

WELSH LONG COURSE RECORDS



WOMEN

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:25.79	Harriet JONES	City of Cardiff	British Swimming Championships, Sheffield	07/04/2022
100m	FREESTYLE	00:55.27	Medi HARRIS	Swansea University	British Swimming Championships, Sheffield	08/04/2022
200m	FREESTYLE	01:56.88	Jazmin CARLIN	Bath University	British Champs, London	18/04/2015
400m	FREESTYLE	04:01.23	Jazmin CARLIN	Bath University	Olympic Games, Rio	07/08/2016
800m	FREESTYLE	08:15.54	Jazmin CARLIN	Swansea Performance	Berlin European Championships	21/08/2014
1500m	FREESTYLE	15:47.26	Jazmin CARLIN	Swansea Performance	BG World Trials, Sheffield	28/06/2013
50m	BACKSTROKE	00:27.21	Georgia DAVIES	Energy Standard	Glasgow European Championships	04/08/2018
100m	BACKSTROKE	00:59.24	Medi HARRIS	Swansea University	McCullagh International Meet	25/02/2022
200m	BACKSTROKE	02:10.96	Georgia DAVIES	Swansea Performance	British Champs, Sheffield	20/03/2009
50m	BREASTSTROKE	00:31.03	Lowri TYNAN	Wrexham	World Champs, Rome	01/08/2009
100m	BREASTSTROKE	01:06.88	Chloe TUTTON	City of Cardiff	Olympic Games, Rio	07/08/2016
200m	BREASTSTROKE	02:22.34	Chloe TUTTON	City of Cardiff	British Champs, Glasgow	13/04/2016
50m	BUTTERFLY	00:26.20	Harriet JONES	City of Cardiff	Commonwealth Games, Birmingham	01/08/2022
100m	BUTTERFLY	00:57.43	Jemma LOWE	Swansea Performance	British Champs, Sheffield	14/06/2011
200m	BUTTERFLY	02:05.36	Jemma LOWE	Swansea Performance	ASA Nationals, Sheffield	17/06/2011
200m	IND. MEDLEY	02:15:35	Chloe TUTTON	City of Cardiff	Arena National Swimming League, Cardiff	24/04/2016
400m	IND. MEDLEY	04:47.58	Rachel WILLIAMS	Melksham ASC	ASA Nationals, Sheffield	04/08/2013
4x100m	FREE TEAM	03:45.40	Sian MORGAN , Chloe TUTTON , Mari DAVIES , Hannah McCARTHY	National Team	Commonwealth Games, Glasgow	24/07/2014
4x100m	MEDLEY TEAM	04:00.75	Georgia DAVIES , Chloe TUTTON , Alys THOMAS , Kathryn GREENSLADE	National Team	Commonwealth Games, Gold Coast	10/04/2018
4x200m	FREE TEAM	08:03.00	Ellena JONES , Kathryn GREENSLADE , Chloe TUTTON , Jazmin CARLIN	National Team	Commonwealth Games, Gold Coast	07/04/2018

