

Event Rankings (All Time)

Female - Long Course - 400m Individual Medley - Aberystwyth and District Swimmin - All Time - Open Age Group

Rank	Name	Ranked Club	YoB	Meet	Date	Time
1	Cerian Davies	Aberystwyth	93	Welsh New Year Dragon, Swansea	10/01/09	5:09.63
2	Cari-Fflur Davies	Aberystwyth	84	ASA National Age Group Champs., Coventry	02/08/99	5:18.93
3	Elinor Thorogood	Aberystwyth	92	Welsh Age & Youth Champs, Swansea	20/03/08	5:26.80
4	Lauren Elspeth Harries	Aberystwyth	93	Welsh Summer Nationals, Swansea	31/07/08	5:27.40
5	Mali Jones	Aberystwyth	01	Swim Wales Summer Nationals, Swansea	03/08/17	5:41.00
6	Cari O'Rourke	Aberystwyth	98	Frome & Wells 3 Towers Open Meet, Millfield	06/04/14	5:58.60
7	Nansi Dingle	Aberystwyth	99	Frome Autumn Open Meet, Millfield	25/10/15	6:01.09
8	Tirion Davies	Aberystwyth	96	Welsh Summer Nationals, Swansea	02/08/09	6:04.22
9	Sioned Wallwork	Aberystwyth	01	Swim Wales Legends Meet, Swansea	19/09/15	6:06.97
10	Megan Jones	Aberystwyth	93	Tiger Bay Open Meet, Cardiff	29/03/09	6:10.93
11	Iyla Berner	Aberystwyth	13	Swim Wales Regional Racing Series - West 2024, Swansea	10/02/24	6:14.34
12	Alaw O'Rourke	Aberystwyth	00	Frome Autumn Open Meet, Millfield	26/10/14	6:15.42
13	Talesia Janes	Aberystwyth	99	Swim Wales Open New Year Meet, Swansea	10/01/15	6:18.35
14	Cari Harries	Aberystwyth	97	Welsh Nationals & Schools, Swansea	21/11/08	6:19.04
15	Holly-Ellice Jones	Aberystwyth	05	Swansea Aquatics Long Course Spring Meet, Swansea	25/02/18	6:26.52
16	Tirion Sherman Higgs	Aberystwyth	07	Swansea Aquatics Spring Long Course 2019, WNPS	17/02/19	6:46.83
17	Shannon Sayer	Aberystwyth	00	British Gas Swim Wales Legends Meet, Swansea	21/09/13	7:03.77
18	Victoria Szmigiero	Aberystwyth	09	Tiger Bay Open Meet 2023, Cardiff	18/03/23	7:05.72