Welsh Para-Swimming Male Long Course Records					
Class	Name	Club	Venue	Date	Time
50m Fre	estyle			Updated: 19 De	c 24
1					
2					
3					
54	Matthew Edwrads	Swansea Stingrays	Welsh Regional Duel Meet, Swansea, (L1)	20 Feb 10	02:06.45
55					
66	Gareth Duke	Swansea University	British International Dis, Sheffield, (L1)	19 May 07	00:34.52
57	David Roberts	Caerphilly	British Champs (50m) 2008, Sheffield, (L1)	04 Apr 08	00:27.67
8	Aaron Maddox	Amman Valley	Swim England National Summer Meet (50m), Sheffield, (L1)	03 Aug 17	00:30.37
9	Ryan West	Welsh Individual Member	British-Para Swimming International, Glasgow, (L1)	19 Apr 14	00:27.61
510	Jonathan Eke	City of Newport	British Para-Swimming Championships, Glasgow, (L1)	27 Apr 16	00:26.78
511					
512	Gruffudd Crowther	Denbigh Dragons	Swim Wales Summer Open 2022, Swansea, (L1)	03 Aug 22	00:32.34
513	Toben Durrant	City of Cardiff	Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	16 Feb 20	00:33.04
14	Jack Thomas	Pembrokeshire County	Swim Wales Long Course Championships, Swansea, (L1)	17 Apr 17	00:24.94
.00m Fr	reestyle			Updated: 19 De	c 24
1					
52					
53					
54					
5					
6	Gareth Duke	Swansea University	German Open Championships, Berlin, (L1)	28 Jun 03	01:16.61
57	David Roberts	Caerphilly	British Champs (50m) 2008, Sheffield, (L1)	02 Apr 08	01:00.34
8	Aaron Maddox	Amman Valley	Swim England National Summer Meet (50m), Sheffield, (L1)	02 Aug 17	01:06.96
59	Ryan West	Welsh Individual Member	British Gas Championships 2014, Glasgow, (L1)	10 Apr 14	00:59.61
510	Jonathan Eke	City of Newport	British Para Swimming International 2017, Sheffield, (L1)	27 Apr 16	00:57.50
511					
512	Gruffudd Crowther	Denbigh Dragons	Swim Wales Summer Open 2022, Swansea, (L1)	07 Aug 22	01:13.75
513	Toben Durrant	City of Cardiff	National Para-Swimming Championship, Manchester, (L1)	30 Nov 19	01:15.44
514	Rhys Darbey	Nofio Clwyd	Aquatics GB Summer Championships 2024, Sheffield, (L1)	23 Jul 24	00:53.84
200m Fr	reestyle			Updated: Jan 25	5
51					
52					
53					
64					
55					
66	Gareth Duke	Swansea University	Crawley Spring LC Meet, Crawley, (L1)	14 Apr 07	02:46.82
57	David Roberts	Caerphilly	German International Open, Berlin, (L1)	23 May 08	02:28.86
88	McKenzie O'Reilly	Gloucester	RCT Performance Swim Club New Year Open 2025,	12 Jan 25	03:00.99
59	Morgyn Peters	Swansea University	Exeter City New Year Meet, Millfield, (L1)	23 Jan 10	02:27.08
10	Jonathan Eke	City of Newport	The Hague 2016 Grand Prix, Netherlands, (L1)	27 Feb 16	02:06.08
511					
512	Matthew Thorne	Celtic Dolphins	Welsh Disability LC Champs, Swansea, (L1)	21 Sep 13	03:27.65
513	Toben Durrant	City of Cardiff	Tiger Bay Open Meet, Cardiff, (L3)	31 Mar 19	02:54.92
514	Dylan Broom	Swansea University	Swim Wales National Championships 2022, Swansea, (L1)	15 Apr 22	01:58.02
l00m Fr	reestyle			Updated: Mar 2	.5
6	Gareth Duke	Swansea University	British International Dis, Sheffield, (L1)	18 May 07	05:39.68