WELSH LONG COURSE RECORDS



MEN

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:22.58	Daniel JONES	Swansea University	British Swimming Championships, Sheffield	09/04/2022
100m	FREESTYLE	00:48.23	Matthew RICHARDS	Bath NC	British Swimming Selection Trials, London	16/04/2021
200m	FREESTYLE	01:45.77	Matthew RICHARDS	Bath NC	British Swimming Selection Trials, London	18/04/2021
400m	FREESTYLE	03:45.24	David DAVIES	City of Cardiff	British Champs, Sheffield	16/03/2009
800m	FREESTYLE	07:44.32	David DAVIES	Loughborough	World Champs, Rome	29/07/2009
1500m	FREESTYLE	14:45.95	David DAVIES	City of Cardiff	Olympic Games, Athens	21/08/2004
50m	BACKSTROKE	00:25.03	Marco LOUGHRAN	Nofio Cymru	British Champs, Glasgow	12/04/2014
100m	BACKSTROKE	00:54.26	Marco LOUGHRAN	Guildford City	BG World Trials, Sheffield	27/06/2013
200m	BACKSTROKE	01:58.16	Marco LOUGHRAN	Guildford City	British Champs, Sheffield	02/04/2008
50m	BREASTSTROKE	00:27.78	Kyle BOOTH	City of Cardiff	Swim Wales High Performance Verified Time Trials, Swansea	30/07/2021
100m	BREASTSTROKE	01:00.71	Robert HOLDERNESS	Millfield	Commonwealth Games, Glasgow	25/07/2014
200m	BREASTSTROKE	02:10.61	Robert HOLDERNESS	Millfield	BG World Trials, Sheffield	28/06/2013
50m	BUTTERFLY	00:23.56	Lewis FRASER	Swansea University	Commonwealth Games, Birmingham	29/07/2022
100m	BUTTERFLY	00:52.37	Thomas LAXTON	Loughborough	World Championships, Kazan	07/08/2015
200m	BUTTERFLY	01:59.10	Thomas ALLEN	Swim Flintshire	ASA Nats, Sheffield	30/07/2009
200m	IND. MEDLEY	01:58.63	Ieuan LLOYD	City of Cardiff	BG World Trials, Sheffield	29/06/2013
400m	IND. MEDLEY	04:11.32	Thomas HAFFIELD	City of Cardiff	World Champs, Rome	02/08/2009
4x100m	FREE TEAM	03:15.79	Daniel JONES , Matthew RICHARDS , Thomas CARSWELL , Calum JARVIS	National Team	Commonwealth Games, Birmingham	30/07/2022
4x100m	MEDLEY TEAM	03:37.25	Marco LOUGHRAN , Robert HOLDERNESS , Thomas LAXTON , Calum JARVIS	National Team	Commonwealth Games, Glasgow	29/07/2014
4x200m	FREE TEAM	07:10.64	Calum JARVIS , Matthew RICHARDS , Daniel JONES , Kieran BIRD	National Team	Commonwealth Games, Birmingham	01/08/2022

WELSH LONG COURSE RECORDS



GIRLS

Please note that Welsh Junior Records are Under 16 years on the day of competition

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:26.49	Rebecca DE TORRES	City of Cardiff	Swim Wales Long Course Championships	20/04/2019
100m	FREESTYLE	00:57.19	Chloe TUTTON	City of Cardiff	British Gas Champs, Manchester	09/03/2011
200m	FREESTYLE	02:02.26	Kathryn GREENSLADE	Preston	ASA National Youth Champs	06/08/2014
400m	FREESTYLE	04:17.78	Jazmin CARLIN	Tigersharks ASC	Com Trials, Sheffield	09/08/2005
800m	FREESTYLE	08:44.25	Jazmin CARLIN	Tigersharks ASC	Com Trials, Sheffield	06/08/2005
1500m	FREESTYLE	17:09.03	Jazmin CARLIN	Tigersharks ASC	Rushmoor Open, Aldershot	23/10/2005
50m	BACKSTROKE	00:29.34	Medi HARRIS	Caernarfon	Commonwealth Youth Games, Bahamas	20/07/2017
100m	BACKSTROKE	01:02.71	Medi HARRIS	Swim Gwynedd	Swim Wales Winter Championships	02/12/2017
200m	BACKSTROKE	02:16.52	Rebecca SUTTON Medi HARRIS	Bridgend County Caernarfon	British Summer Champs, Sheffield Commonwealth Youth Games, Bahamas	29/07/2016 21/07/2017
50m	BREASTSTROKE	00:32.45	Sara LOUGHER	Bridgend County	European Jr., Prague	08/07/2009
100m	BREASTSTROKE	01:10.18	Sara LOUGHER	Bridgend County	Celtic Tri Nations	20/02/2009
200m	BREASTSTROKE	02:32.84	Sara LOUGHER	Bridgend County	Dragon Meet, Swansea	10/01/2010
50m	BUTTERFLY	00:27.39	Elena MORGAN	Nofio Clwyd	British Summer Championships, Sheffield	25/07/2018
100m	BUTTERFLY	01:00.23	Jemma LOWE	National Team	CWG, Melbourne	18/03/2006
200m	BUTTERFLY	02:13.75	Jemma LOWE	National Team	CWG, Melbourne	21/03/2006
200m	IND. MEDLEY	02:17.22	Chloe TUTTON	City of Cardiff	European Champs, Antwerp	07/07/2012
400m	IND. MEDLEY	04:48.47	Chloe TUTTON	City of Cardiff	European Champs, Antwerp	04/07/2012
4x100m	Free Team	03:55.66	Erin ROBERTS , Elan ROBERTS , Abbie HOLL , Elena MORGAN	Nofio Clwyd	Swim Wales Long Course Championships	02/04/2018
4x100m	Medley Team	04.24.00	Standard	/	/	/
4x200m	Free Team	08.40.00	Standard	/	/	/

