

Individual Best Times (All Time)

Regan Lloyd - (486634) - Dartmoor Darts Aquatic - 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
3:56.88	801	F	28/06/19	Scottish National Open Championships	Aberdeen	teamipswich	1
3:57.47	795	F	16/04/19	British Championships 2019	Glasgow	teamipswich	1
3:57.85	792	H	23/07/19	British Summer Championships	Glasgow	teamipswich	1
3:57.90	791	F	23/07/19	British Summer Championships	Glasgow	teamipswich	1
3:57.91	791	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	teamipswich	1
3:58.32	787	H	16/04/19	British Championships 2019	Glasgow	teamipswich	1
4:00.06	770	F	24/07/18	British Summer Championships	Sheffield	teamipswich	1
4:00.44	766	H	24/07/18	British Summer Championships	Sheffield	teamipswich	1
4:00.49	766	H	17/03/19	Edinburgh International	Edinburgh	teamipswich	1
4:00.50	766	F	13/12/17	Swim England Winter Championships 2017	Sheffield	teamipswich	1
4:00.52	766	F	16/07/21	Scottish Summer Festival of Swimming	Edinburgh		1
4:00.86	762	F	14/04/15	British Championships 2015	London		1
4:00.86	762	F	06/05/18	East District Open Championships	Edinburgh	teamipswich	1
4:00.98	761	H	13/12/17	Swim England Winter Championships 2017	Sheffield	teamipswich	1
4:01.11	760	F	30/06/17	Scottish National Open Championships	Aberdeen	teamipswich	1
4:01.62	755	F	26/07/16	British Summer Championships	Sheffield	teamipswich	1
4:01.67	755	H	12/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	teamipswich	1
4:01.81	753	H	14/04/15	British Championships 2015	London		1
4:01.94	752	H	25/07/17	British Summer Championships	Sheffield	teamipswich	1
4:02.52	747	H	15/03/20	Edinburgh International	Edinburgh	teamipswich	1
4:02.58	746	F	27/05/17	East District Long Course Open Meet	Edinburgh	teamipswich	1
4:03.16	741	F	12/03/17	Edinburgh International Meet 2017	Edinburgh	teamipswich	1
4:03.22	740	H	12/04/16	British Championships 2016	Glasgow	teamipswich	1
4:03.36	739	F	09/08/22	Swim England National Summer Meet 2022	Sheffield	UniOfStirl	1
4:03.68	736	C	06/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow		1
4:03.71	736	F	03/07/22	Scottish National Open Championships 2022	Aberdeen		1
4:03.86	734	H	26/07/16	British Summer Championships	Sheffield	teamipswich	1

