

Individual Best Times (All Time)

Matthew Alford - (1102526) - Woking SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:16.90	334	F	13/01/18	Surrey Age Group Championships 2018	Surrey	Woking	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:16.90	334	F	13/01/18	Surrey Age Group Championships 2018	Surrey	Woking	1