

Individual Best Times (All Time)

James Clark - (186554) - Swindon Dolphin ASC - 400 Individual Medley - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:52.91	567	H	03/05/10	South West Youth Champs	Millfield	Bath Univ	1
4:54.93	555	F	04/12/10	Team Bath Aquae Sulis Meet	Bath	Bath Univ	1
4:56.14	549		17/04/10	Taunton Deane Easter Meet	Millfield	Bath Univ	1
4:57.18	543	H	30/05/10	Sheffield No Frills Meet	Sheffield	Bath Univ	1
4:57.29	542	H	07/01/11	Swim Wales New Year Dragon Meet	Swansea	Bath Univ	1
5:01.59	519	F	07/01/11	Swim Wales New Year Dragon Meet	Swansea	Bath Univ	1
5:02.48	515	H	07/08/10	British Gas Youth Champs	Sheffield	Bath Univ	1
5:03.22	511	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Bath Univ	1
5:04.86	503	H	28/01/12	ASA South Zonal Meet	Millfield	Bath Univ	1
5:05.50	500	F	03/11/12	City of Bristol Level 3 Open Meet	Bristol	Bath Univ	3
5:05.62	499	H	08/01/10	Welsh New Year Dragon	Swansea	Bath Univ	1
5:06.69	494	H	02/05/11	BG South West Region Youth Championships	Street	Bath Univ	1
5:07.19	491	F	08/01/10	Welsh New Year Dragon	Swansea	Bath Univ	1
5:08.20	487	H	04/05/09	South West Region Youth Ch	Millfield	Bath Univ	1
5:09.01	483		20/12/09	Plymouth Leander Open Mt	Millfield	Bath Univ	1
5:12.18	468	H	13/06/09	South West Region Age Grps	Millfield	Bath Univ	1
5:13.08	464		16/05/09	Swim Swansea LC Meet	Swansea	Bath Univ	1
5:16.92	448		05/12/08	Team Bath Grand Prix	Bath	Bath Univ	1
5:22.21	426		05/12/08	Team Bath Grand Prix	Bath	Bath Univ	1
5:24.68	416	H	08/06/08	South West Region Age Grps	Millfield	Bath Univ	1
5:26.71	408	H	25/07/08	National Age Groups 2008	Sheffield	Bath Univ	1
5:28.89	400		16/05/08	Swim Swansea Open Meet	Swansea	Bath Univ	1
5:32.65	387	F	30/07/06	National AG Champs 2006	Sheffield	Bath Univ	1
5:36.54	374	H	10/06/07	South West Region Age Grp	Millfield	Bath Univ	1
5:36.60	373	H	24/07/07	National Age Groups 2007	Sheffield	Bath Univ	1
5:37.58	370	H	30/07/06	National AG Champs 2006	Sheffield	Bath Univ	1
5:37.87	368	H	11/06/08	South West Region BACCATO	Millfield	Bath Univ	1

5:37.87	303	H	11/06/06	SOUTH WEST REGION BAGCATS	Millfield	Bath Univ	1
6:01.23	302	H	29/05/05	FAST Level 1 Open Meet	Millfield	Bath Univ	1
6:03.85	296	H	05/06/05	Western Counties Bagcat Champs	Millfield	Bath Univ	1

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5:03.22	511	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Bath Univ	1
5:06.69	494	H	02/05/11	BG South West Region Youth Championships	Street	Bath Univ	1
5:01.59	519	F	07/01/11	Swim Wales New Year Dragon Meet	Swansea	Bath Univ	1
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