7	David Roberts	Caerphilly	British Int Disability Mt, Sheffield, (L1)	25 Apr 08	04:49.12
8	McKenzie O'Reilly	Gloucester	City of Swansea Aquatics Spring LC Open Meet 2025, Swansea,	08 Mar 25	06:04.79
9	Ryan West	Welsh Individual Member	BG ASA National Youth Championships, Sheffield, (L1)	30 Jul 13	04:50.09
10	Jonathan Eke	City of Newport	British Para Swimming International 2017, Sheffield, (L1)	30 Apr 17	04:23.71
11					
12	Matthew Thorne	Celtic Dolphins	British Para Swimming International, Glasgow, (L1)	29 Mar 15	06:14.18
13	Toben Durrant	City of Cardiff	National Para-Swimming Championship, Manchester, (L1)	01 Dec 19	05:47.02
514	Dylan Broom	Swansea University	Swim Wales Summer Open 2023, Swansea, (L1)	07 Aug 23	04:16.89

800m Fr	eestyle			Updated: 19 De	r 2 4
S6			l	opuateu. 15 Be	
S7					
S8					
S9					
S10					
S11					
S12					
S13					
S14	Jack Thomas	Pembrokeshire County	IDM Berlin 2014, Berlin, (L1)	25 Apr 14	08:55.45
1500m F	reestyle	,		Updated: 19 De	c 24
S6	Gareth Duke	Swansea University	US Open Championships 2005, Portland, (L1)	15 Jul 05	23:44.45
S7	David Roberts	Caerphilly	Nedbank Nationals 2005, South Africa, (L1)	13 Mar 05	20:45.78
S8					
S9					
S10					
S11					
S12					
S13					
S14	Jack Thomas	Pembrokeshire County	ASA South Zonal Competition, Millfield School, (L1)	25 Jan 14	17:43.11
50m Bac	kstroke			Updated: Jan 25	;
S1					
S2					
S3					
S4					
S5					
S6	Kieron Elward	Welsh Individual Member	City of Cardiff Tiger Bay Meet, Cardiff, (L3)	13 Mar 16	01:28.65
S7	David Roberts	Caerphilly	ASA Long Course Champs 2003, Manchester, (L1)	20 Jul 03	00:37.42
S8	McKenzie O'Reilly	Gloucester	RCT Performance Swim Club New Year Open 2025,	11 Jan 25	00:43.84
S9	Morgyn Peters	Swansea University	BG Swim Wales National Championships, Swansea, (L1)	22 Dec 13	00:31.06
S10	Jonathan Eke	City of Newport	Swim Wales New Year Dragon Meet, Swansea, (L1)	08 Jan 11	00:39.69
S11					
S12	Matthew Thorne	Celtic Dolphins	Swim Wales Open New Year Meet, Swansea, (L1)	10 Jan 15	00:43.75
S13	Toben Durrant	City of Cardiff	Torfaen Dolphins Long Course Meet 2019, Cardiff, (L3)	16 Jun 19	00:40.60
S14	Connah Green	Swansea Aquatics	Swim Wales Long Course Championships, Swansea, (L1)	27 Mar 16	00:29.81
100m Ba	ickstroke			Updated: Mar 2	5
S1					
S2					
S3					
S4					
S5					
S6	Keiron Elward	Welsh Individual Member	Swim Wales Legends Meet, Swansea, (L1)	17 Sep 16	03:03.37
S7	David Roberts	Caerphilly	3rd IPC World Championships, Mar del Plata, (L1)	10 Dec 02	01:18.53
S8	McKenzie O'Reilly	Gloucester	City of Swansea Aquatics Spring LC Open Meet 2025, Swansea,	09 Mar 25	01:26.67
S9	Morgyn Peters	Swansea University	Paralympic Games 2012, London, (L1)	31 Aug 12	01:04.79
S10	Jonathan Eke	City of Newport	BG ASA Youth & MC Championships 2014, Sheffield, (L1)	07 Aug 14	01:17.32
S11		<u> </u>			
S12	Matthew Thorne	Celtic Dolphins	Swim Wales Open New Year Meet, Swansea, (L1)	10 Jan 15	01:36.65
S13	Toben Durrant	City of Cardiff	RCT New Year Open Meet 2019, Cardiff, (L3)	05 Jan 19	01:32.91