WELSH LONG COURSE RECORDS



BOYS

Please note that Welsh Junior Records are Under 16 years on the day of competition

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:23.38	Matthew RICHARDS	Royal Wolverhampton	British Summer Championships, Sheffield	28/07/2018
100m	FREESTYLE	00:50.57	Matthew RICHARDS	Royal Wolverhampton	British Summer Championships, Sheffield	26/07/2018
200m	FREESTYLE	01:50.84	Matthew RICHARDS	Royal Wolverhampton	British Summer Championships, Sheffield	29/07/2018
400m	FREESTYLE	03:57.46	Ieuan LLOYD	City of Cardiff	Scottish Nationals, Glasgow	26/06/2009
800m	FREESTYLE	08:26.17	Thomas ALLEN	Swim Flintshire	Speedo Cup, Norway	30/05/2008
1500m	FREESTYLE	15:45.30	Thomas ALLEN	Swansea University	British Champs, Sheffield	04/04/2008
50m	BACKSTROKE	00:27.38	Marco LOUGHRAN	Guildford	GB Trials, Manchester	18/03/2005
100m	BACKSTROKE	00:58.53	Iolan EVANS	City of Cardiff	Swim Wales Winter Championships	02/12/2017
200m	BACKSTROKE	02:04.16	Iolan EVANS	City of Cardiff	Swim Wales Winter Championships	01/12/2017
50m	BREASTSTROKE	00:29.83	Rhodri WILLIAMS	Nofio Clwyd	Swim Wales Long Course Championships	30/03/2018
100m	BREASTSTROKE	01:04.42	Kyle BOOTH	City of Cardiff	European Youth Olympic Festival Gyor	24/07/2017
200m	BREASTSTROKE	02:18.18	Kyle BOOTH	City of Cardiff	European Youth Olympic Festival Gyor	26/07/2017
50m	BUTTERFLY	00:24.93	Matthew RICHARDS	Royal Wolverhampton	British Summer Championships, Sheffield	29/07/2018
100m	BUTTERFLY	00:54.41	Matthew RICHARDS	Royal Wolverhampton	British Summer Championships, Sheffield	27/07/2018
200m	BUTTERFLY	02:05.22	Rhys EDWARDS	Swansea Aquatics	British Summer Championships, Sheffield	25/07/2018
200m	IND. MEDLEY	02:04.89	Ieuan LLOYD	City of Cardiff	Sheffield	17/03/2009
400m	IND. MEDLEY	04:27.65	Ieuan LLOYD	City of Cardiff	Scottish Nats, Glasgow	28/06/2009
4x100m	FREE TEAM	03:37.58	Jonah LEWIS , Cameron BROWN , Alex GRIFFITHS , Daniel JONES	National Team	London UK School Games	09/05/2012
4x100m	MEDLEY TEAM	04:03.66	Iolan EVANS , Bradley NEWMAN , Benjamin CHOYIN , Kyle BOOTH	City of Cardiff	Swim Wales Long Course Champs	15/04/2017
4x200m	FREE TEAM	08:03.69	Daniel JONES , Jonah LEWIS , Daniel JERVIS , Cameron BROWN	National Team	London UK School Games	09/05/2012