

# 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

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:59.96	771	H	24/07/18	British Summer Championships	Sheffield	Derby Excel	1
3:59.96	771		14/02/19	Middle East Open and Junior Championships	Dubai		1
4:00.59	765	H	25/07/17	British Summer Championships	Sheffield	Derby Excel	1
4:01.31	758	F	25/07/17	British Summer Championships	Sheffield	Derby Excel	1
4:01.41	757	F	24/07/18	British Summer Championships	Sheffield	Derby Excel	1
4:01.65	755	H	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Derby Excel	1
4:02.03	751	H	04/08/16	ASA Summer Nationals 2016	Sheffield	Co Derby	1
4:02.18	750	H	08/04/18	Derventio Excel 12th 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
4:02.58	746	F	04/08/16	ASA Summer Nationals 2016	Sheffield	Co Derby	1
4:02.88	743	F	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Derby Excel	1
4:03.06	742	H	09/04/17	Derventio Excel 11th LC Open Meet	Sheffield	Derby Excel	1
4:03.08	742	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Derby Excel	1
4:03.28	740	H	16/04/19	British Championships 2019	Glasgow	Derby Excel	1
4:03.34	739	F	05/11/17	Midland Long Course Championships	Nottingham	Derby Excel	1
4:03.79	735	H	23/07/19	British Summer Championships	Glasgow	Derby Excel	1
4:03.89	734	H	07/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Derby Excel	1
4:03.91	734	F	23/07/19	British Summer Championships	Glasgow	Derby Excel	1
4:04.09	732	H	20/05/17	Derventio Excel 1st May Meet	Sheffield	Derby Excel	1
4:04.11	732	H	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	Derby Excel	1
4:04.40	730	H	13/12/17	Swim England Winter Championships 2017	Sheffield	Derby Excel	1
4:04.42	729	F	29/06/18	Scottish National Open Championships	Tollcross	Derby Excel	1
4:04.54	728	H	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Derby Excel	1
4:04.56	728	H	28/01/18	Burns Meet 2018	Sheffield	Derby Excel	1
4:04.61	728	H	14/04/15	British Championships 2015	London		1
4:04.79	726	F	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	Derby Excel	1
4:05.58	710	H	20/12/14	Derventio Excel 2nd Christmas Crocker	Sheffield		1

4:05.56	719	H	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield		
4:05.65	719	H	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Derby Excel	1
4:06.22	714	H	02/08/15	British Summer Championships	Sheffield		1
4:07.13	706	H	29/06/18	Scottish National Open Championships	Tollcross	Derby Excel	1
4:07.14	706	F	12/03/17	Edinburgh International Meet 2017	Edinburgh	Derby Excel	1
4:07.45	703	F	22/01/17	Trophee National Hortillions Meet	Amiens, France		1
4:07.63	701	H	05/11/17	Midland Long Course Championships	Nottingham	Derby Excel	1
4:07.83	700	H	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield		1
4:07.85	700	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Derby	1
4:08.15	697	H	15/04/18	Swim England East Midland Championships 2018	Sheffield	Derby Excel	1
4:08.27	696	H	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Derby Excel	1
4:08.37	695	H	07/02/15	Derventio Excel February Festival	Sheffield		1
4:09.38	687	H	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
4:09.58	685	H	18/12/16	Northampton Winter Festival	Corby	Derby Excel	3
4:10.03	681	H	22/01/17	Trophee National Hortillions Meet	Amiens, France		1
4:10.35	679	H	27/02/15	International Swim Meet 2015	Berlin		1
4:10.85	675	H	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	Co Derby	3
4:10.89	674	H	03/05/15	Midland Swimming Spring Championships 2015	Corby		1
4:11.74	668	H	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Derby Excel	1
4:11.79	667	H	22/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Co Derby	1
4:12.10	665	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Derby Excel	1
4:12.19	664	H	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Co Derby	1
4:12.21	664	H	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	H	26/01/14	Central Zonal Meet 2014	Corby	Co Derby	1
4:15.20	641	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield		1
4:15.38	639	H	11/01/14	City of Derby Long Course L1 Meet	Sheffield	Co Derby	1
4:16.57	631	H	04/05/14	Midland Swimming - 2014 Youth Championships	Corby	Co Derby	1
4:20.54	602	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Co Derby	1
4:20.79	600	H	04/05/13	Midland Youth Championships	Corby	Co Derby	1
4:20.80	600	H	27/01/13	ASA Central Region Zonal Competition	Corby	Co Derby	1
4:27.69	555	H	02/06/12	Midlands Age Group Championships	Coventry	Co Derby	1
4:28.14	552	H	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	H	04/06/11	BG Midlands Age Group Championships	Coventry	Co Derby	1
4:41.90	475	H	02/04/11	Derventio Excel Open Meet	Sheffield	Co Derby	1
4:43.97	465	H	08/05/11	City of Coventry May Open Meet	Coventry	Co Derby	1
4:55.12	414	H	16/10/10	Lincoln Vulcans Open Meet	Sheffield	Co Derby	1
5:09.18	360	H	04/04/10	Derventio Excel Open 2010	Sheffield	Co Derby	1
5:12.62	348	H	09/05/10	Radford Annual Open Meet	Sheffield	Co Derby	1
5:28.62	300	H	11/04/09	Derventio Excel 3rd Open	Sheffield	Co Derby	1
5:44.46	260	H	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	H	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	H	19/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Derby Excel	1
4:03.28	740	H	16/04/19	British Championships 2019	Glasgow	Derby Excel	1
4:03.89	734	H	07/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Derby Excel	1
4:08.27	696	H	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Derby Excel	1

