



WELSH LONG COURSE RECORDS

WOMEN

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:26.05	Catrin DAVIES	Nova Centurian	Sheffield	31/03/02
100m	FREESTYLE	00:56.71	Catrin DAVIES	Nova Centurian	Sheffield	31/03/02
200m	FREESTYLE	02:00.67	Jazmin CARLIN	Tigersharks	British Champs, Sheff	05/04/08
400m	FREESTYLE	04.10.86	Jazmin CARLIN	Swansea Perf Ctr	ASA Champs, Liverpool	12/07/08
800m	FREESTYLE	08:44.25	Jazmin CARLIN	Tigersharks ASC	Com Trials, Sheffield	06/08/05
1500m	FREESTYLE	16:51.83	Jazmin CARLIN	Tigersharks ASC	ASA Champs, Sheffield	30/07/07
50m	BACKSTROKE	00:28.82	Georgia DAVIES	Swansea Perf Ctr	ASA Champs, Liverpool	11/07/08
100m	BACKSTROKE	01:01.74	Georgia DAVIES	Swansea Perf Ctr	Scottish Open, Glasgow	28/06/08
200m	BACKSTROKE	02:12.28	Georgia DAVIES	Swansea Perf Ctr	British Champs, Sheff	04/04/08
50m	BREASTSTROKE	00:32.38	Lowri TYNAN	National Team	ASA National Champs	17/03/06
100m	BREASTSTROKE	01:08.65	Georgia HOLDERNESS	Millfield School	British Champs, Sheff	02/04/08
200m	BREASTSTROKE	02:29.99	Georgia HOLDERNESS	Millfield School	British Champs, Sheff	05/04/08
50m	BUTTERFLY	00:26.95	Jemma LOWE	Stockton ASC	Setti Colli, Rome	06/06/08
100m	BUTTERFLY	00:57.78	Jemma LOWE	Stockton ASC	British Champs, Sheff	03/04/08
200m	BUTTERFLY	02:06.64	Jemma LOWE	Stockton ASC	British Champs, Sheff	31/03/08
200m	IND. MEDLEY	02:18.20	Mackenzie HOWE	Co Cardiff	Sheffield Open	01/04/03
400m	IND. MEDLEY	04:51.63	Julie GOULD	Co Guildford	Com Trials, Sheffield	07/08/05
4x100m	FREE TEAM	03:52.00	Catrin Davies 57.06, Julia Martin 58.32 Mackenzie Howe 58.38, Bethan Coole 58.24	National Team	Commonwealth Games, Manchester	03/08/02
4x100m	MEDLEY TEAM	04:17.64	Georgia Davies; Alex Warren; Jemma Lowe; Bethan Thomas	National Team	Tri Nations, Edinburgh	16/02/08
4x200m	FREE TEAM	08:22.63	Bethan Coole 2:04.90, Julie Gould 2.05.41, Jaz Carlin 2:04.31, Cari-Fflur Davies 2:06.77	National Team	Commonwealth Games, Melbourne	18/03/06

MEN

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:22.85	Owen MORGAN	Cranleigh	ASA Champs, Sheffield	06/08/06
100m	FREESTYLE	00:51.89	Adam JOHNSON	Co Cardiff	G Prix , Sheffield	31/05/98
200m	FREESTYLE	01:50.46	David DAVIES	Co Cardiff	Com Trials, Sheffield	05/08/05
400m	FREESTYLE	03:49.30	David DAVIES	Co Cardiff	British Champs, Sheff	31/03/08
800m	FREESTYLE	07:50.74	David DAVIES	Co Cardiff	ASA Champs, Liverpool	27/07/05
1500m	FREESTYLE	14.45.95	David DAVIES	Co Cardiff	Olympic Games, Athens	21/08/04
50m	BACKSTROKE	00:25.95	Marco LOUGHRAN	Welsh Ind	ASA Champs, Liverpool	11/07/08
100m	BACKSTROKE	00:54.40	Marco LOUGHRAN	Guildford City	British Champs, Sheff	31/03/08
200m	BACKSTROKE	01:58.16	Marco LOUGHRAN	Guildford City	British Champs, Sheff	02/04/08
50m	BREASTSTROKE	00:29.11	Stuart MANFORD	Swansea Perform	WASA Stg III, Swansea	03/12/05
100m	BREASTSTROKE	01:03.38	Andrew AYERS	Co Swansea	Euro Trials, Sheffield	10/04/97
200m	BREASTSTROKE	02:15.67	Robert HOLDERNESS	GBR	World Jnr. Monterrey	11/07/08
50m	BUTTERFLY	00:24.35	Owen MORGAN	Cranleigh	ASA Champs, Sheffield	01/08/06
100m	BUTTERFLY	00:54.26	Marco LOUGHRAN	Guildford City	British Champs, Sheff	04/04/08
200m	BUTTERFLY	02:00.94	David DAVIES	Co Cardiff	ASA Champs, Sheffield	19/07/07
200m	IND. MEDLEY	02:03.80	Thomas HAFFIELD	Co Cardiff	British Champs, Sheff	01/04/08
400m	IND. MEDLEY	04:12.59	Thomas HAFFIELD	Co Cardiff	British Champs, Sheff	03/04/08
4x100m	FREE TEAM	03:28.08	Mark Jones, Leighton Coleman, Adam Johnson, Martyn Jones	National Team	CWG, Kuala Lumpur	15/09/98
4x100m	MEDLEY TEAM	03:48.81	Chris Jones, Jonathan Lewis, Mike Watkins, Mark Jones	National Team	CWG, Kuala Lumpur	17/09/98
4x200m	FREE TEAM	07:47.80	Anthony Day, Mark Jones, Mike Watkins, Ian Rosser	National Team	CWG, Auckland	12/09/90



