

Individual Best Times (All Time)

Henry Willis - (716558) - Tynemouth SC - 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
4:14.81	644	F	30/04/16	ASANER Regional Championships 2016	Sunderland	Newcastle	1
4:14.85	643	H	28/02/16	Northumberland & Durham County Champs	Sunderland	Newcastle	1
4:15.05	642	H	26/07/16	British Summer Championships	Sheffield	Newcastle	1
4:15.29	640	H	30/04/16	ASANER Regional Championships 2016	Sunderland	Newcastle	1
4:15.48	639	H	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	Newcastle	1
4:18.25	618	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Newcastle	1
4:20.37	603	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Newcastle	1
4:21.69	594	H	09/08/15	ASA Summer Nationals 2015	Sheffield		1
4:21.72	594	F	09/08/15	ASA Summer Nationals 2015	Sheffield		1
4:22.16	591	H	10/04/16	Richmond Dales Open Meet	Leeds	Newcastle	1
4:22.60	588	H	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
4:24.06	578	H	09/05/15	ASA North East Regional Championships	Sunderland		1
4:29.35	545	H	29/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Tynemouth	1
4:30.19	540	H	01/03/15	Northumberland & Durham County Championships	Sunderland		1
4:32.19	528	H	17/01/15	City of Sunderland New Year Meet	Sunderland		1
4:50.03	436	H	22/02/14	Northumberland & Durham SA County Champs	Sunderland	Tynemouth	1
4:54.64	416	H	19/04/14	City of Leeds National Qualifying Meet 2014	Leeds	Tynemouth	1
5:02.52	384	F	19/04/14	City of Leeds National Qualifying Meet 2014	Leeds	Tynemouth	1
5:53.49	241	H	06/01/13	City of Sunderland New Year Meet	Sunderland	Tynemouth	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:18.25	618	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Newcastle	1
4:15.05	642	H	26/07/16	British Summer Championships	Sheffield	Newcastle	1
4:15.48	639	H	14/05/16	City of Sheffield Swim Squad No Frills Meet	Sheffield	Newcastle	1
4:14.81	644	F	30/04/16	ASANER Regional Championships 2016	Sunderland	Newcastle	1

4:15.29	640	H	30/04/16	ASANER Regional Championships 2016	Sunderland	Newcastle	1
4:22.16	591	H	10/04/16	Richmond Dales Open Meet	Leeds	Newcastle	1
4:14.85	643	H	28/02/16	Northumberland & Durham County Champs	Sunderland	Newcastle	1
4:20.37	603	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Newcastle	1
4:21.72	594	F	09/08/15	ASA Summer Nationals 2015	Sheffield		1
4:21.69	594	H	09/08/15	ASA Summer Nationals 2015	Sheffield		1
4:22.60	588	H	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland		1
4:24.06	578	H	09/05/15	ASA North East Regional Championships	Sunderland		1
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5:53.49	241	H	06/01/13	City of Sunderland New Year Meet	Sunderland	Tynemouth	3