4:03.00	704	M	20/07/10	British Summer Championships	Sheffield	teamipswich	1
4:03.99	733	F	27/05/18	2018 Glasgow International Swim Meet	Glasgow	teamipswich	1
4:04.44	729	F	29/05/16	City of Cardiff Open Meet	Cardiff	teamipswich	1
4:04.49	729	H	01/05/16	ASA East Region Long Course Championships	Norwich	teamipswich	1
4:04.61	728	H	02/08/15	British Summer Championships	Sheffield		1
4:05.24	722	F	01/07/16	Scottish National Open Championships	Glasgow		1
4:05.55	719	H	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
4:05.84	717	H	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	teamipswich	1
4:06.05	715	H	28/06/19	Scottish National Open Championships	Aberdeen	teamipswich	1
4:06.09	715	H	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	teamipswich	1
4:06.16	714	F	02/08/15	British Summer Championships	Sheffield		1
4:06.19	714	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	teamipswich	1
4:06.71	709	H	30/04/17	ASA East Long Course Championships	Luton	teamipswich	1
4:06.96	707	F	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
4:07.05	706	H	01/07/16	Scottish National Open Championships	Glasgow		1
4:07.09	706	H	02/03/18	Edinburgh International Inc British Championships	Edinburgh	teamipswich	1
4:07.24	705	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
4:07.56	702	H	27/05/17	East District Long Course Open Meet	Edinburgh	teamipswich	1
4:08.05	698	H	30/06/17	Scottish National Open Championships	Aberdeen	teamipswich	1
4:08.38	695	H	27/05/18	2018 Glasgow International Swim Meet	Glasgow	teamipswich	1
4:08.46	694	H	30/07/13	BG ASA National Youth Championships	Sheffield	teamipswich	1
4:08.74	692	H	04/05/13	ASA East Region Youth Championships	Luton	teamipswich	1
4:08.88	691	H	14/04/21	British Swimming Selection Trials 2021	London	UniOfStirl	1
4:09.05	689	H	05/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow		1
4:09.14	689	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	teamipswich	1
4:10.16	680	F	30/04/22	UoA Age Group Open Meet	Aberdeen		1
4:10.30	679	H	03/05/14	ASA East Region Youth Championships	Luton	teamipswich	1
4:10.47	678	H	06/05/18	East District Open Championships	Edinburgh	teamipswich	1
4:10.88	674	F	20/04/14	Welsh Age Group & Youth Championships	WNPS	teamipswich	1
4:10.89	674	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich	teamipswich	1
4:11.14	672	H	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
4:11.33	671	H	04/11/17	East Region Winter Championships	Norwich	teamipswich	1
4:12.08	665	H	03/07/22	Scottish National Open Championships 2022	Aberdeen		1
4:13.66	653	H	07/03/13	British Gas International 2013	Leeds	teamipswich	1
4:14.27	648	H	26/01/14	Central Zonal Meet 2014	Corby	teamipswich	1
4:14.32	647	H	05/05/12	ASA East Region Youth Championships	Basildon	teamipswich	1
4:14.36	647	H	25/05/13	City of Sheffield No Frill Meet	Sheffield	teamipswich	1
4:15.04	642	H	29/06/13	ESSA National Inter-Divisional Meet 2013	Liverpool	teamipswich	1
4:15.13	641	H	29/01/12	ASA Central Zone Meet	Corby	teamipswich	1
4:15.44	639	H	15/09/13	Sainsburys School Games 2013	Sheffield	teamipswich	1
4:15.45	639	F	23/07/11	British Gas ASA NAG Championships 2011	Sheffield	teamipswich	1
4:15.45	639	F	03/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	teamipswich	1
4:16.13	634	H	22/12/12	City of Leeds Xmas Grand Prix 2012	Leeds	teamipswich	1
4:16.36	632	H	23/07/11	British Gas ASA NAG Championships 2011	Sheffield	teamipswich	1
4:16.47	631	H	12/06/11	BG East Region Bagcat Championships	Norwich	teamipswich	1
4:17.83	621	H	26/05/12	City of Sheffield No Frills Gala	Sheffield	teamipswich	1
4:18.56	616	H	08/12/13	ASA East Regionals Winter Championships	Norwich	teamipswich	1
4:35.21	511	H	09/08/22	Swim England National Summer Meet 2022	Sheffield	UniOfStirl	1
4:56.57	408	H	06/06/09	East Region BAGCATS	UEA Norwich	teamipswich	1

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4:03.36	739	F	09/08/22	Swim England National Summer Meet 2022	Sheffield	UniOfStirl	1
4:35.21	511	H	09/08/22	Swim England National Summer Meet 2022	Sheffield	UniOfStirl	1

4:33.21	511	M	03/07/22	Swim England National Summer Meet 2022	Sheffield	UniOfStirl	1
4:03.71	736	F	03/07/22	Scottish National Open Championships 2022	Aberdeen		1
4:12.08	665	H	03/07/22	Scottish National Open Championships 2022	Aberdeen		1
4:10.16	680	F	30/04/22	UoA Age Group Open Meet	Aberdeen		1
4:00.52	766	F	16/07/21	Scottish Summer Festival of Swimming	Edinburgh		1
4:03.68	736	C	06/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow		1
4:09.05	689	H	05/06/21	British Swimming Glasgow Meet 2021 Seniors	Glasgow		1
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4:10.47	678	H	06/05/18	East District Open Championships	Edinburgh	teamipswich	1
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