

# Event Rankings (All Time)

Female - Short Course - 400m Freestyle - 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                              | 20/05/01 | 4:35.16 |
| 2    | Mali Jones             | Aberystwyth | 01  | Swim Conwy Whitsun Meet, Llandudno                               | 28/05/17 | 4:37.20 |
| 3    | Elinor Thorogood       | Aberystwyth | 92  | Wrexham 5th Spring Meet, Wrexham                                 | 03/05/08 | 4:45.64 |
| 4    | Lauren Elspeth Harries | Aberystwyth | 93  | Welsh SC Spring Qualifier, Swansea                               | 16/06/07 | 4:50.96 |
| 5    | Cerian Davies          | Aberystwyth | 93  | Beau Sejour Barracuda, Guernsey                                  | 26/05/06 | 4:56.13 |
| 6    | Bethan Lewis           | Aberystwyth | 93  | Wrexham 5th Spring Meet, Wrexham                                 | 03/05/08 | 5:07.48 |
| 7    | Cari O'Rourke          | Aberystwyth | 98  | Swim Conway Whitsun Meet, Llandudno                              | 26/05/13 | 5:09.14 |
| 8    | Lila Evans             | Aberystwyth | 05  | Swim Wales West Sub Regional Championships, Haverfordwest        | 24/11/19 | 5:09.28 |
| 9    | Catrin Skym            | Aberystwyth | 00  | SWWR Regional Championships, Haverford West                      | 06/02/15 | 5:10.12 |
| 10   | Talesia Janes          | Aberystwyth | 99  | Torfaen Dolphins Spring Meet 2014, Newport                       | 22/06/14 | 5:14.52 |
| 11   | Katie Jones            | Aberystwyth | 03  | SW West Region Sub Regional Championships, Haverfordwest         | 25/11/18 | 5:14.69 |
| 12   | Sioned Wallwork        | Aberystwyth | 01  | Wrexham 12th Spring Meet 2015, Wrexham                           | 02/05/15 | 5:17.02 |
| 13   | Judith Phillips        | Aberystwyth | 93  | West Wales Regional Champs, Penlan                               | 15/02/07 | 5:20.14 |
| 14   | Elen Morgan            | Aberystwyth | 05  | Swim Wales West Sub Regional Championships, Haverfordwest        | 24/11/19 | 5:20.38 |
| 15   | Iyla Berner            | Aberystwyth | 13  | Amman Valley SC Mid-distance Development Meet 2023, Carmarthen   | 12/11/23 | 5:24.66 |
| 16   | Alaw Davies            | Aberystwyth | 03  | Swim Wales West Sub Regional Championships, Haverfordwest        | 24/11/19 | 5:24.88 |
| 17   | Alaw O'Rourke          | Aberystwyth | 00  | Swim Conway Whitsun Meet, Llandudno                              | 26/05/13 | 5:25.79 |
| 18   | Emma Jones             | Aberystwyth | 03  | Swim Conwy Whitsun Meet, Llandudno                               | 28/05/17 | 5:28.07 |
| 19   | Megan Jones            | Aberystwyth | 93  | West Wales Region Champs, Penlan                                 | 09/02/08 | 5:28.95 |
| 20   | Holly-Ellice Jones     | Aberystwyth | 05  | Swim Wales West Region Sub Regional Championships, Haverfordwest | 25/11/17 | 5:31.87 |
| 21   | Tirion Davies          | Aberystwyth | 96  | West Wales Region Champs, Penlan                                 | 09/02/08 | 5:34.96 |
| 22   | Lowri Donnelly         | Aberystwyth | 96  | Torfaen Open Meet, Newport                                       | 25/06/11 | 5:37.21 |
| 23   | Tia Woolley            | Aberystwyth | 03  | Swim Wales West Sub Regional Championships, Wales                | 27/11/16 | 5:39.08 |
| 24   | Shannon Sayer          | Aberystwyth | 00  | Swim Conway Whitsun Meet, Llandudno                              | 25/05/14 | 5:39.66 |
| 25   | Tirion Sherman Higgs   | Aberystwyth | 07  | SW West Region Sub Regional Championships, Haverfordwest         | 24/11/18 | 5:42.86 |