## **Individual Best Times (All Time)**

Ryan Reader - (254924) - South Derbyshire Water Polo Club - 400 Freestyle - Long Course Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

9.59,96         771         H         24/07/18         British Summer Championships         Sheffield         Deby Excel           3.59,96         771         14/02/19         Middle East Open and Junior Championships         Dubai           4:00.59         765         H         25/07/17         British Summer Championships         Sheffield         Derby Excel           4:01.31         758         F         25/07/17         British Summer Championships         Sheffield         Derby Excel           4:01.41         757         F         24/07/18         British Summer Championships         Sheffield         Derby Excel           4:01.65         755         H         02/03/18         Edinburgh International Inc British Championships         Edinburgh         Derby Excel           4:02.03         751         H         04/08/16         ASA Summer Nationals 2016         Sheffield         Co Derby           4:02.18         750         H         08/04/18         Derventio Excel 12th Long Course Open Meet         Sheffield         Derby Excel           4:02.28         746         F         04/08/16         ASA Summer Nationals 2018         Sheffield         Derby Excel           4:03.08         742         H         09/04/17         Derventio Excel 11th LoC Open Meet <th>Time</th> <th>WA Pts</th> <th>Round</th> <th>Date</th> <th>Meet</th> <th>Venue</th> <th>Club Swam Under</th> <th>Leve</th>	Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Leve
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4:07.63	701	Н	05/11/17	Midland Long Course Championships	Nottingham	Derby Excel	1
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4:07.85	700	Н	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Derby	1
4:08.15	697	Н	15/04/18	Swim England East Midland Championships 2018	Sheffield	Derby Excel	1
4:08.27	696	Н	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Derby Excel	1
4:08.37	695	Н	07/02/15	Derventio Excel February Festival	Sheffield	•	1
4:09.38	687	Н	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
4:09.58	685	Н	18/12/16	Northampton Winter Festival	Corby	Derby Excel	3
4:10.03	681	Н	22/01/17	Trophee National Hortillions Meet	Amiens, France	-	1
4:10.35	679	Н	27/02/15	International Swim Meet 2015	Berlin		1
4:10.85	675	Н	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	Co Derby	3
4:10.89	674	Н	03/05/15	Midland Swimming Spring Championships 2015	Corby		1
4:11.74	668	Н	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Derby Excel	1
4:11.79	667	Н	22/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Co Derby	1
4:12.10	665	Н	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Derby Excel	1
4:12.19	664	Н	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Co Derby	1
4:12.21	664	Н	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield		1
4:13.48	654	F	26/01/14	Central Zonal Meet 2014	Corby	Co Derby	1
4:14.22	648	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Co Derby	1
4:14.25	648	Н	26/01/14	Central Zonal Meet 2014	Corby	Co Derby	1
4:15.20	641	Н	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield		1
4:15.38	639	Н	11/01/14	City of Derby Long Course L1 Meet	Sheffield	Co Derby	1
4:16.57	631	Н	04/05/14	Midland Swimming - 2014 Youth Championships	Corby	Co Derby	1
4:20.54	602	Н	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Co Derby	1
4:20.79	600	Н	04/05/13	Midland Youth Championships	Corby	Co Derby	1
4:20.80	600	Н	27/01/13	ASA Central Region Zonal Competition	Corby	Co Derby	1
4:27.69	555	Н	02/06/12	Midlands Age Group Championships	Coventry	Co Derby	1
4:28.14	552	Н	13/05/12	City of Coventry May Open Meet	Coventry	Co Derby	1
4:34.40	515	F	27/11/11	Welsh Capital Open Meet	Cardiff	Co Derby	1
4:41.35	478	Н	04/06/11	BG Midlands Age Group Championships	Coventry	Co Derby	1
4:41.90	475	Н	02/04/11	Derventio Excel Open Meet	Sheffield	Co Derby	1
4:43.97	465	Н	08/05/11	City of Coventry May Open Meet	Coventry	Co Derby	1
4:55.12	414	Н	16/10/10	Lincoln Vulcans Open Meet	Sheffield	Co Derby	1
5:09.18	360	Н	04/04/10	Derventio Excel Open 2010	Sheffield	Co Derby	1
5:12.62	348	Н	09/05/10	Radford Annual Open Meet	Sheffield	Co Derby	1
5:28.62	300	Н	11/04/09	Derventio Excel 3rd Open	Sheffield	Co Derby	1
5:44.46	260	Н	15/06/08	Midland Age Group Champs	Coventry	Co Derby	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:03.91	734	F	23/07/19	British Summer Championships	Glasgow	Derby Excel	1
4:03.79	735	Н	23/07/19	British Summer Championships	Glasgow	Derby Excel	1
4:02.88	743	F	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Derby Excel	1
4:04.54	728	Н	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Derby Excel	1
4:03.28	740	Н	16/04/19	British Championships 2019	Glasgow	Derby Excel	1
4:03.89	734	Н	07/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Derby Excel	1
4:08.27	696	Н	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Derby Excel	1

