

Individual Best Times (All Time)

Rohan Penney - (744647) - Guildford City Swimming Club - 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
4:30.30	539	F	09/02/20	Surrey Age Group Championships 2020	Crystal Palace	Wandsworth	1
4:33.64	520	H	05/11/17	2017 London Swimming Regional Winter Champs	London	Wandsworth	1
4:39.40	488	H	19/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Wandsworth	1
4:40.05	485	F	12/02/17	Surrey Age Group Championships	Guildford	Wandsworth	1
4:43.84	466	F	25/03/17	Aquae Sulis Grand Prix	Bristol		1
4:45.32	458	F	17/04/16	London Schools SA Championships	Crystal Palace		1
4:55.17	414	F	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	Wandsworth	1
4:55.36	413	H	06/12/15	Rushmoor Royals Last Chance County Qualifier	Aldershot		3
5:05.30	374	H	11/04/15	Team Luton April Long Course Meet	Luton	Barnes SC	1
5:10.45	356	H	05/04/15	Beckenham Easter International Open 2015	Crystal Palace	Barnes SC	1
5:21.63	320	H	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	Barnes SC	3
5:24.87	310	H	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	Barnes SC	1
5:26.22	307	F	15/03/15	London Schools Championships 2015	Crystal Palace		1
5:27.13	304	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Barnes SC	1
5:32.09	291	H	13/04/13	Bexley SC Long Course Open Meet	London	Barnes SC	1
5:40.45	270	F	03/03/13	Surrey County Championships	Guildford	Barnes SC	1
5:48.08	252	H	28/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	Barnes SC	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:30.30	539	F	09/02/20	Surrey Age Group Championships 2020	Crystal Palace	Wandsworth	1
4:33.64	520	H	05/11/17	2017 London Swimming Regional Winter Champs	London	Wandsworth	1
4:43.84	466	F	25/03/17	Aquae Sulis Grand Prix	Bristol		1
4:39.40	488	H	19/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Wandsworth	1
4:40.05	485	F	12/02/17	Surrey Age Group Championships	Guildford	Wandsworth	1
4:45.32	458	F	17/04/16	London Schools SA Championships	Crystal Palace		1

4:55.17	414	F	07/02/16	Surrey County ASA Age Group Championships 2016	Guildford	Wandsworth	1
4:55.36	413	H	06/12/15	Rushmoor Royals Last Chance County Qualifier	Aldershot		3
5:05.30	374	H	11/04/15	Team Luton April Long Course Meet	Luton	Barnes SC	1
5:10.45	356	H	05/04/15	Beckenham Easter International Open 2015	Crystal Palace	Barnes SC	1
5:26.22	307	F	15/03/15	London Schools Championships 2015	Crystal Palace		1
5:21.63	320	H	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot	Barnes SC	3
5:27.13	304	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Barnes SC	1
5:24.87	310	H	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	Barnes SC	1
5:32.09	291	H	13/04/13	Bexley SC Long Course Open Meet	London	Barnes SC	1
5:40.45	270	F	03/03/13	Surrey County Championships	Guildford	Barnes SC	1
5:48.08	252	H	28/10/12	Rushmoor Royals SC 10th Autumn Open Meet	Aldershot	Barnes SC	1