RCT Squad Northampton Nofio Gwynedd Co Manchester Aquatics	British Summer Championships, Sheffield, (L1) Aquatics GB Swimming Championships 2025 Commonwealth Games 2022, Birmingham, (L1) Aquatics GB Swimming Championships 2025 Aquatics GB Summer Championships 2024, Sheffield, (L1) Paralympic Games 2012, London, (L1)	05 Apr 08 26 Jul 23 19 Apr 25 02 Aug 22 19 Apr 25 23 Jul 24 07 Sep 12 12 Dec 15	03:20.48 03:00.51 02:44.35 02:54.07 03:04.73 02:50.33 02:32.84 02:20.89

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