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2:50.06	771		14/02/19	Middle Fact Open and Junior Championships	Dubai		Page 3 / 4
3:59.96 4:11.74	771 668	Н	27/01/19	Middle East Open and Junior Championships  Chester le Street ASC and Derwentside Burns Meet	Sheffield	Derby Excel	1
4:01.41	757	F	24/07/18	British Summer Championships	Sheffield	Derby Excel	1
3:59.96	771	Н	24/07/18	British Summer Championships	Sheffield	Derby Excel	1
4:04.42	729	F	29/06/18	Scottish National Open Championships	Tollcross	Derby Excel	1
4:07.13	706	Н	29/06/18	Scottish National Open Championships	Tollcross	Derby Excel	1
4:03.08	742	Н	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Derby Excel	1
4:02.54	747	F	15/04/18	Swim England East Midland Championships 2018	Sheffield	Derby Excel	1
4:08.15	697	Н	15/04/18	Swim England East Midland Championships 2018	Sheffield	Derby Excel	1
4:02.18	750	Н	08/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	Derby Excel	1
4:01.65	755	Н	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Derby Excel	1
4:04.56	728	Н	28/01/18	Burns Meet 2018	Sheffield	Derby Excel	1
4:04.40	730	Н	13/12/17	Swim England Winter Championships 2017	Sheffield	Derby Excel	1
4:03.34	739	F	05/11/17	Midland Long Course Championships	Nottingham	Derby Excel	1
4:07.63	701	Н	05/11/17	Midland Long Course Championships	Nottingham	Derby Excel	1
4:05.65	719	Н	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Derby Excel	1
4:01.31	758	F	25/07/17	British Summer Championships	Sheffield	Derby Excel	1
4:00.59	765	Н	25/07/17	British Summer Championships	Sheffield	Derby Excel	1
4:04.79	726	F	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	Derby Excel	1
4:04.11	732	Н	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	Derby Excel	1
4:04.09	732	Н	20/05/17	Derventio Excel 1st May Meet	Sheffield	Derby Excel	1
4:03.06	742	Н	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	Derby Excel	1
4:07.14	706	F	12/03/17	Edinburgh International Meet 2017	Edinburgh	Derby Excel	1
4:12.10	665	Н	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Derby Excel	1
4:07.45	703	F	22/01/17	Trophee National Hortillions Meet	Amiens, France	20.27 2.00.	1
4:10.03	681	Н	22/01/17	Trophee National Hortillions Meet	Amiens, France		1
4:09.58	685	Н	18/12/16	Northampton Winter Festival	Corby	Derby Excel	3
4:02.58	746	F	04/08/16	ASA Summer Nationals 2016	Sheffield	Co Derby	1
4:02.03	751	Н	04/08/16	ASA Summer Nationals 2016	Sheffield	Co Derby	1
4:12.19	664	Н	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Co Derby	1
4:07.85	700	Н	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Derby	1
4:06.22	714	Н	02/08/15	British Summer Championships	Sheffield	,	1
4:07.83	700	Н	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield		1
4:10.89	674	Н	03/05/15	Midland Swimming Spring Championships 2015	Corby		1
4:04.61	728	Н	14/04/15	British Championships 2015	London		1
4:10.35	679	Н	27/02/15	International Swim Meet 2015	Berlin		1
4:08.37	695	Н	07/02/15	Derventio Excel February Festival	Sheffield		1
4:12.21	664	Н	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield		1
4:05.58	719	Н	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield		1
4:15.20	641	Н	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield		1
4:09.38	687	Н	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
4:16.57	631	Н	04/05/14	Midland Swimming - 2014 Youth Championships	Corby	Co Derby	1
4:14.22	648	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Co Derby	1
4:13.48	654	F	26/01/14	Central Zonal Meet 2014	Corby	Co Derby	1
4:14.25	648	Н	26/01/14	Central Zonal Meet 2014	Corby	Co Derby	1
4:15.38	639	Н	11/01/14	City of Derby Long Course L1 Meet	Sheffield	Co Derby	1
4:11.79	667	Н	22/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Co Derby	1
4:10.85	675	Н	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	Co Derby	3
4:20.79	600	Н	04/05/13	Midland Youth Championships	Corby	Co Derby	1
4:20.54	602	Н	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Co Derby	1
4:20.80	600	Н	27/01/13	ASA Central Region Zonal Competition	Corby	Co Derby	1
4:27.69	555	Н	02/06/12	Midlands Age Group Championships	Coventry	Co Derby	1
4:28.14	552	Н	13/05/12	City of Coventry May Open Meet	Coventry	Co Derby	1
4:34.40	515	F	27/11/11	Welsh Capital Open Meet	Cardiff	Co Derby	1
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4:41.35	478	Н	04/06/11	BG Midlands Age Group Championships	Coventry	Co Derby	Page 4 / 4 1
4:43.97	465	Н	08/05/11	City of Coventry May Open Meet	Coventry	Co Derby	1
4:41.90	475	Н	02/04/11	Derventio Excel Open Meet	Sheffield	Co Derby	1
4:55.12	414	Н	16/10/10	Lincoln Vulcans Open Meet	Sheffield	Co Derby	1
5:12.62	348	Н	09/05/10	Radford Annual Open Meet	Sheffield	Co Derby	1
5:09.18	360	Н	04/04/10	Derventio Excel Open 2010	Sheffield	Co Derby	1
5:28.62	300	Н	11/04/09	Derventio Excel 3rd Open	Sheffield	Co Derby	1
5:44.46	260	Н	15/06/08	Midland Age Group Champs	Coventry	Co Derby	1

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