

Event Rankings (All Time)

Female - Long Course - 400m Freestyle - Aberystwyth - All Time - Open Age Group

Rank	Name	Number	Ranked Club	YoB	Meet Name	Venue	Level	Date	Time
1	Cari-Fflur Davies	30724	Aberystwyth	84	Rotherham Metro Long Course Mt	Sheffield	0	20/04/03	4:29.72
2	Mali Jones	818061	Aberystwyth	01	Swim Wales Summer Nationals	Swansea	1	04/08/17	4:44.90
3	Lauren Elspeth Harries	32915	Aberystwyth	93	Welsh Age & Youth Champs	Swansea	1	20/03/08	4:53.84
4	Elinor Thorogood	51154	Aberystwyth	92	Welsh Age & Youth Champs	Swansea	1	12/04/09	4:54.83
5	Cari Harries	162048	Aberystwyth	97	Welsh Summer Nationals	Swansea	1	30/07/09	5:08.32
6	Caryl Jones	32917	Aberystwyth	93	Tiger Bay Open Meet	Cardiff	3	28/03/09	5:11.16
7	Cari O'Rourke	940579	Aberystwyth	98	Swim Wales Summer Nationals	Swansea	1	29/07/13	5:13.18
8	Tirion Davies	47892	Aberystwyth	96	Welsh Summer Nationals	Swansea	1	30/07/09	5:13.26
9	Megan Jones	266237	Aberystwyth	93	Tiger Bay Open Meet	Cardiff	3	28/03/09	5:17.17
10	Judith Phillips	59140	Aberystwyth	93	Swim Swansea Open	Swansea	1	18/05/07	5:17.23
11	Talesia Janes	904271	Aberystwyth	99	Frome & Wells 3 Towers Open Meet	Millfield	3	05/04/14	5:21.26
12	Bethan Lewis	144286	Aberystwyth	93	Welsh Age & Youth Champs	Swansea	1	20/03/08	5:23.97
13	Katie Jones	1240017	Aberystwyth	03	Swim Wales Legends Meet	Swansea	1	16/09/18	5:29.04
14	Cari Davies	1134364	Aberystwyth	03	Neath ASC Open Meet 2017	Swansea	1	21/10/17	5:29.24
15	Sioned Wallwork	887294	Aberystwyth	01	Frome Autumn Open Meet	Millfield	3	25/10/14	5:34.81
16	Freya Thapa	1287037	Denbigh D	05	Swansea Aquatics Long Course Meet 2017	Swansea	1	14/05/17	5:35.38
17	Alaw O'Rourke	904268	Aberystwyth	00	British Gas Swim Wales New Year Meet	Swansea	1	13/01/13	5:41.20
18	Nansi Dingle	443971	Aberystwyth	99	City of Wells Open Meet	Millfield	3	11/04/15	5:45.91
19	Emma Jones	1240018	Aberystwyth	03	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	3	18/03/17	5:55.84
20	Niamh Lewis	367266	Aberystwyth	98	Tiger Bay Open Meet	Cardiff	3	28/03/09	6:01.20
21	Tirion Sherman Higgs	1244530	Aberystwyth	07	Swansea Aquatics Spring Long Course 2019	WNPS	1	17/02/19	6:01.60
22	Lila Evans	1244529	Aberystwyth	05	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	3	18/03/17	6:01.89
23	Tia Woolley	975076	Aberystwyth	03	Swim Wales Legends Meet	Swansea	1	16/09/16	6:02.99
24	Shannon Sayer	934037	Aberystwyth	00	British Gas Swim Wales Legends Meet	Swansea	3	22/09/13	6:07.89
25	Elen Morgan	1269490	Aberystwyth	05	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	3	18/03/17	6:22.28