

# Individual Best Times (All Time)

Jake Newley - (1611490) - London Borough of Redbridge SC - 400 Freestyle - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:58.65	400	H	13/01/24	2024 Essex County Age Group Championships	London	BorRedbridge	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:58.65	400	H	13/01/24	2024 Essex County Age Group Championships	London	BorRedbridge	1