

Individual Best Times (All Time)

Edmund Ashton - (393318) - Loughborough University Swimming - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:40.49	482	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:40.49	482	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3