

Individual Best Times (All Time)

Elfie Newbury - (754055) - Trowbridge 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 |
|---------|--------|-------|----------|---|------------------|-----------------|-------|
| 4:59.83 | 483 | F | 12/01/14 | UBSC New Year Open Meet | Hengrove | Trowbridge | 1 |
| 5:00.53 | 480 | F | 30/07/13 | Swim Wales Summer Nationals | Swansea | Trowbridge | 1 |
| 5:01.47 | 475 | H | 08/06/13 | ASA South West Region Age Groups 2013 | Millfield | Trowbridge | 1 |
| 5:01.67 | 475 | H | 14/06/14 | ASA South West Region AG Championships | Bristol | Trowbridge | 1 |
| 5:09.45 | 440 | H | 25/01/14 | ASA South Zonal Competition | Millfield School | Trowbridge | 1 |
| 5:18.54 | 403 | H | 16/06/12 | British Gas South West Region AG Champs | Millfield | Trowbridge | 1 |
| 5:22.61 | 388 | F | 10/01/15 | United Bristol New Year Open Meet | Hengrove | Trowbridge | 1 |
| 5:39.73 | 332 | F | 19/11/11 | Bath Grand Prix | Bath | Trowbridge | 1 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|------------------|-----------------|-------|
| 5:22.61 | 388 | F | 10/01/15 | United Bristol New Year Open Meet | Hengrove | Trowbridge | 1 |
| 5:01.67 | 475 | H | 14/06/14 | ASA South West Region AG Championships | Bristol | Trowbridge | 1 |
| 5:09.45 | 440 | H | 25/01/14 | ASA South Zonal Competition | Millfield School | Trowbridge | 1 |
| 4:59.83 | 483 | F | 12/01/14 | UBSC New Year Open Meet | Hengrove | Trowbridge | 1 |
| 5:00.53 | 480 | F | 30/07/13 | Swim Wales Summer Nationals | Swansea | Trowbridge | 1 |
| 5:01.47 | 475 | H | 08/06/13 | ASA South West Region Age Groups 2013 | Millfield | Trowbridge | 1 |
| 5:18.54 | 403 | H | 16/06/12 | British Gas South West Region AG Champs | Millfield | Trowbridge | 1 |
| 5:39.73 | 332 | F | 19/11/11 | Bath Grand Prix | Bath | Trowbridge | 1 |