WELSH LONG COURSE RECORDS

GIRLS

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:27.38	Karla HANCOCKS	Monnow	Crystal Palace	02/08/96
100m	FREESTYLE	00:58.51	Pamela CLEMENT	Windsor	Sheffield	03/08/04
200m	FREESTYLE	02:04.56	Jazmin CARLIN	Tigersharks	Com Trials, Sheffield	07/08/05
400m	FREESTYLE	04:17.78	Jazmin CARLIN	Tigersharks	Com Trials, Sheffield	09/08/05
800m	FREESTYLE	08:44.25	Jazmin CARLIN	Tigersharks	Com Trials, Sheffield	06/08/05
1500m	FREESTYLE	17:09.03	Jazmin CARLIN	Tigersharks ASC	Rushmoor Opn, Aldershot	23/10/05
50m	BACKSTROKE	00:29.95	Georgia DAVIES	Swim Swansea	World Youth Champ, Rio	27/08/06
100m	BACKSTROKE	01:03.64	Georgia DAVIES	Swim Swansea	ASA Champs, Sheffield	03/08/06
200m	BACKSTROKE	02:16.95	Georgia DAVIES	Swim Swansea	ASA Champs, Sheffield	01/08/06
50m	BREASTSTROKE	00:33.24	Georgia HOLDERNESS	Millfield	GB Champs, Sheffield	20/03/03
100m	BREASTSTROKE	01:10.93	Alexandra WARREN	Bath University	British Champs, Sheffield	05/04/06
200m	BREASTSTROKE	02:34.28	Alexandra WARREN	Bath University	Com Trials, Sheffield	09/08/05
50m	BUTTERFLY	00:27.92	Jemma LOWE	National Team	CWG, Melbourne	16/03/06
100m	BUTTERFLY	01:00.23	Jemma LOWE	National Team	CWG, Melbourne	18/03/06
200m	BUTTERFLY	02:13.75	Jemma LOWE	National Team	CWG, Melbourne	21/03/06
200m	IND. MEDLEY	02:18.57	Fern DAVIES	Co Birmingham	British Champs, Sheffield	02/04/08
400m	IND. MEDLEY	04:54.39	Julie GOULD	Co Guildford	Olympic Trials, Sheffield	07/04/04

BOYS

DIST	STROKE	TIME	NAME	CLUB	VENUE	DATE
50m	FREESTYLE	00:24.24	Owen MORGAN	Haslemere	Winter Champs, Sheffield	19/12/99
100m	FREESTYLE	00:53.50	Owen MORGAN	Haslemere	ASA Age Grps, Coventry	02/08/99
200m	FREESTYLE	01:56.21	Thomas ALLEN	Swim Flintshire	British Champs, Sheffield	02/04/08
400m	FREESTYLE	04:01.91	Thomas ALLEN	Swim Flintshire	British Champs, Sheffield	31/03/08
800m	FREESTYLE	08:26.17	Thomas ALLEN	Swim Flintshire	Speedo Cup, Norway	30/05/08
1500m	FREESTYLE	15:45.30	Thomas ALLEN	Swim Flintshire	British Champs, Sheffield	04/04/08
50m	BACKSTROKE	00:27.38	Marco LOUGHRAN	Guildford	GB Trials, Manchester	18/03/05
100m	BACKSTROKE	00:58.75	Marco LOUGHRAN	Guildford	Sheffield	30/01/05
200m	BACKSTROKE	02:04.79	Calum JARVIS	Plymouth Leander	British Champs, Sheffield	02/04/08
50m	BREASTSTROKE	00:31.52	Robert HOLDERNESS	Millfield	Avalon Open, Millfield	29/01/06
100m	BREASTSTROKE	01:07.39	Robert HOLDERNESS	Millfield	West Counties, Millfield	01/05/06
200m	BREASTSTROKE	02:25.71	Andrew AYERS	Co Swansea		
50m	BUTTERFLY	00:25.81	Mark JONES	Southampton		
100m	BUTTERFLY	00:58.21	Owen MORGAN	Haslemere	ASA Age Grps, Coventry	03/08/99
200m	BUTTERFLY	02:05.97	Thomas ALLEN	Swim Flintshire	British Champs, Sheffield	05/04/08
200m	IND. MEDLEY	02:10.41	Thomas HAFFIELD	Co Cardiff	WASA Winter, Swansea	06/12/03
400m	IND. MEDLEY	04:28.85	Thomas HAFFIELD	Co Cardiff	WASA New Year, Swan	17/01/04