

# WELSH LONG COURSE RECORDS

## WOMEN

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:25.27	Theodora <b>TAYLOR</b>	Torfaen Dolphins	Aquatics GB Summer Championships	23/07/2024
100m	FREESTYLE	00:54.59	Theodora <b>TAYLOR</b>	Torfaen Dolphins	Aquatics GB Swimming Championships	20/04/2025
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  
NOFIO CYMRU

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## MEN

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	00:23.53	Lewis <b>FRASER</b>	Swansea University	McCullagh International Meet, Bangor	22/02/2025
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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# WELSH LONG COURSE RECORDS

## 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

### MEN

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

SWIM WALES  
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