3:59.96	771		14/02/19	Middle East Open and Junior Championships	Dubai			1
4:11.74	668	H	27/01/19	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	H	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	H	29/06/18	Scottish National Open Championships	Tollcross	Derby	Excel	1
4:03.08	742	H	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	H	15/04/18	Swim England East Midland Championships 2018	Sheffield	Derby	Excel	1
4:02.18	750	H	08/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	Derby	Excel	1
4:01.65	755	H	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Derby	Excel	1
4:04.56	728	H	28/01/18	Burns Meet 2018	Sheffield	Derby	Excel	1
4:04.40	730	H	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	H	05/11/17	Midland Long Course Championships	Nottingham	Derby	Excel	1
4:05.65	719	H	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	H	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	H	28/05/17	ASA EM Region Youth Champs 2017	Sheffield	Derby	Excel	1
4:04.09	732	H	20/05/17	Derventio Excel 1st May Meet	Sheffield	Derby	Excel	1
4:03.06	742	H	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	H	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			1
4:10.03	681	H	22/01/17	Trophee National Hortillions Meet	Amiens, France			1
4:09.58	685	H	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	H	04/08/16	ASA Summer Nationals 2016	Sheffield	Co Derby		1
4:12.19	664	H	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Co Derby		1
4:07.85	700	H	16/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Co Derby		1
4:06.22	714	H	02/08/15	British Summer Championships	Sheffield			1
4:07.83	700	H	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield			1
4:10.89	674	H	03/05/15	Midland Swimming Spring Championships 2015	Corby			1
4:04.61	728	H	14/04/15	British Championships 2015	London			1
4:10.35	679	H	27/02/15	International Swim Meet 2015	Berlin			1
4:08.37	695	H	07/02/15	Derventio Excel February Festival	Sheffield			1
4:12.21	664	H	10/01/15	City of Derby Fourteenth LC Level 1 Open Meet	Sheffield			1
4:05.58	719	H	20/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield			1
4:15.20	641	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield			1
4:09.38	687	H	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield			1
4:16.57	631	H	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	H	26/01/14	Central Zonal Meet 2014	Corby	Co Derby		1
4:15.38	639	H	11/01/14	City of Derby Long Course L1 Meet	Sheffield	Co Derby		1
4:11.79	667	H	22/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Co Derby		1
4:10.85	675	H	17/11/13	Derbyshire ASA Long Course Meet	Sheffield	Co Derby		3
4:20.79	600	H	04/05/13	Midland Youth Championships	Corby	Co Derby		1
4:20.54	602	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Co Derby		1
4:20.80	600	H	27/01/13	ASA Central Region Zonal Competition	Corby	Co Derby		1
4:27.69	555	H	02/06/12	Midlands Age Group Championships	Coventry	Co Derby		1
4:28.14	552	H	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	H	04/06/11	BG Midlands Age Group Championships	Coventry	Co Derby	1
4:43.97	465	H	08/05/11	City of Coventry May Open Meet	Coventry	Co Derby	1
4:41.90	475	H	02/04/11	Derventio Excel Open Meet	Sheffield	Co Derby	1
4:55.12	414	H	16/10/10	Lincoln Vulcans Open Meet	Sheffield	Co Derby	1
5:12.62	348	H	09/05/10	Radford Annual Open Meet	Sheffield	Co Derby	1
5:09.18	360	H	04/04/10	Derventio Excel Open 2010	Sheffield	Co Derby	1
5:28.62	300	H	11/04/09	Derventio Excel 3rd Open	Sheffield	Co Derby	1
5:44.46	260	H	15/06/08	Midland Age Group Champs	Coventry	Co Derby	1