

	MALE (long course)	MALE (short course)	FEMALE (long course)	FEMALE (short course)
50m Freestyle	22.73 Mark Foster 01/01/1996	22.56 Thomas Greenfield 07/12/2013	26.71 Chloe Tutton 21/04/2014	25.90 Chloe Tutton 22/12/2014
100m Freestyle	49.86 Ieuan Lloyd 14/04/2016	48.91 Ieuan Lloyd 20/12/2015	56.61 Chloe Tutton 14/02/2015	55.06 Chloe Tutton 20/12/2015
200m freestyle	1:47.31 David Davies 17/03/2009	1:44.30 Ieuan Lloyd 19/12/2015	2:01.39 Danielle Stirrat 06/08/2010	1:57.24 Chloe Tutton 19/12/2015
400m freestyle	3:45.24 David Davies 16/03/2009	3:42.41 Ieuan Lloyd 18/12/2015	4:14.31 Danielle Stirrat 20/11/2009	4:11.41 Danielle Stirrat 01/05/2010
800 freestyle	7:51.54 David Davies 27/07/2005	7:36.47 David Davies 19/12/2009	8:51.50 Danielle Stirrat 18/03/2009	8:52.25 Kayleigh Dawson 11/11/2011
1500 freestyle	14:45.95 David Davies 21/08/2004	14:32.56 David Davies 11/12/2004	17:38.72 Danielle Stirrat 30/11/2007	18:55.15 Chelsea Mellin 10/02/2007
100 IM		55.07 Xavier Mohammed 21/12/2014		1:06.86 Harriet Jones 21/12/2014
200 IM	1:58.63 Ieuan Lloyd 29/06/2013	1:55.41 Ieuan Lloyd 16/11/2014	2:15.35 Chloe Tutton 24/04/2016	2:12.09 Chloe Tutton 20/12/2014
400 IM	4:11.32 Thomas Haffield 02/08/2009	4:05.78 Thomas Haffield 18/12/2009	4:48.47 Chloe Tutton 04/07/2012	4:48.77 Chloe Tutton 11/02/2012
50 fly	24.07 Mark Foster 01/01/1996	23.45 Mark Foster 01/01/1996	27.81 Harriet Jones 22/01/2016	27.35 Harriet Jones 03/12/2016
100 fly	54.73 Ieuan Lloyd 13/04/2014	53.16 Ieuan Lloyd 15/11/2014	1:00.18 Harriet Jones 17/04/2016	59.49 Harriet Jones 04/12/2016
200 fly	2:00.94 David Davies 29/07/2007	2:00.94 Ieuan Lloyd 08/11/2015	2:13.85 Harriet Jones 14/04/2016	2:11.32 Harriet Jones 19/12/2015
50 back	26.05 Gregor Tait 05/08/2005	24.85 Gregor Tait 09/12/2005	30.13 Danielle Stirrat 30/06/2013	28.87 Danielle Stirrat 19/12/2014
100 back	54.47 Xavier Mohammed 15/04/2016	51.88 Gregor Tait 11/12/2005	1:03.37 Danielle Stirrat 24/04/2011	1:01.93 Danielle Stirrat 09/02/2010
200 back	1:58.47 Xavier Mohammed 17/04/2016	1:53.95 Xavier Mohammed 22/10/2016	2:15.02 Danielle Stirrat 28/07/2009	2:11.04 Danielle Stirrat 04/02/2012
50 breast	29.63 Dan Haigh 17/02/2007	28.67 Xavier Mohammed 26/09/2015	31.36 Chloe Tutton 03/07/2016	31.55 Chloe Tutton 10/12/2016
100 breast	1:03.75 Ieuan Lloyd 07/06/2014	59.50 Ieuan Lloyd 19/12/2015	1:06.88 Chloe Tutton 07/08/2016	1:04.79 Chloe Tutton 10/12/2016
200 breast	2:15.34 Thomas Haffield 04/12/2016	2:11.20 Ieuan Lloyd 19/12/2014	2:22.34 Chloe Tutton 13/04/2016	2:18.83 Chloe Tutton 11/12/2016