Event 42 — Women, 400m Medley — Open
05/11/2026 - 10:25 — Results

WR T21	7:00.17	Amalia, Freeland	GBR	Crawley (GBR)	15/11/2025
WR JUN T21	7:38.45	Helen, Thompson	GBR	Thurrock (GBR)	06/10/2019
WR SEN T21	7:00.17	Amalia, Freeland	GBR	Crawley (GBR)	15/11/2025
WR M1 T21	7:15.47	Jennifer, Higgins	RSA	Truro (CAN)	22/07/2018
WR M2 T21	8:04.19	Delphine, Andre	FRA	Ferrara (ITA)	06/10/2021
WR MO	6:59.54	Jagoda, Litner	POL	Albufeira	31/10/2025
WR JUN MO	59:00.00	,			
WR SEN MO	6:59.54	Jagoda, Litner	POL	Albufeira	31/10/2025
WR M1 MO	9:14.62	Alexandra, Edwards	GBR	Crawley (GBR)	16/11/2024
WR M2 MO	59:00.00	,			01/01/1800

MQT A M: 9:07.77; S21: 9:07.77 / MQT B M: 9:14.80; S21: 9:14.80

Rank	Name	Age	Class	Country	Time	TT

T21 - Open

1. Amalia, Freeland — 20 — SM21 — Great Britain — 6:57.10 — 9,00
   World Record T21

50m:	41.07	41.07	150m:	2:28.11	56.08	250m:	4:21.62	1:00.01	350m:	6:10.38	48.56
100m:	1:32.03	50.96	200m:	3:21.61	53.50	300m:	5:21.82	1:00.20	400m:	6:57.10	46.72

2. Sofia, Aleshina — 21 — SM21 — Neutral Athlete - B — 7:17.79 — 7,00

50m:	45.74	45.74	150m:	2:40.94	58.89	250m:	4:35.58	58.63	350m:	6:30.58	52.72
100m:	1:42.05	56.31	200m:	3:36.95	56.01	300m:	5:37.86	1:02.28	400m:	7:17.79	47.21

3. Helen, Thompson — 23 — SM21 — Great Britain — 7:26.92 — 6,00

50m:	49.24	49.24	150m:	2:46.32	57.81	250m:	4:42.38	59.31	350m:	6:36.51	50.79
100m:	1:48.51	59.27	200m:	3:43.07	56.75	300m:	5:45.72	1:03.34	400m:	7:26.92	50.41

4. Filipa Sa, Reis — 26 — SM21 — Portugal — 7:53.27 — 5,00

50m:	47.98	47.98	150m:	2:51.99	1:02.18	250m:	4:56.75	1:04.08	350m:	6:59.74	56.13
100m:	1:49.81	1:01.83	200m:	3:52.67	1:00.68	300m:	6:03.61	1:06.86	400m:	7:53.27	53.53

5. Matilde Lucia, Gaspar — 20 — SM21 — Portugal — 8:20.77 — 4,00

50m:	1:02.18	1:02.18	150m:	3:22.49	1:08.44	250m:	5:31.85	1:00.20	350m:	7:27.80	55.24
100m:	2:14.05	1:11.87	200m:	4:31.65	1:09.16	300m:	6:32.56	1:00.71	400m:	8:20.77	52.97

6. Jemima, Rudd-Jones — 30 — SM21 — Great Britain — 8:29.87 — 3,00

50m:	56.08	56.08	150m:	3:05.19	1:07.15	250m:	5:21.08	1:08.40	350m:	7:30.68	1:00.87
100m:	1:58.04	1:01.96	200m:	4:12.68	1:07.49	300m:	6:29.81	1:08.73	400m:	8:29.87	59.19

DSQ Amiera, Black — 20 — SM21 — Canada — -
717 - The swimmer did not turn the feet outwards during the propulsive part of the kick - SW 7.6

T21 - Seniors

1. Amalia, Freeland — 20 — SM21 — Great Britain — 6:57.10 — 9,00
   World Record T21

50m:	41.07	41.07	150m:	2:28.11	56.08	250m:	4:21.62	1:00.01	350m:	6:10.38	48.56
100m:	1:32.03	50.96	200m:	3:21.61	53.50	300m:	5:21.82	1:00.20	400m:	6:57.10	46.72

2. Sofia, Aleshina — 21 — SM21 — Neutral Athlete - B — 7:17.79 — 7,00

50m:	45.74	45.74	150m:	2:40.94	58.89	250m:	4:35.58	58.63	350m:	6:30.58	52.72
100m:	1:42.05	56.31	200m:	3:36.95	56.01	300m:	5:37.86	1:02.28	400m:	7:17.79	47.21

3. Helen, Thompson — 23 — SM21 — Great Britain — 7:26.92 — 6,00

50m:	49.24	49.24	150m:	2:46.32	57.81	250m:	4:42.38	59.31	350m:	6:36.51	50.79
100m:	1:48.51	59.27	200m:	3:43.07	56.75	300m:	5:45.72	1:03.34	400m:	7:26.92	50.41

Event 42, Women, 400m Medley, T21 - Seniors

Rank	Name	Age	Class	Country	Time	TT
4.	Matilde Lucia, Gaspar	20	SM21	Portugal	8:20.77	4,00

50m:	1:02.18	1:02.18	150m:	3:22.49	1:08.44	250m:	5:31.85	1:00.20	350m:	7:27.80	55.24
100m:	2:14.05	1:11.87	200m:	4:31.65	1:09.16	300m:	6:32.56	1:00.71	400m:	8:20.77	52.97

DSQ	Amiera, Black	20	SM21	Canada	-

717 - The swimmer did not turn the feet outwards during the propulsive part of the kick - SW 7.6

T21 - Masters 1

1.	Filipa Sa, Reis	26	SM21	Portugal	7:53.27	5,00

50m:	47.98	47.98	150m:	2:51.99	1:02.18	250m:	4:56.75	1:04.08	350m:	6:59.74	56.13
100m:	1:49.81	1:01.83	200m:	3:52.67	1:00.68	300m:	6:03.61	1:06.86	400m:	7:53.27	53.53

2.	Jemima, Rudd-Jones	30	SM21	Great Britain	8:29.87	3,00

50m:	56.08	56.08	150m:	3:05.19	1:07.15	250m:	5:21.08	1:08.40	350m:	7:30.68	1:00.87
100m:	1:58.04	1:01.96	200m:	4:12.68	1:07.49	300m:	6:29.81	1:08.73	400m:	8:29.87	59.19