

### 400m Freestyle - All-Time List (Male)

No.	Name	Time	Date	No.	Name	Time	Date
1	Cassidy-Stone, Josh	5:08.3	May 09	41	Todd, Frank	6:41.6	May 10
2	Farrow, James	5:15.9	Jan. 07	42	Hallett, Tom	6:43.5	Sept. 10
3	Brind, Gary	5:31.1	Sept. 12	43	Kennedy, Andy	6:45.5	Mar. 04
4	Priddis, Simon	5:34.5	Jan. 07	44	Saunders, Garry	6:47.4	Mar. 04
5	Naested, Lawrence	5:36.2	Apr. 12	45	Ford-Dunn, Jon	6:51.6	Apr. 11
6	Mason, Brian	5:36.5	Jan. 08	46	McAllister, Nigel	6:57.2	June 05
7	Roberts, Andy	5:37.2	Sept. 12	47	Vargha, George	6:59.3	Sept. 06
8	Davies, Max	5:40.5	June 04	48	Scott, John	7:00.7	Sept. 05
=9	Maggs, Paul	5:42.5	Dec. 08	49	Coupe, Pete	7:03.7	May 10
=9	van Ellemeet, Tim	5:42.5	Sept. 10	50	Tibbals, Dave	7:04.3	Sept. 06
11	Walker, James	5:45.1	June 05	51	Warren, Tim	7:11.9	Sept. 10
12	Middleton, George	5:48.5	May 08	52	Pressley, Daniel	7:16.2	Apr. 11
13	Scott, Adrian	5:49.9	May 07	53	Oxley, Lee	7:17.7	May 12
14	Turk, Simon	5:51.3	Sept. 12	54	Rodgers, Jon	7:21.9	June 05
15	Harris, Ben	5:52.5	June 04	55	Lee, Chris	7:23.3	Jan. 10
16	Brown, Derry	5:56.3	June 04	56	Clough-Young, Steve	7:27.5	Sept. 12
17	Bridgman, Shane	5:57.3	Sept. 12	57	Pavitt, Richard	7:29.0	May 06
18	James, Simon	5:57.5	Sept. 08	58	Bigg, Jon	7:37.1	June 04
19	Mason, Jon	6:00.9	Dec. 08	59	Young, Andy	7:39.5	May 02
20	Lane, Pete	6:08.6	Sept. 12	60	Hesketh, Martin	7:56.0	Oct. 03
21	Wellby, Ross	6:09.8	Sept. 12	61	Barden, Ben	8:03.5	Apr. 00
22	Brook, Jon	6:10.3	June 04	62	Saunders, Phil	8:16.5	Sept. 12
23	Pearson, Simon	6:14.1	Sept. 09	63	Wellby, Ollie	8:18.0	Sept. 12
24	Pocock, Jack	6:14.5	Sept. 10	64	Jones, Steve	8:18.5	Apr. 12
25	Smith, Andy	6:19.8	Dec. 08	65	Smith, Owen	8:35.0	Dec. 04
26	Harwood, Adrian	6:22.6	Mar. 05	66	Miller, Mike	8:37.4	Sept. 12
27	Relf, Darren	6:24.1	May 06	67	Friend-James, Mark	8:38.5	May 07
28	Clough-Young, Laurence	6:26.4	Sept. 12	68	Thomas, Jeremy	9:23.5	Sept. 04
29	Priddis, Tim	6:26.5	Apr. 12				
30	Bullimore, Andy	6:27.5	Mar. 04				
31	Priddis, Gary	6:28.5	Apr. 00				
32	Pociecha, Sam	6:31.3	Jan. 07				
33	Marsden, Simon	6:32.1	Sept. 12				
34	Gosden, Wayne	6:32.9	Sept. 12				
35	Brown, Adrian	6:35.9	Mar. 05				
36	O'Donnell, Jason	6:36.4	May 07				
37	Tutton, Joe	6:36.5	Apr. 12				
38	Torp, Rupert	6:36.9	May 06				
39	Tyler, Mark	6:40.2	Sept. 09				
40	Bishop, Antony	6:40.9	Sept. 07				

