

World record for Rebecca Redfern

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Worcester swimmer Rebecca Redfern set a new world record on her way to reaching a Rio qualifying standard on the opening day of the British Paralympic trials in Glasgow.



Redfern, 16, achieved the record in the SB13 100m breaststroke in a time of 1:16.86 after a morning heat swim of only 1:20.81.

"I really didn't expect to make such a big drop in the times," she admitted. "I knew I was capable of it so I just went and gave it what I had."

The teenager will be making her international debut at next week's IPC Swimming European Championships in Madeira.