S14	Rhys Davies	Nofio Sir Gar	British Summer Championships, Sheffield, (L1)	25 Jul 18	01:01.76
	ckstroke			Updated: Jan 25	
S6					
S7	McKanzia Olpaille	Clausastar	DCT Porformance Swim Club New Year Ones 2025	11 120 25	02:05 50
S8	McKenzie O'Reilly	Gloucester	RCT Performance Swim Club New Year Open 2025,	11 Jan 25	03:05.58
S9	Morgyn Peters	Swansea University	Northampton Winter Meet, Corby, (L1)	06 Dec 09	02:27.76
S10		1			
S11		1			
S12		1			
S13	Phys Davies	Nofic Sir Con	Suim Wales Summer Nationale Suggest (LA)	20 11 40	02:42.00
S14	Rhys Davies	Nofio Sir Gar	Swim Wales Summer Nationals, Swansea, (L1)	30 Jul 18	02:13.80

50m Bro	eaststroke			Updated: 19 De	r 2 4
SB1	-asisiroke	I		opuateu. 19 De	V 24
SB1		1			
SB3					
SB4					
SB5	Keiron Elward	Welsh Individual Member	City of Cardiff Tiger Bay Meet, Cardiff, (L3)	13 Mar 16	01:29.50
SB6	Gareth Duke		British Championships 2007, Manchester, (L1)	29 Mar 07	01:29:30
	1	Swansea University		06 Aug 10	00:52.52
SB7	Morgan Vaughan	Celtic Dolphins	BG Wales Summer Nationals, Swansea, (L1)	13 Mar 16	00:52.52
SB8	Reilly Shanahan	Welsh Individual Member	City of Cardiff Tiger Bay Meet, Cardiff, (L3)		
SB9 SB11	Cai Davies	Swansea Aquatics	Tiger Bay Open Meet 2024, Cardiff, (L3)	18 May 24	00:43.60
SB12	Matthew Thorne	Celtic Dolphins	Neath ASC Open Meet 2015- Aquatic Pentathlon, Swansea,	24 Oct 15	00:47.84
SB13	Toben Durrant	City of Cardiff	Cardiff Closed Invitational Meet 2019, Cardiff, (L3)	17 Feb 19	00:47.77
SB14	Aaron Moores	Swansea Aquatics	Swim Wales Long Course Championships, Swansea, (L1)	25 Mar 16	00:30.46
	reaststroke	Swallsea Aquatics	Swiff wates Long Course Championships, Swansea, (L1)	Updated: 19 De	
SB1	reaststroke	T		Opuateu. 19 De	L 24
SB2		+		 	
SB3		+			
SB4		+			
SB5	Keiron Elward	Welsh Individual Member	National Para Swimming Championships, Manchester, (L1)	10 Dec 16	02:52.20
SB6	Gareth Duke	Swansea University	IPC Swimming World Champs 2006, Durban, South Africa, (L1)	04 Dec 06	01:27.04
SB7	Morgan Vaughan	Celtic Dolphins	BG Swim Wales National Champs & Disability, Swansea, (L1)	15 Dec 12	01:41.74
SB8	Reilly Shanahan	Welsh Individual Member	Rhondda Cynon Taf Performance Squad Open Meet, Cardiff,	02 Oct 16	01:28.26
SB9	Cai Davies	Swansea Aquatics	Welsh Development (Youth Panel) 2023, Swansea, (L3)	02 Oct 10	01:37.88
SB11	Cai Davies	Swallsea Aquatics	weish Development (Touth Faher) 2023, Swansea, (L3)	09 301 23	01.37.88
SB12	Matthew Thorne	Celtic Dolphins	Swim Wales Open New Year Meet, Swansea, (L1)	10 Jan 15	01:45.98
SB13	Toben Durrant	City of Cardiff	National Para-Swimming Championship, Manchester, (L1)	01 Dec 18	01:43.62
SB14	Aaron Moores	Swansea Aquatics	British Para-Swimming Championships, Glasgow, (L1)	23 Apr 16	01:06.33
	reaststroke	Swansea Aquatics	Diffusit Fara-Swiffining Championships, Glasgow, (L1)	Updated: 19 De	
SB4	reaststroke	T		Opuateu. 13 De	. 24
SB5					
SB6	Gareth Duke	Swansea University	German Open Champs 2007, Berlin, (L1)	24 May 07	03:18.44
