

# WELSH LONG COURSE RECORDS

## WOMEN

| DIST  | STROKE       | TIME     | NAME                   | CLUB                    | VENUE                                     | DATE       |
|-------|--------------|----------|------------------------|-------------------------|---|------------|
| 50m   | FREESTYLE    | 00:25.33 | Theodora <b>TAYLOR</b> | Torfaen Dolphins        | European Junior Championships, Vilnius    | 04/07/2024 |
| 100m  | FREESTYLE    | 00:55.09 | Medi <b>HARRIS</b>     | Swansea University      | British Swimming Championships, Sheffield | 07/04/2023 |
| 200m  | FREESTYLE    | 01:56.88 | Jazmin <b>CARLIN</b>   | Bath University         | British Swimming Championships, London    | 18/04/2015 |
| 400m  | FREESTYLE    | 04:01.23 | Jazmin <b>CARLIN</b>   | Bath University         | Olympic Games, Rio                        | 07/08/2016 |
| 800m  | FREESTYLE    | 08:15.54 | Jazmin <b>CARLIN</b>   | Swansea Performance     | Berlin European Championships             | 21/08/2014 |
| 1500m | FREESTYLE    | 15:47.26 | Jazmin <b>CARLIN</b>   | Swansea Performance     | BG World Trials, Sheffield                | 28/06/2013 |
| 50m   | BACKSTROKE   | 00:27.21 | Georgia <b>DAVIES</b>  | Energy Standard         | Glasgow European Championships            | 04/08/2018 |
| 100m  | BACKSTROKE   | 00:59.24 | Medi <b>HARRIS</b>     | Swansea University      | McCullagh International Meet              | 25/02/2022 |
| 200m  | BACKSTROKE   | 02:10.52 | Medi <b>HARRIS</b>     | Loughborough University | NSC Winter Festival Open Meet             | 16/12/2023 |
| 50m   | BREASTSTROKE | 00:31.03 | Lowri <b>TYNAN</b>     | Wrexham                 | World Aquatic Championships, Rome         | 01/08/2009 |
| 100m  | BREASTSTROKE | 01:06.88 | Chloe <b>TUTTON</b>    | City of Cardiff         | Olympic Games, Rio                        | 07/08/2016 |
| 200m  | BREASTSTROKE | 02:22.34 | Chloe <b>TUTTON</b>    | City of Cardiff         | British Swimming Championships, Glasgow   | 13/04/2016 |
| 50m   | BUTTERFLY    | 00:26.20 | Harriet <b>JONES</b>   | City of Cardiff         | Commonwealth Games, Birmingham            | 01/08/2022 |
| 100m  | BUTTERFLY    | 00:57.43 | Jemma <b>LOWE</b>      | Swansea Performance     | British Swimming Championships, Sheffield | 14/06/2011 |
| 200m  | BUTTERFLY    | 02:05.36 | Jemma <b>LOWE</b>      | Swansea Performance     | ASA Nationals, Sheffield                  | 17/06/2011 |
| 200m  | IND. MEDLEY  | 02:15:35 | Chloe <b>TUTTON</b>    | City of Cardiff         | Arena National Swimming League, Cardiff   | 24/04/2016 |
| 400m  | IND. MEDLEY  | 04:47.58 | Rachel <b>WILLIAMS</b> | Melksham ASC            | ASA Nationals, Sheffield                  | 04/08/2013 |

