

Welsh Para-Swimming Female Short Course Records

Welsh Para-Swimming Female Short Course Records					
Class	Name	Club	Venue	Date	Time
50m Freestyle				Updated: Nov 25	
S1					
S2					
S3					
S4	Bethany Francis	Aberearon	DSE National Junior & Youth Championships, Sheffield, (L2)	02 Mar 14	01:43.05
S5					
S6	Elizabeth Johnson	Co Manchester Aquatics	DSE Open Short Course 2007, Sheffield, (L2)	04 Nov 07	00:40.21
S7	Rebecca Donnelly	Bridgend County	DSE National Short Course Meet, Sheffield, (L2)	24 Nov 13	00:47.12
S8	Lily Rice	Pembrokeshire County	Pembrokeshire County Swimming Championships 2024, Haverfordwest, (L3)	15 Sep 24	00:34.48
S9	Meghan Willis	Torfaen Dolphins	Swim Wales Regional SC Championships - SE 2024, Newport, (L2)	17 Nov 24	00:31.29
S10	Bethan Eckley	City of Cardiff	National Para-Swimming Champs 2017, Manchester, (L2)	09 Dec 17	00:31.73
S11					
S12	Ela Letton-Jones	Nofio Gwynedd	Swim Wales Regional SC Championships - North 2023, Llandudno, (L2)	26 Nov 23	00:31.30
S13	Rhiannon Henry	Co Manchester Aquatics	Swim Wales Disability SC, Newport, (L1)	04 Jul 09	00:28.03
S14	Rose Williams	City of Cardiff	Swim Wales Regional SC Championships - SE 2025, Newport, (L2)	15 Nov 25	00:27.92
100m Freestyle				Updated: Nov 25	
S1					
S2					
S3					
S4	Bethany Francis	Aberearon	BG Para-Swimming Championships, Manchester, (L2)	22 Nov 14	03:39.60
S5					
S6					
S7	Rebecca Donnelly	Bridgend County	DSE National Short Course Meet, Sheffield, (L2)	23 Nov 13	01:44.66
S8	Lily Rice	Pembrokeshire County	Neath Swimming Club Short Course Open Meet 2024, Swansea, (L2)	19 Oct 24	01:11.62
S9	Meghan Willis	Torfaen Dolphins	Swim Wales Winter Championships 2024, Swansea, (L2)	05 Dec 24	01:06.37
S10	Rebecca Lewis	RCT Squad	British Para Winter National Meet 2022, Glasgow, (L2)	26 Nov 22	01:08.33
S11					
S12	Ela Letton-Jones	Nofio Gwynedd	Stockport Metro November Short Course Meet 2024, Stockport, (L2)	17 Nov 24	01:07.55
S13	Rhiannon Henry	Co Manchester Aquatics	IPC World Championships, Brazil, (L2)	05 Dec 09	01:00.02
S14	Rose Williams	City of Cardiff	Swim Wales Regional SC Championships - SE 2025, Newport, (L2)	16 Nov 25	00:59.80
200m Freestyle				Updated: Nov 25	
S1					
S2					
S3					
S4					
S5					
S6					
S7					
S8	Lily Rice	Pembrokeshire County	Swim Wales Regional SC Championships - West 2023, Haverfordwest, (L2)	25 Nov 23	02:31.28
S9	Meghan Willis	Torfaen Dolphins	Neath ASC Open Meet, Swansea, (L2)	28 Oct 23	02:22.35
S10	Rebecca Lewis	RCT Squad	Spring Open Meet 2023, Newport, (L2)	30 Apr 23	02:28.04
S11					
S12	Ela Letton-Jones	Nofio Gwynedd	John Sharp Gala 2024, Llandudno, (L3)	09 Nov 24	02:28.90
S13	Rhiannon Henry	Co Manchester Aquatics	Bridgend County 5th Open Meet, Cogan, (L2)	22 Feb 03	02:20.24
S14	Rose Williams	City of Cardiff	Swim Wales Regional SC Championships - SE 2025, Newport, (L2)	15 Nov 25	02:08.05
400m Freestyle				Updated: 19 Dec 24	
S6	Elizabeth Johnson	Co Manchester Aquatics	BUCS Short Course 2014, Sheffield, (L2)	16 Nov 14	06:43.74
S7					
S8	Lily Rice	Pembrokeshire County	Pembrokeshire County Swimming Championships 2023, Haverfordwest, (L3)	21 Oct 23	05:10.04
S9	Meghan Willis	Torfaen Dolphins	Neath Swimming Club Short Course Open Meet 2024, Swansea, (L2)	19 Oct 24	05:03.98
S10	Rebecca Lewis	RCT Squad	Spring Open Meet 2023, Newport, (L2)	30 Apr 23	05:07.67
S11					
S12	Ela Letton-Jones	Nofio Gwynedd	Swim Wales Regional SC Championships - North 2023, Llandudno, (L2)	26 Nov 23	05:15.27
S13	Rhiannon Henry	Co Manchester Aquatics	Swim Wales Disability SC, Newport, (L1)	04 Jul 09	04:42.47
S14	Chloe Davies	Amman Valley	British Gas Swim Wales Open Winter Championships, Swansea, (L1)	19 Dec 14	04:37.44