SB7	Garetii Bake	Swansed Chiversity	Cerman Open Champs 2007, Sermi, (L1)	24 Way 67	03.10.44
SB8	Adam Bendle	Celtic Dolphins	Welsh Disability LC Champs, Swansea, (L1)	13 Dec 09	03:22.21
SB9	Cai Davies	Swansea Aquatics	Tiger Bay Open Meet 2023, Cardiff, (L3)	18 Mar 23	03:40.54
SB11	Gai Bavies	orransea / iquatios		10 20	007.10.0
SB12		1			
SB13	Toben Durrant	City of Cardiff	RCT New Year Open Meet 2019, Cardiff, (L3)	06 Jan 19	03:39.20
SB14	Rhys Darbey	Nofio Clwyd	Swansea Aquatics Long Course Open Meet 2022, Swansea, (L1)	08 May 22	03:33.20
50m Bu				Updated: 19 De	
S1		<u> </u>		opaatea. 13 De	, <u>-</u> 1
S2		+			
S3					
S4					
S5				 	
S6	Gareth Duke	Swansea University	US Open Championships 2005, Portland, (L1)	15 Jul 05	00:38.21
S7	David Roberts	Caerphilly	Paralympic Games 2004, Athens, Greece, (L1)	25 Sep 04	00:33.94
S8	Aaron Maddox	Amman Valley	53 Internationale Schwimfest, Darmstadt, (L1)	01 Jul 16	00:33.64
S9	Morgyn Peters	Swansea University	BG Swim Wales National Championships, Swansea, (L1)	20 Dec 13	00:29.58
S10	Jacob Clapham	Celtic Dolphins	Welsh Summer Nationals, Swansea, (L1)	30 Jul 11	00:38.00
S11	oraphani				
S12	Matthew Thorne	Celtic Dolphins	City of Cardiff Tiger Bay Meet, Cardiff, (L3)	21 Mar 15	00:38.70
S13	Toben Durrant	City of Cardiff	Cardiff Closed Invitational Meet 2019, Cardiff, (L3)	16 Feb 19	00:38.19
S14	Connah Green	Swansea Aquatics	Swim Wales Summer Open Meet, Swansea, (L1)	24 Jul 15	00:36.15
J17	Commun Green	Januaria Aquatica	Jovann vvaico Junimer Open Meet, Jwanisea, (L1)	2-30113	00.20.33

Welsh Para-Swimming Male Long Course Records

100m B	utterfly			Updated: 19 De	ec 24
S5					
S6					
S7					
S8	Aaron Maddox	Amman Valley	ASA Summer Nationals 2016, Sheffield, (L1)	04 Aug 16	01:11.81
S9	Morgyn Peters	Swansea University	IPC Swimming World Championships, Montreal, Canada, (L1)	17 Aug 13	01:04.63
S10	Jonathan Eke	City of Newport	British Para Swimming International 2017, Sheffield, (L1)	29 Apr 17	01:23.55
S11			, (==,		02.20.00
S12	Matthew Thorne	Celtic Dolphins	National Para Swimming, Manchester, (L1)	13 Dec 15	01:33.98
S13	Toben Durrant	City of Cardiff	National Para-Swimming Championship, Manchester, (L1)	01 Dec 19	01:26.80
S14	Rhys Darbey	Nofio Clwyd	World Para Series - Berlin 2024, Berlin, Germany, (L1)	30 May 24	00:57.77
200m B		None ciwya	wond rard series berning serining derinary, (EE)	Updated: 19 De	
S8	Liam Walsh	City of Newport	British Gas Swim Wales Legends Meet, Swansea, (L3)	21 Sep 13	03:29.06
S9	Liain Waisii	city of Newport	British Gus Swim Wales Eegenus Meet, Swansea, (ES)	21 3CP 13	03.23.00
S10		+			
S11			+		
S12					
S13					
S14	Connah Green	Swansoa Aquatics	Swim Wales Summer Nationals, Swansea, (L1)	02 Aug 13	02:20.94
		Swansea Aquatics	Swill Wales Sulliller Nationals, Swallsea, (L1)	<u> </u>	
	dividual Medley			Updated: 19 De	ec 24
SM1					
SM2					
SM3					
SM4					
	dividual Medley	1		Updated: 19 De	ec 24
SM3	dividual Medley			Updated: 19 De	ec 24
