

WSSC and Paris 2024 British Olympic team member Angharad Evans smashed the British 100m breaststroke record this weekend to become the first British woman to swim the event in under sixty- six seconds. Completing the heats in second position, Angharad dominated the final to take the gold medal from the Dutch and Estonian national record holders (silver and bronze respectively) and bettering Molly Renshaw's standing British long course record by 0.67.

Racing at the AP Race London International 2024 held at the London Aquatics Centre, Angharad also won silver medals and set new pbs in the 200m and 50m breaststroke finals, with the Dutch national record holder taking gold in the 200m and the Estonian in the 50m breaststroke. She completed the competition as best-placed female GB athlete and third best overall, taking a purse of £2,500.



Also competing at this prestigious international event were Elizabeth Wright and Thomas Williams. Thomas was delighted with a new pb (dropping 0.78 seconds) in the 50m freestyle. Though recovering from illness and off her best times, Elizabeth did exceptionally well to qualify for the B final in this international field.