Welsh Para-Swimming Female Short Course Records

800m Freestyle				Updated: 19 Dec 24	
S6					
S7					
S8					
S9					
S10					
S11					
S12					
S13					
S14	Sian Adams	City of Cardiff	Co Cardiff Club Championships 2023, Cardiff, (L3)	23 Sep 23	11:45.13
1500m Freestyle				Updated: 19 Dec 24	
S6					
S7					
S8					
S9					
S10					
S11					
S12					
S13					
S14	Saskia Webb	Haverfordwest	Bridgend County SS Distance and Sprint Meet Nov 22, Aberavon, (L3)	05 Nov 22	19:45.85
50m Backstroke				Updated: 24 Jan 25	
S1					
S2					
S3					
S4	Bethany Francis	Aberearon	DSE National Junior & Youth Championships, Sheffield, (L2)	01 Mar 14	01:49.64
S5					
S6					
S7	Rebecca Donnelly	Bridgend County	National Disability Youth Championships, Sheffield, (L2)	26 Feb 11	01:04.96
S8	Lily Rice	Pembrokeshire County	Neath Swimming Club Short Course Open Meet 2024, Swansea, (L2)	19 Oct 24	00:39.13
S9	Lucy Jones	Oswestry Otters	Swim Wales North Regional Championships 2023, Llandudno, (L2)	12 Feb 23	00:38.34
S10	Heidi Rogerson	Holywell SC	Valentine Meet 2025 - Holywell	12 Jan 25	00:38.75
S11					
S12	Ela Letton-Jones	Nofio Gwynedd	British Para Winter National Meet 2022, Glasgow, (L2)	27 Nov 22	00:38.82
S13					
S14	Chloe Davies	Amman Valley	British Gas Swim Wales Open Winter Championships, Swansea, (L1)	19 Dec 14	00:31.46
100m Backstroke				Updated: Nov 25	
S1					
S2					
S3					
S4					
S5					
S6	Elizabeth Johnson	Co Manchester Aquatics	BUCS Short Course 2013, Sheffield, (L2)	08 Dec 13	01:47.15
S7	Rebecca Donnelly	Bridgend County	DSE National Junior & Youth Championships, Sheffield, (L2)	02 Mar 14	02:00.94
S8	Lily Rice	Pembrokeshire County	Neath Swimming Club Short Course Open Meet 2024, Swansea, (L2)	19 Oct 24	01:21.12
S9	Meghan Willis	Torfaen Dolphins	Swim Wales Regional SC Championships - SE 2023, Newport, (L2)	26 Nov 23	01:14.71
S10	Rebecca Lewis	RCT Squad	Swim Wales Winter Championships 2022, Swansea, (L2)	17 Dec 22	01:19.62
S11	Eliza Humphrey	Swansea University	BUCS Short Course Championships 2025-26	14 Nov 25	01:27.85
S12	Ela Letton-Jones	Nofio Gwynedd	BUCS Short Course Championships 2025-26, Sheffield, (L2)	14 Nov 25	01:11.54
S13	Rhiannon Henry	Co Manchester Aquatics	2004 British Championships 25m, Manchester, (L2)	26 Aug 04	01:14.12
S14	Chloe Davies	Amman Valley	Swim Wales National Short Course Championships, Swansea, (L2)	19 Dec 15	01:05.52
200m Backstroke				Updated: 19 Dec 24	
S6					
S7					
S8	Lily Rice	Pembrokeshire County	Swim Wales Regional SC Championships - West 2023, Haverfordwest, (L2)	25 Nov 23	02:49.16
S9	Ffion Butler	Birmingham University	Shropshire ASA County Age Group Championships, Wolverhampton, (L2)	21 Feb 16	02:50.92
S10	Rebecca Lewis	RCT Squad	Swim Wales South East Regional Championships, Newport, (L2)	02 Feb 20	02:49.55
S11					
S12	Ela Letton-Jones	Nofio Gwynedd	Swim Wales Regional SC Championships - North 2023, Llandudno, (L2)	25 Nov 23	02:47.17
S13					
S14	Chloe Davies	Amman Valley	Swim Wales National Short Course Championships, Swansea, (L2)	18 Dec 15	02:19.23

