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| WELSH DEAF SWIMMING NATIONAL RECORDS SHORT COURSE FEMALE. |
| **STROKE** | **TIME** | **SWIMMER** | **COMPETITION** | **VENUE** | **DATE** |
|  |  |  |  |  |  |
| **FREESTYLE** |  |  |  |  |  |
| 50M | 27.83 | Emily Noden | DSE Nationals | Sheffield | 24-Nov-2013 |
| 100M | 1.00.89 | Emily Noden | DSE Nationals | Sheffield | 23-Nov-2013 |
| 200M | 2.17.02 | Emily Noden | Cheshire County Championships | Macclesfield | 25-Jan-2015 |
| 400M | 4.43.58 | Emily Noden | DSE Nationals | Sheffield | 26-Nov-2011 |
| 800M | 10.09.14 | Emily Noden | Conwy Autumn Meet | Llandudno | 20-Oct-2013 |
| 1500M |  |  |  |  |  |
|  |  |  |  |  |  |
| **BACKSTROKE** |  |  |  |  |  |
| 50M | 32.14 | Emily Noden | North Midland District Age Groups | Macclesfield | 11-Jan-2014 |
| 100M | 1.09.29 | Emily Noden | DSE Nationals | Sheffield | 23-Nov-2013 |
| 200M | 2.41.43 | Emily Noden | North Midland ASA | Macclesfield | 15-Jan-2011 |
|  |  |  |  |  |  |
| **BREASTSTROKE** |  |  |  |  |  |
| 50M | 36.93 | Emily Noden | Wirral Metro Open | Birkenhead | 13-Jul-2014 |
| 100M | 1.21.37 | Emily Noden | Wirral Metro Open | Birkenhead | 12-Jul-2014 |
| 200M | 3.56.45 | Abbie Williams | North Wales Sub Regional Champs | Llandudno | 05-Dec-2015 |
|  |  |  |  |  |  |
| **BUTTERFLY** |  |  |  |  |  |
| 50M | 30.73 | Emily Noden | Cheshire County Championships | Macclesfield | 25-Jan-2015 |
| 100M | 1.09.59 | Emily Noden | Wirral Metro Open | Birkenhead | 13-Jul-2014 |
| 200M |  |  |  |  |  |
|  |  |  |  |  |  |
| **IND. MEDLEY.** |  |  |  |  |  |
| 100M | 1.09.77 | Emily Noden | DSE Nationals | Sheffield | 23-Nov-2013 |
| 200M | 2.32.61 | Emily Noden | Wirral Metro Open | Birkenhead | 13-Jul-2014 |
| 400M | 5.21.80 | Emily Noden | Wirral Metro Open | Birkenhead | 13-Jul-2014 |
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| **4 X 50M** **FREESTLYE RELAY** |  |  |  |  |  |
| **4 X 50M** **MEDLEY RELAY** |  |  |  |  |  |
| **4 X 100M FREESTLYE RELAY** |  |  |  |  |  |
| **4 X 100M** **MEDLEY RELAY** |  |  |  |  |  |
| **4 X 200M FREESTYLE RELAY** |  |  |  |  |  |
| WELSH DEAF SWIMMING NATIONAL RECORDS LONG COURSE FEMALE. |
| **STROKE** | **TIME** | **SWIMMER** | **COMPETITION** | **VENUE** | **DATE** |
|  |  |  |  |  |  |
| **FREESTYLE** |  |  |  |  |  |
| 50M | 28.22 | Emily Noden | 4th World Champs, Texas | U.S.A. | 18-Aug-2015 |
| 100M | 1.03.67 | Emily Noden | 11th European, Saransk | Russia | 23-Jun-2014 |
| 200M | 2.15.99 | Emily Noden | 4th World Champs, Texas | U.S.A. | 17-Aug-2015 |
| 400M | 4.48.95 | Emily Noden | 4th World Champs, Texas | U.S.A. | 22-Aug-2015 |
| 800M | 10.07.89 | Emily Noden | 4th World Champs, Texas | U.S.A. | 18-Aug-2015 |
| 1500M |  |  |  |  |  |
