

Individual Best Times (All Time)

Bill Jones - (481630) - Newcastle (Staffs) ASC - 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 |
|---------|--------|-------|----------|---|------------|-----------------|-------|
| 4:25.22 | 571 | F | 09/08/15 | ASA Summer Nationals 2015 | Sheffield | | 1 |
| 4:28.47 | 550 | H | 09/08/15 | ASA Summer Nationals 2015 | Sheffield | | 1 |
| 4:30.65 | 537 | H | 06/06/15 | Midlands Championships 2015 | Coventry | | 1 |
| 4:35.21 | 511 | H | 29/01/17 | Chester le Street & Derwentside Burns Open Meet | Sheffield | Newcastle St | 1 |
| 4:36.19 | 505 | H | 10/01/15 | City of Derby Fourteenth LC Level 1 Open Meet | Sheffield | | 1 |
| 4:36.85 | 502 | H | 29/03/15 | City of Sheffield Swim Squad Premier Meet | Sheffield | Newcastle St | 1 |
| 4:37.00 | 501 | F | 08/05/16 | Manchester Open Meet 2016 | Manchester | Newcastle St | 1 |
| 4:37.69 | 497 | H | 16/01/16 | City of Derby Fifteenth LC L1 Open Meet | Sheffield | Newcastle St | 1 |
| 4:38.15 | 495 | F | 03/05/15 | Manchester Open Meet 2015 | Manchester | Newcastle St | 1 |
| 4:40.76 | 481 | F | 21/12/14 | CO Manchester Aquatics Manchester Snow'pen | Manchester | Newcastle St | 1 |
| 4:41.48 | 477 | H | 25/03/16 | City of Sheffield Swim Squad Premier Meet | Sheffield | Newcastle St | 1 |
| 4:45.34 | 458 | H | 07/06/14 | Midland Age Group Championships 2014 | Coventry | Newcastle St | 1 |
| 4:45.34 | 458 | H | 07/06/14 | Midland Age Group Championships 2014 | Coventry | Newcastle St | 1 |
| 4:46.04 | 455 | F | 11/05/14 | City of Manchester Aquatics Open Meet | Manchester | Newcastle St | 1 |
| 4:48.82 | 442 | H | 29/03/14 | City of Sheffield SS Premier Open Meet | Sheffield | Newcastle St | 1 |
| 6:19.64 | 194 | H | 16/07/11 | City of Coventry Graham Sykes Open Meet | Coventry | Newcastle St | 3 |

Swims in Date Order

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