Welsh Para-Swimming Female Short Course Records

50m Breaststroke					Updated: 19 Dec 24	
SB1						
SB2						
SB3						
SB4						
SB5						
SB6	Elizabeth Johnson	Co Manchester Aquatics	DSE National Short Course, Sheffield, (L2)	20 Nov 10	00:45.64	
SB7	Lily Rice	Pembrokeshire County	Pembrokeshire County Swimming Championships 2024, Haverfordwest, (L3)	15 Sep 24	00:46.87	
SB8	Chloe Butt	Caerphilly	City of Newport Cracker Meet, Newport, (L4)	11 Dec 11	00:39.96	
SB9	Meghan Willis	Torfaen Dolphins	British Para Winter National Meet 2022, Glasgow, (L2)	26 Nov 22	00:39.70	
SB11						
SB12	Ela Letton-Jones	Nofio Gwynedd	Bangor Diddy Meet, Llandudno, (L3)	02 Apr 17	01:01.09	
SB13						
SB14	Chloe Davies	Amman Valley	Trowbridge Club Championships, Trowbridge, (L4)	18 Nov 12	00:40.20	
100m Breaststroke					Updated: Nov 25	
SB1						
SB2						
SB3						
SB4						
SB5						
SB6	Elizabeth Johnson	Co Manchester Aquatics	DSE National Short Course, Sheffield, (L2)	21 Nov 10	01:38.14	
SB7	Lily Rice	Pembrokeshire County	Neath Swimming Club Short Course Open Meet 2024, Swansea, (L2)	19 Oct 24	01:39.89	
SB8	Chloe Butt	Caerphilly	Caerphilly Club Championships, Caerphilly, (L4)	14 Sep 12	01:28.29	
SB9	Meghan Willis	Torfaen Dolphins	Neath ASC Open Meet, Swansea, (L2)	28 Oct 23	01:25.91	
SB11						
SB12	Ela Letton-Jones	Nofio Gwynedd	Swim Wales North Regional Championships 2023, Llandudno, (L2)	11 Feb 23	01:35.76	
SB13	Rhiannon Henry	Co Manchester Aquatics	Welsh ASA Age Groups 2002, Swansea, (L2)	04 Jul 02	01:27.06	
SB14	Rose Williams	City of Cardiff	Swim Wales Regional SC Championships - SE 2025, Newport, (L2)	15 Nov 25	01:20.74	
200m Breaststroke					Updated: 19 Dec 24	
SB4						
SB5						
SB6	Elizabeth Johnson	Co Manchester Aquatics	Hatfield UK Challenge 2005, Herts Sports Village, (L2)	21 May 05	03:38.16	
SB7	Jordan Margery	Bridgend County	South East Wales Sub Regional Competition, Newport, (L2)	30 Nov 14	04:06.19	
SB8	Chloe Butt	Caerphilly	South East Wales Regional Championships, Newport, (L2)	12 Feb 12	03:07.91	
SB9	Bronwyn Soffe	City of Newport	Swim Wales Winter Championships 2024, Swansea, (L2)	06 Dec 24	03:48.29	
SB11						
SB12	Ela Letton-Jones	Nofio Gwynedd	Swim Wales North Sub Regional Championships, Llandudno, (L3)	23 Nov 19	04:03.79	
SB13						
SB14	Chloe Davies	Amman Valley	Swim Swansea Club Championships, Swansea, (L3)	18 Oct 15	03:00.60	
50m Butterfly					Updated: 19 Dec 24	
S1						
S2						
S3						
S4						
S5						
S6	Elizabeth Johnson	Co Manchester Aquatics	Preston Guild Summer Spectacular Meet, Darwen, (L3)	22 Jun 13	00:44.49	
S7						
S8	Lily Rice	Pembrokeshire County	Neath Swimming Club Short Course Open Meet 2024, Swansea, (L2)	19 Oct 24	00:37.65	
S9	Chloe Butt	Caerphilly	Gemau Cymru 2011, Cardiff, (L2)	09 Jul 11	00:33.48	
S10	Rebecca Lewis	RCT Squad	Spring Open Meet 2023, Newport, (L2)	30 Apr 23	00:34.98	
S11						
S12	Ela Letton-Jones	Nofio Gwynedd	Swim Conwy Autumn Gala, Llandudno, (L2)	16 Oct 22	00:40.80	
S13	Rhiannon Henry	Co Manchester Aquatics	BG North West Regional Championships, Manchester, (L2)	04 Dec 11	00:31.08	
S14	Saskia Webb	Haverfordwest	Swim Wales Regional SC Championships - West 2024, Haverfordwest, (L2)	15 Nov 24	00:31.82	