|  |  |  |  |  |  |
| **BACKSTROKE** |  |  |  |  |  |
| 50M | 32.34 | Emily Noden | 11th European, Saransk | Russia | 27-Jun-2014 |
| 100M | 1.14.55 | Emily Noden | 22nd Deaflympics, Sofia | Bulgaria | 01-Aug-2013 |
| 200M | 2.43.28 | Emily Noden | 3rd World Championships, Coimbra | Portugal | 12-Aug-2011 |
|  |  |  |  |  |  |
| **BREASTSTROKE** |  |  |  |  |  |
| 50M | 44.30 | Emily Noden | Deaf Nationals, Loughborough | U.K. | 27-Mar-2010 |
| 100M | 1.35.68 | Emily Noden | Deaf Nationals, Crawley | U.K. | 26-Mar-2011 |
| 200M |  |  |  |  |  |
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| **BUTTERFLY** |  |  |  |  |  |
| 50M | 30.58 | Emily Noden | 11th European, Saransk | Russia | 28-Jun-2014 |
| 100M | 1.12.18 | Emily Noden | Deaf Nationals, Loughborough | U.K. | 14-Mar-2015 |
| 200M | 2.44.12 | Emily Noden | 4th World Champs, Texas | U.S.A. | 19-Aug-2015 |
|  |  |  |  |  |  |
| **IND. MEDLEY.** |  |  |  |  |  |
| 200M | 2.39.71 | Emily Noden | Deaf Nationals, Loughborough | U.K. | 14-Mar-2015 |
| 400M |  |  |  |  |  |
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| **4 X 50M** **FREESTLYE RELAY** |  |  |  |  |  |
| **4 X 50M** **MEDLEY RELAY** |  |  |  |  |  |
| **4 X 100M FREESTLYE RELAY** |  |  |  |  |  |
| **4 X 100M** **MEDLEY RELAY** |  |  |  |  |  |
| **4 X 200M FREESTYLE RELAY** |  |  |  |  |  |

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| WELSH DEAF SWIMMING NATIONAL RECORDS SHORT COURSE MALE. |
| **STROKE** | **TIME** | **SWIMMER** | **COMPETITION** | **VENUE** | **DATE** |
|  |  |  |  |  |  |
| **FREESTYLE** |  |  |  |  |  |
| 50M | 26.20 | Luke Nixon | DSE Nationals | Sheffield | 27-Nov-2011 |
| 100M | 58.21 | Luke Nixon | North Wales Regionals | Llandudno | 07-Feb-2010 |
| 200M | 2.07.47 | Luke Nixon | North Wales Regionals | Llandudno | 08-Feb-2010 |
| 400M | 4.32.65 | Luke Nixon | Wrexham Spring Meet | Wrexham | 01-May-2010 |
| 800M |  |  |  |  |  |
| 1500M |  |  |  |  |  |
|  |  |  |  |  |  |
| **BACKSTROKE** |  |  |  |  |  |
| 50M | 30.95 | Luke Nixon | Wrexham Spring Meet | Wrexham | 01-May-2010 |
| 100M | 1.07.00 | Gethin Dibben | DSE Nationals | Sheffield | 25-Nov-2012 |
| 200M | 2.26.54 | Luke Nixon | North Wales Regionals | Llandudno | 06-Feb-2010 |
|  |  |  |  |  |  |
| **BREASTSTROKE** |  |  |  |  |  |
| 50M | 32.81 | Sam Chamberlain | DSE Nationals | Sheffield | 20-Nov-2010 |
| 100M | 1.11.54 | Sam Chamberlain | DSE Nationals | Sheffield | 21-Nov-2010 |
| 200M | 2.39.65 | Sam Chamberlain | Wrexham Spring Meet | Wrexham | 01-May-2010 |
|  |  |  |  |  |  |
| **BUTTERFLY** |  |  |  |  |  |
| 50M | 30.27 | Luke Nixon | DSE Nationals | Sheffield | 22-Nov-2009 |
| 100M | 1.04.31 | Gethin Dibben | Torfaen Open Meet | Newport | 30-Jun-2013 |
