

Individual Best Times (All Time)

Aaron Blake - (507592) - Sheffield City SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:29.75	297	H	08/01/12	Sheffield & District ASA Championships	Sheffield	Sheffield C	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:29.75	297	H	08/01/12	Sheffield & District ASA Championships	Sheffield	Sheffield C	4