SM3 SM4	dividual Medley			Updated: 19 De	ec 24
SM3 SM4 SM5					
SM3 SM4 SM5 SM6	Gareth Duke	Swansea University	IPC Swimming World Champs 2006, Durban, South Africa, (L1)	06 Dec 06	02:56.64
SM3 SM4 SM5 SM6 SM7	Gareth Duke David Roberts	Caerphilly	Paralympic Games 2004, Athens, Greece, (L1)	06 Dec 06 19 Sep 04	02:56.64 02:47.03
SM3 SM4 SM5 SM6 SM7	Gareth Duke David Roberts Lewis Edwards	Caerphilly Caerphilly	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1)	06 Dec 06 19 Sep 04 19 Apr 14	02:56.64 02:47.03 02:53.51
SM3 SM4 SM5 SM6 SM7 SM8 SM9	Gareth Duke David Roberts Lewis Edwards Morgyn Peters	Caerphilly Caerphilly Swansea University	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13	02:56.64 02:47.03 02:53.51 02:34.28
SM3 SM4 SM5 SM6 SM7 SM8 SM9	Gareth Duke David Roberts Lewis Edwards	Caerphilly Caerphilly	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1)	06 Dec 06 19 Sep 04 19 Apr 14	02:56.64 02:47.03 02:53.51
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke	Caerphilly Caerphilly Swansea University City of Newport	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47
SM3 SM4 SM5 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m in	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m In SM6	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m In SM6 SM7	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m In SM6 SM7 SM8	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m In SM6 SM7	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m In SM6 SM7 SM8	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m in SM6 SM7 SM8 SM9	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m In SM6 SM7 SM8 SM9 SM10	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m In SM6 SM7 SM8 SM9 SM10 SM10 SM10 SM10 SM10 SM10 SM10 SM10	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61
SM3 SM4 SM5 SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14 400m In SM6 SM7 SM8 SM9 SM10 SM11 SM12 SM13 SM14	Gareth Duke David Roberts Lewis Edwards Morgyn Peters Jonathan Eke Matthew Thorne Toben Durrant Rhys Darbey	Caerphilly Caerphilly Swansea University City of Newport Celtic Dolphins City of Cardiff	Paralympic Games 2004, Athens, Greece, (L1) British-Para Swimming International, Glasgow, (L1) British International Disability Champs, Sheffield, (L1) Sainsbury UK School Games 2012, London, (L1) National Para Swimming, Manchester, (L1) Swansea Aquatics 2020 Spring LC Open Meet, Swansea, (L1)	06 Dec 06 19 Sep 04 19 Apr 14 27 Apr 13 09 May 12 12 Dec 15 16 Feb 20 04 Sep 24	02:56.64 02:47.03 02:53.51 02:34.28 02:57.54 03:20.80 02:55.47 02:08.61

Welsh Para-Swimming Male Long Course Records

RELAYS:		
4x50m Freestyle	Relay	Updated: 19 Dec 24
20pts		
34pts		
49pts (S11/S13		
S14		
4x100m Freestyl	e Relay	Updated: 19 Dec 24
34pts		
49pts (S11/S13		
S14		
4x50m Medley F	Relay	Updated: 19 Dec 24
20pts		
34pts		
49pts (S11/S13		
S14		
4x100m Medley	Relay	Updated: 19 Dec 24
34pts		
49pts (S11/S13		
S14		