Event Rankings (All Time)

Open/Male - Long Course - 400m Freestyle - Aberystwyth and District Swimmin - All Time - Open Age Group

Rank	Name	Ranked Club	YoB	Meet	Date	Time
1	James Raw	Leic Sharks	07	British Swimming Championships 2023, Sheffield	04/04/23	4:03.98
2	Sam Middleton	Aberystwyth	89	WASA Age & Youth Champs, Swansea	05/04/07	4:11.15
3	Joshua Nathanie Harries	Aberystwyth	92	Swim Wales Winter Open, Swansea	24/11/07	4:12.40
4	Steffan Herdman	Aberystwyth	99	Swim Wales Summer Nationals, Swansea	04/08/16	4:29.56
5	Sion Owen	Aberystwyth	94	Avalon Autumn Open Meet, Millfield	24/10/09	4:34.85
6	James Payne	Aberystwyth	01	Swim Wales Summer Nationals, Swansea	03/08/17	4:37.60
7	Benjamin Jones	Aberystwyth	96	Swim Swansea Long Course, Swansea	14/05/10	4:41.65
8	Tomos Watson	Aberystwyth	97	3 Towers Open Meet, Millfield	27/10/13	4:58.04
9	Jacob Massey	Aberystwyth	03	Swansea Aquatics Long Course Spring Meet, Swansea	24/02/18	5:05.42
10	Jude Coleridge	Aberystwyth	04	Swim Wales Summer Nationals, Swansea	05/08/18	5:08.63
11	Maxwell Glasser	Aberystwyth	98	3 Towers Open Meet, Millfield	27/10/13	5:12.13
12	Morgan Evans	Aberystwyth	01	Swim Wales Summer Nationals, Swansea	04/08/16	5:17.89
13	Jamie Owen	Aberystwyth	95	Avalon Autumn Open Meet, Millfield	24/10/09	5:31.19
14	Sion Davies	Aberystwyth	00	British Gas Swim Wales New Year Meet, Swansea	12/01/14	5:33.23
15	Morgan Revell	Aberystwyth	99	3 Towers Open Meet, Millfield	27/10/13	5:41.93
16	Joseph Gorman	Aberystwyth	04	Swim Wales Legends Meet, Swansea	15/09/17	5:47.05
17	Ioan Evans	Aberystwyth	06	Swim Wales Legends Meet, Swansea	18/09/16	7:07.25