Welsh Para-Swimming Female Short Course Records

100m Butterfly					Updated: 19 Dec 24	
S5						
S6	Elizabeth Johnson	Co Manchester Aquatics	East Wales Championships, Pontypool, (L2)	10 May 03	01:39.86	
S7						
S8	Lily Rice	Pembrokeshire County	British Para Winter National Meet 2022, Glasgow, (L2)	27 Nov 22	01:34.64	
S9	Meghan Willis	Torfaen Dolphins	Swim Wales Winter Championships 2024, Swansea, (L2)	08 Dec 24	01:14.56	
S10	Rebecca Lewis	Caerphilly	Spring Open Meet 2023, Newport, (L2)	30 Apr 23	01:16.92	
S11	Eliza Humphrey	Swansea University	BUCS Short Course Championships 2025-26, Sheffield, (L2)	14 Nov 25	01:27.51	
S12	Ela Letton-Jones	Nofio Gwynedd	Aquatics GB Para Winter Meet 2024, Smethwick, (L2)	24 Nov 24	01:16.98	
S13	Rhiannon Henry	Co Manchester Aquatics	IPC World Championships, Brazil, (L2)	01 Dec 09	01:06.12	
S14	Saskia Webb	Haverfordwest	Swim Wales Winter Championships 2024, Swansea, (L2)	08 Dec 24	01:08.64	
200m Butterfly					Updated: 19 Dec 24	
S8						
S9	Chloe Butt	Caerphilly	Caerphilly Club Championships, Caerphilly, (L4)	14 Sep 12	03:11.73	
S10	Rebecca Lewis	RCT Squad	Torfaen Dolphins Short Course Meet, Newport, (L2)	06 Jul 19	03:02.09	
S11						
S12						
S13	Rhiannon Henry	Co Manchester Aquatics	WASA Age Group Championships, Swansea, (L2)	14 Jul 00	03:05.20	
S14	Chloe Davies	Amman Valley	Swim Swansea Club Championships, Swansea, (L3)	17 Dec 15	02:41.37	
	Saskia Webb	Haverfordwest	Swim Wales Regional SC Championships - West 2023, Haverfordwest, (L2)	26 Nov 23	02:41.37	
100 Individual Medley					Updated: 19 Dec 24	
S1						
S2						
S3						
S4						
S5						
S6	Elizabeth Johnson	Co Manchester Aquatics	IPC World Championships, Brazil, (L2)	02 Dec 09	01:32.69	
S7						
S8	Lily Rice	Pembrokeshire County	Amman Valley Open Meet 2016, Carmarthen, (L3)	05 Jun 16	01:51.68	
S9	Meghan Willis	Torfaen Dolphins	Torfaen Dolphins Christmas Cracker, Pontypool, (L2)	09 Dec 22	01:18.51	
S10	Rebecca Lewis	RCT Squad	RCT Performance Squad Development Meet, Cardiff, (L3)	06 Oct 18	01:30.57	
S11						
S12	Ela Letton-Jones	Nofio Gwynedd	Bangor Diddy Meet, Llandudno, (L3)	02 Apr 17	02:11.72	
S13	Rhiannon Henry	Co Manchester Aquatics	National Disability 25m Championships 2011, Sheffield, (L2)	26 Nov 11	01:12.12	
S14	Chloe Davies	Amman Valley	British Gas Swim Wales Open Winter Championships, Swansea, (L1)	21 Dec 14	01:10.42	
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	IPC World Championships, Brazil, (L2)	01 Dec 09	03:17.47	
SM7						
SM8	Lily Rice	Pembrokeshire County	Neath Swimming Club Short Course Open Meet 2024, Swansea, (L2)	19 Oct 24	02:55.25	
SM9	Meghan Willis	Torfaen Dolphins	Aquatics GB Para Winter Meet 2024, Smethwick, (L2)	23 Nov 24	02:41.32	
SM10	Rebecca Lewis	RCT Squad	Spring Open Meet 2023, Newport, (L2)	29 Apr 23	02:49.79	
SM11						
SM12	Ela Letton-Jones	Nofio Gwynedd	Stockport Metro November Short Course Meet 2024, Stockport, (L2)	17 Nov 24	02:47.52	
SM13	Rhiannon Henry	Co Manchester Aquatics	DSE Short Course Champs 2003, Sheffield, (L2)	01 Nov 03	02:35.93	
SM14	Chloe Davies	Amman Valley	Swim Wales National Short Course Championships, Swansea, (L2)	18 Dec 15	02:26.67	

Welsh Para-Swimming Female Short Course Records

400m Individual Medley				Updated: 19 Dec 24	
SM6					
SM7					
SM8					
SM9					
SM10					
SM11					
SM12					
SM13					
SM14	Chloe Davies	Amman Valley	Swim Swansea Club Championships, Swansea, (L3)	18 Oct 15	05:18.56

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					