SWIM WALES  
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| DIST  | STROKE       | TIME     | NAME                     | CLUB               | VENUE   | DATE       |
|-------|--------------|----------|--------------------------|--------------------|---|------------|
| 50m   | FREESTYLE    | 00:21.83 | Matthew <b>RICHARDS</b>  | Millfield          | Aquatics GB Swimming Championships, London                | 06/04/2024 |
| 100m  | FREESTYLE    | 00:47.45 | Matthew <b>RICHARDS</b>  | Millfield          | World Aquatic Championships, Fukuoka                      | 27/07/2023 |
| 200m  | FREESTYLE    | 01:44.30 | Matthew <b>RICHARDS</b>  | Millfield          | World Aquatic Championships, Fukuoka                      | 25/07/2023 |
| 400m  | FREESTYLE    | 03:45.24 | David <b>DAVIES</b>      | City of Cardiff    | British Champs, Sheffield                                 | 16/03/2009 |
| 800m  | FREESTYLE    | 07:44.32 | David <b>DAVIES</b>      | Loughborough       | World Aquatic Championships, Rome                         | 29/07/2009 |
| 1500m | FREESTYLE    | 14:45.95 | David <b>DAVIES</b>      | City of Cardiff    | Olympic Games, Athens                                     | 21/08/2004 |
| 50m   | BACKSTROKE   | 00:25.03 | Marco <b>LOUGHRAN</b>    | Nofio Cymru        | British Swimming Championships, Glasgow                   | 12/04/2014 |
| 100m  | BACKSTROKE   | 00:54.26 | Marco <b>LOUGHRAN</b>    | Guildford City     | BG World Trials, Sheffield                                | 27/06/2013 |
| 200m  | BACKSTROKE   | 01:58.16 | Marco <b>LOUGHRAN</b>    | Guildford City     | British Swimming Championships, Sheffield                 | 02/04/2008 |
| 50m   | BREASTSTROKE | 00:27.78 | Kyle <b>BOOTH</b>        | City of Cardiff    | Swim Wales High Performance Verified Time Trials, Swansea | 30/07/2021 |
| 100m  | BREASTSTROKE | 01:00.71 | Robert <b>HOLDERNESS</b> | Millfield          | Commonwealth Games, Glasgow                               | 25/07/2014 |
| 200m  | BREASTSTROKE | 02:10.61 | Robert <b>HOLDERNESS</b> | Millfield          | BG World Trials, Sheffield                                | 28/06/2013 |
| 50m   | BUTTERFLY    | 00:23.56 | Lewis <b>FRASER</b>      | Swansea University | Commonwealth Games, Birmingham                            | 29/07/2022 |
| 100m  | BUTTERFLY    | 00:51.99 | Lewis <b>FRASER</b>      | Swansea University | British Swimming Championships, Sheffield                 | 07/04/2023 |
| 200m  | BUTTERFLY    | 01:59.10 | Thomas <b>ALLEN</b>      | Swim Flintshire    | ASA Nats, Sheffield                                       | 30/07/2009 |
| 200m  | IND. MEDLEY  | 01:58.63 | Ieuan <b>LLOYD</b>       | City of Cardiff    | BG World Trials, Sheffield                                | 29/06/2013 |
| 400m  | IND. MEDLEY  | 04:11.32 | Thomas <b>HAFFIELD</b>   | City of Cardiff    | World Aquatic Championships, Rome                         | 02/08/2009 |

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## RELAYS

### WOMEN

| DIST   | STROKE      | TIME     | NAME   | CLUB          | VENUE                          | DATE       |
|--------|-------------|----------|--|---------------|--------------------------------|------------|
| 4x100m | FREE TEAM   | 03:45.40 | Sian <b>MORGAN</b> , Chloe <b>TUTTON</b> , Mari <b>DAVIES</b> , Hannah <b>McCARTHY</b>       | National Team | Commonwealth Games, Glasgow    | 24/07/2014 |
| 4x100m | MEDLEY TEAM | 04:00.75 | Georgia <b>DAVIES</b> , Chloe <b>TUTTON</b> , Alys <b>THOMAS</b> , Kathryn <b>GREENSLADE</b> | National Team | Commonwealth Games, Gold Coast | 10/04/2018 |
| 4x200m | FREE TEAM   | 08:03.00 | Ellena <b>JONES</b> , Kathryn <b>GREENSLADE</b> , Chloe <b>TUTTON</b> , Jazmin <b>CARLIN</b> | National Team | Commonwealth Games, Gold Coast | 07/04/2018 |

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| DIST   | STROKE      | TIME     | NAME   | CLUB          | VENUE                          | DATE       |
|--------|-------------|----------|--|---------------|--------------------------------|------------|
| 4x100m | FREE TEAM   | 03:15.79 | Daniel <b>JONES</b> , Matthew <b>RICHARDS</b> , Thomas <b>CARSWELL</b> , Calum <b>JARVIS</b> | National Team | Commonwealth Games, Birmingham | 30/07/2022 |
| 4x100m | MEDLEY TEAM | 03:36.43 | Joseph <b>SMALL</b> , Kyle <b>BOOTH</b> , Lewis <b>FRASER</b> , Matthew <b>RICHARDS</b>      | National Team | Commonwealth Games, Birmingham | 03/08/2022 |
| 4x200m | FREE TEAM   | 07:10.64 | Calum <b>JARVIS</b> , Matthew <b>RICHARDS</b> , Daniel <b>JONES</b> , Kieran <b>BIRD</b>     | National Team | Commonwealth Games, Birmingham | 01/08/2022 |

### MIXED

| DIST   | STROKE      | TIME     | NAME   | CLUB          | VENUE                          | DATE       |
|--------|-------------|----------|--|---------------|--------------------------------|------------|
| 4x100m | FREE TEAM   | 03:26.58 | Daniel <b>JONES</b> , Matthew <b>RICHARDS</b> , Medi <b>HARRIS</b> , Rebecca <b>SUTTON</b> | National Team | Commonwealth Games, Birmingham | 30/07/2022 |
| 4x100m | MEDLEY TEAM | 03:47.76 | Medi <b>HARRIS</b> , Kyle <b>BOOTH</b> , Harriet <b>JONES</b> , Matthew <b>RICHARDS</b>    | National Team | Commonwealth Games, Birmingham | 02/08/2022 |

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