

Welsh Para-Swimming Female Long Course Records

Welsh Para-Swimming Female Long Course Records					
Class	Name	Club	Venue	Date	Time
50m Freestyle				Updated: April 26	
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	City of Cardiff	RCT New Year Long Course 2026	10 Jan 26	00:34.74
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	Scarlett Humphrey	Loughborough University	Aquatics GB Swimming Championships 2026	19 Apr 26	00:30.42
S12	Ela Letton-Jones	Manchester Performance	Aquatics GB Swimming Championships 2026	19 Apr 26	00:29.78
S13	Rhiannon Henry	Co Manchester Aquatics	IPC Swimming European Championships, Berlin, Germany, (L1)	06 Jul 11	00:28.57
S14	Rose Williams	City of Cardiff	Swim Wales Winter Championships 2025	20 Dec 25	00:28.36
100m Freestyle				Updated: April 26	
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	City of Cardiff	Swim Wales National Championships 2026	02 Apr 26	01:13.01
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	Scarlett Humphrey	Loughborough University	Aquatics GB Swimming Championships 2026	14 Apr 26	01:09.54
S12	Ela Letton-Jones	Manchester Performance	Aquatics GB Winter Para Meet Hosted by Swim Wales	20 Feb 26	01:04.35
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: FEB 26	
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	Rose Williams	City of Cardiff	Aquatics GB Winter Para Meet Hosted by Swim Wales	22 Feb 26	02:10.29
400m Freestyle				Updated: April 25	
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	Eliza Humphrey	Northampton	Aquatics GB Swimming Championships 2025	18 Apr 25	05:35.08
S12	Ela Letton-Jones	Manchester Performance	Aquatics GB Winter Para Meet Hosted by Swim Wales	22 Feb 26	05:14.28
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: April 25	
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	Heidi Rogerson	Holywell SC	Swim Wales National Championships 2025, Swansea, (L1)	27 Apr 25	00:38.91
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: April 26	
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	Aquatics GB Swimming Championships 2025, London, (L1)	16 Apr 25	01:16.14
S10	Heidi Rogerson	Holywell SC	Aquatics GB Winter Para Meet Hosted by Swim Wales	21 Feb 26	01:21.63
S11	Scarlett Humphrey	Loughborough University	Aquatics GB Swimming Championships 2026	15 Apr 26	01:24.51
S12	Ela Letton-Jones	Manchester Performance	Aquatics GB Swimming Championships 2026	15 Apr 26	01:10.85
S13	Rhiannon Henry	Co Manchester Aquatics	ASA Long Course Champs 2004, Manchester, (L1)	17 Jul 04	01:16.08
S14	Rose Williams	City of Cardiff	Aquatics GB Winter Para Meet Hosted by Swim Wales	21 Feb 26	01:07.55
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					
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: Jan 26	
SB1					
SB2					
SB3					
SB4					
SB5					
SB6	Elizabeth Johnson	Co Manchester Aquatics	IDM Berlin, Berlin, (L1)	28 Apr 11	00:46.70
SB7	Lily Rice	City of Cardiff	Swim Wales Winter Championships 2025, Swansea, (L1)	18 Dec 25	00:48.57
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	Eliza Humphrey	Swansea University	Swim Wales Winter Championships 2025	18 Dec 25	00:43.94
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: April 26	
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	Swim Wales Summer Meet	01 Aug 25	01:27.68
SB11	Eliza Humphrey	Swansea University	Swim Wales Winter Championships 2025	21 Dec 25	01:38.16
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	Rose Williams	City of Cardiff	Aquatics GB Swimming Championships 2026	19 Apr 26	01:22.62
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: April 26	
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	Aquatics GB Swimming Championships 2026	18 Apr 26		01:15.38
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	Pembrokeshire County	Swim Wales Winter Championships 2025, Swansea, (L1)	21 Dec 25		01:10.35
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: April 26	
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	Aquatics GB Swimming Championships 2025	19 Apr 25		02:44.35
SM10	Rebecca Lewis	RCT Squad	Commonwealth Games 2022, Birmingham, (L1)	02 Aug 22		02:54.07
SM11	Scarlett Humphrey	Loughborough University	Aquatics GB Swimming Championships 2026	18 Apr 26		02:51.77
SM12	Ela Letton-Jones	Manchester Performance	Aquatics GB Swimming Championships 2026	18 Apr 26		02:43.01
SM13	Rhiannon Henry	Co Manchester Aquatics	Paralympic Games 2012, London, (L1)	07 Sep 12		02:32.84
SM14	Rose Williams	City of Cardiff	Aquatics GB Swimming Championships 2026	18 Apr 26		02:30.71
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					