

WELSH LONG COURSE RECORDS

WOMEN

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:24.59	Theodora TAYLOR	Torfaen Dolphins	Aquatics GB Swimming Championships	19/04/2026
100m	FREESTYLE	00:54.20	Theodora TAYLOR	Torfaen Dolphins	World Aquatics Junior Swimming Championships, Otopeni	21/08/2025
200m	FREESTYLE	01:56.88	Jazmin CARLIN	Bath University	British Swimming Championships, 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	02:10.52	Medi HARRIS	Loughborough University	NSC Winter Festival Open Meet	16/12/2023
50m	BREASTSTROKE	00:31.03	Lowri TYNAN	Wrexham	World Aquatic Championships, 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 Swimming Championships, 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 Swimming Championships, Sheffield	14/06/2011
200m	BUTTERFLY	02:05.36	Jemma LOWE	Swansea Performance	ASA Nationals, Sheffield	17/06/2011
200m	IND. MEDLEY	02:13.35	Theodora TAYLOR	Torfaen Dolphins	Aquatics GB Swimming Championships	18/04/2026
400m	IND. MEDLEY	04:47.58	Rachel WILLIAMS	Melksham ASC	ASA Nationals, Sheffield	04/08/2013

SWIM WALES
NOFIO CYMRU

WELSH LONG COURSE RECORDS

MEN

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:21.83	Matthew RICHARDS	Millfield	Aquatics GB Swimming Championships, London	06/04/2024
100m	FREESTYLE	00:47.45	Matthew RICHARDS	Millfield	World Aquatic Championships, Fukuoka	27/07/2023
200m	FREESTYLE	01:44.30	Matthew RICHARDS	Millfield	World Aquatic Championships, Fukuoka	25/07/2023
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 Aquatic Championships, 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 Swimming Championships, 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 Swimming Championships, Sheffield	02/04/2008
50m	BREASTSTROKE	00:27.66	Kyle BOOTH	RAF Swim	Aquatics GB Swimming Championships	15/04/2026
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	00:23.53	Lewis FRASER	Swansea University	McCullagh International Meet, Bangor	22/02/2025
100m	BUTTERFLY	00:51.81	Lewis FRASER	Swansea University	Aquatics GB Swimming Championships	17/04/2026
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 Aquatic Championships, Rome	02/08/2009

SWIM WALES
NOFIO CYMRU

RELAYS

WELSH LONG COURSE RECORDS

WOMEN

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
4x100m	FREE TEAM	03:41.85	Theodora TAYLOR , Medi HARRIS , Sophie DAVIES , Meghan HIGGS	National Team	AP Race London International Meet, London	25/05/2026
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

MEN

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
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	03:36.43	Joseph SMALL , Kyle BOOTH , Lewis FRASER , Matthew RICHARDS	National Team	Commonwealth Games, Birmingham	03/08/2022
4x200m	FREE TEAM	07:10.64	Calum JARVIS , Matthew RICHARDS , Daniel JONES , Kieran BIRD	National Team	Commonwealth Games, Birmingham	01/08/2022

MIXED

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

SWIM WALES
NOFIO CYMRU