### 400m Freestyle - All-Time List (Female)

No.	Name	Time	Date
1	Jordan, Lydia	5:37.7	Sept. 12
2	Oxley, Georgina	5:47.3	Sept. 08
3	Cotton, Sarah	5:48.8	Sept. 12
4	Bean, Hollie	5:49.9	Sept. 08
5	Middleton, Lian	5:55.5	Sept. 10
6	Tobin, Natalie	6:03.5	May 07
7	Oxley, Amanda	6:12.5	May 10
8	Amess, Moyra	6:15.5	Sept. 12
9	James, Hannah	6:15.9	Sept. 12
10	Chittenden, Michelle	6:16.6	Apr. 12
11	Ledingham, Sarah	6:26.5	May 08
12	Neale, Sarah	6:27.2	Mar. 05
13	Lennon, Joan	6:31.5	July 03
14	Maidment, Lauren	6:33.9	May 06
15	Ford-Dunn, Sue	6:35.5	Sept. 11
16	Saunders, Ruth	6:37.0	Sept. 12
17	Parnell, Claire	6:43.1	Sept. 10
18	Priddis, Jane	6:45.5	May 08
19	Lee, Amicia	6:46.7	May 07
20	Freeman, Maddy	6:47.4	Jan. 10
21	Bean, Nicola	6:48.5	Jan. 10
22	Naested, Rose	6:49.5	May 10
23	Cross, Rose	6:50.5	May 06
24	Jones, Lisa	6:52.0	Sept. 04
25	Maggs, Louise	6:54.3	Sept. 12
26	Lee, Eloise	6:56.7	Sept. 06
27	Neale, Jane	7:00.2	May 06
28	Claridge, Liz	7:00.5	May 10
29	Young, Emma	7:01.0	Mar. 02
30	Neate, Cherry	7:03.6	May 09
31	Brown, Alison	7:03.8	May 12
32	Brown, Gill	7:04.4	Oct. 03
33	Goodwin, Michelle	7:05.2	Sept. 12
34	Johnson, Angela	7:08.6	Sept. 05
35	Brennan, Michelle	7:10.6	Sept. 12
36	Oxley, Laura	7:14.0	May 10
37	Standing, Paula	7:14.4	May 08
38	Scott, Elaine	7:16.1	Sept. 05
39	Amess, Alice	7:20.8	May 12
40	Stone, Mel	7:25.1	May 09

No.	Name	Time	Date
41	McAllister, Lizzie	7:26.8	Jan. 06
42	James, Lauren	7:27.7	Sept. 09
43	Goodman, Nikki	7:29.7	Jan. 06
44	Tutton, Sophie	7:30.0	Sept. 10
45	Fairless, Kat	7:35.7	May 07
46	Martin, Tracey	7:36.9	Mar. 04
=47	Croshaw, Vicky	7:40.9	May 09
=47	Smith, Bethany	7:40.9	Apr. 12
49	Bell, Jessica	7:41.1	May 06
50	Poulter, Holly	7:41.2	May 06
51	Frankland, Ruby	7:42.8	Sept. 07
52	Oxley, Phillipa	7:43.7	Sept. 09
53	Palmer, Alice	7:48.0	May 07
54	Smith, Zara	7:48.9	Apr. 12
=55	Brown, Katherine	7:54.0	Oct. 03
=55	Palmer, Megan	7:54.0	May 07
=57	Supiot, Renee	7:54.5	Apr. 00
=57	Starbuck, Juliet	7:54.5	May 12
59	Manuel, Venetia	7:58.6	May 07
60	Manuel, Olivia	8:08.5	May 07
61	Miller, Sarah	8:11.0	May 06
62	Lane, Ruby	8:15.1	Sept. 12
63	Albrecht, Rebecca	8:23.4	May 07
64	Lane, Lucy	8:23.9	May 12
65	Halloren, Niamh	8:27.5	Sept. 12
66	Bullimore, Penny	8:56.1	Jan. 06
67	Crampton, Val	9:04.2	Mar. 05
68	Palmer, Anne-Marie	9:05.2	May 07
69	Brown, Holly	9:06.5	Apr. 01
70	Killick, Carol	9:09.7	May 09
71	Barr, Poppy	9:11.1	Jan. 07
72	Cross, Annie	9:18.5	Jan. 06
73	Ford-Dunn, Barbara	9:18.9	Sept. 07
74	Armstrong, Andie	9:20.4	Apr. 12
75	Naested, Ann	9:23.2	May 06
76	Neale, Camilla	9:26.4	Sept. 08
77	Curtis, Isobelle	9:52.0	Dec. 03
78	Claridge, Lois	9:57.6	Feb. 11
79	Charlton, Carol	10:03.5	May 08
80	Johnson, Kelly-Marie	10:57.5	Apr. 01