| 200M | 2.25.75 | Gethin Dibben | Torfaen Open Meet | Newport | 29-Jun-2013 |
|  |  |  |  |  |  |
| **IND. MEDLEY.** |  |  |  |  |  |
| 100M | 1.10.77 | Sam Chamberlain | DSE Nationals | Sheffield | 21-Nov-2009 |
| 200M | 2.29.99 | Gethin Dibben | DSE Junior & Youth Nationals | Sheffield | 02-Mar-2013 |
| 400M |  |  |  |  |  |
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| **4 X 50M** **FREESTLYE RELAY** |  |  |  |  |  |
| **4 X 50M** **MEDLEY RELAY** |  |  |  |  |  |
| **4 X 100M FREESTLYE RELAY** |  |  |  |  |  |
| **4 X 100M** **MEDLEY RELAY** |  |  |  |  |  |
| **4 X 200M FREESTYLE RELAY** |  |  |  |  |  |

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| WELSH DEAF SWIMMING NATIONAL RECORDS LONG COURSE MALE. |
| **STROKE** | **TIME** | **SWIMMER** | **COMPETITION** | **VENUE** | **DATE** |
|  |  |  |  |  |  |
| **FREESTYLE** |  |  |  |  |  |
| 50M | 26.82 | Luke Nixon | 3rd World Championships, Coimbra | Portugal | 08-Aug-2011 |
| 100M | 58.61 | Luke Nixon | 3rd World Championships, Coimbra | Portugal | 11-Aug-2011 |
| 200M | 2.10.18 | Luke Nixon | 21st Deaflympics, Hsinchu | Taiwan | 11-Sep-2009 |
| 400M | 4.47.63 | Luke Nixon | Disability International, Sheffield | U.K. | 10-Apr-2011 |
| 800M |  |  |  |  |  |
| 1500M | 19.48.28 | Sam chamberlain | International Meet, Thessaloniki | Greece | 28-Jun-2005 |
|  |  |  |  |  |  |
| **BACKSTROKE** |  |  |  |  |  |
| 50M | 31.87 | Luke Nixon | 3rd World Championships, Coimbra | Portugal | 13-Aug-2011 |
| 100M | 1.09.60 | Luke Nixon | Disability International, Sheffield | U.K. | 16-Apr-2010 |
| 200M | 2.30.43 | Luke Nixon | 21st Deaflympics, Hsinchu | Taiwan | 08-Sep-2009 |
|  |  |  |  |  |  |
| **BREASTSTROKE** |  |  |  |  |  |
| 50M | 32.78 | Sam chamberlain | 3rd World Championships, Coimbra | Portugal | 07-Aug-2011 |
| 100M | 1.12.12 | Sam chamberlain | 3rd World Championships, Coimbra | Portugal | 11-Aug-2011 |
| 200M | 2.39.64 | Sam chamberlain | European Championships, Dortmund | Germany | 23-Jun-2010 |
|  |  |  |  |  |  |
| **BUTTERFLY** |  |  |  |  |  |
| 50M | 29.13 | Sam chamberlain | 3rd World Championships, Coimbra | Portugal | 09-Aug-2011 |
| 100M | 1.05.93 | Gethin Dibben | Welsh Nationals, Swansea | Wales | 01-Aug-2013 |
| 200M |  |  |  |  |  |
|  |  |  |  |  |  |
| **IND. MEDLEY.** |  |  |  |  |  |
| 200M | 2.30.92 | Gethin Dibben | International Meet, Cardiff | Wales | 09-Jun-2013 |
| 400M |  |  |  |  |  |
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| **4 X 50M** **FREESTLYE RELAY** |  |  |  |  |  |
| **4 X 50M** **MEDLEY RELAY** |  |  |  |  |  |
| **4 X 100M FREESTLYE RELAY** |  |  |  |  |  |
| **4 X 100M** **MEDLEY RELAY** |  |  |  |  |  |
| **4 X 200M FREESTYLE RELAY** |  |  |  |  |  |