

Event Rankings (All Time)

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

Rank	Name	Ranked Club	YoB	Meet	Date	Time
1	Cari-Fflur Davies	Aberystwyth	84	West Wales Age Groups 2001, Swansea	13/05/01	5:08.42
2	Cerian Davies	Aberystwyth	93	West Wales Regional Champs, Penlan	15/02/07	5:12.78
3	Elinor Thorogood	Aberystwyth	92	West Wales Region Champs, Penlan	09/02/08	5:19.78
4	Lauren Elspeth Harries	Aberystwyth	93	Welsh SC Spring Qualifier, Swansea	16/06/07	5:22.14
5	Mali Jones	Aberystwyth	01	SW North Regional Championships, Llandudno	03/02/18	5:28.87
6	Cari O'Rourke	Aberystwyth	98	SWWR Regional Championships, Haverford West	31/01/15	5:41.70
7	Iyla Berner	Aberystwyth	13	Swim Conwy Spring Meet 2024, Llandudno	17/03/24	5:50.06
8	Sioned Wallwork	Aberystwyth	01	Gloucester City Level 2 April Open Meet, Gloucester	11/04/15	5:51.71
9	Megan Jones	Aberystwyth	93	Pembrokeshire Whitsun Meet, Haverfordwest	23/05/09	5:54.53
10	Talesia Janes	Aberystwyth	99	Amman Valley Open Meet 2014, Carmathen	01/06/14	5:57.58
11	Bethan Lewis	Aberystwyth	93	West Wales Region Champs, Penlan	09/02/08	5:58.35
12	Alaw O'Rourke	Aberystwyth	00	West Wales Sub Regional Championships, Haverfordwest	30/11/13	5:59.72
13	Nansi Dingle	Aberystwyth	99	West Wales Regional Championships, Haverfordwest	08/02/14	6:00.40
14	Rebecca Glasser	Aberystwyth	00	West Wales Sub Regional Competition 2014, Haverfordwest	29/11/14	6:06.28
15	Katie Jones	Aberystwyth	03	SW West Region Sub Regional Championships, Haverfordwest	25/11/18	6:08.47
16	Emma Jones	Aberystwyth	03	SW West Region Sub Regional Championships, Haverfordwest	25/11/18	6:11.26
17	Elen Morgan	Aberystwyth	05	Swim Conwy Whitsun Meet, Llandudno	26/05/18	6:14.10
18	Alexandra Thorogood	Aberystwyth	91	West Wales Region Champs, Penlan	09/02/08	6:20.84
19	Tirion Sherman Higgs	Aberystwyth	07	Swim Conwy Whitsun Meet, Llandudno	01/06/19	6:22.13
20	Holly-Ellice Jones	Aberystwyth	05	Swim Wales West Region Sub Regional Championships, Haverfordwest	25/11/17	6:22.99
21	Alaw Davies	Aberystwyth	03	Swim Wales West Region Sub Regional Championships, Haverfordwest	26/11/17	6:25.01
22	Tirion Davies	Aberystwyth	96	West Wales Region Champs, Penlan	09/02/08	6:36.73
23	Tia Woolley	Aberystwyth	03	Amman Valley Open Meet 2016, Carmarthen	05/06/16	6:41.04
24	Shannon Sayer	Aberystwyth	00	West Wales Sub Regional Competition 2014, Haverfordwest	29/11/14	6:48.72
25	Cari Harries	Aberystwyth	97	West Wales Region Champs, Penlan	09/02/08	6:53.58