

Individual Best Times (All Time)

Simon Short - (760751) - Neath 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
4:37.59	498	F	28/07/15	Swim Wales Summer Open Meet	Swansea	Neath	1
4:37.93	496	F	16/05/15	Swim Swansea Open Meet	Swansea	Neath	1
4:38.72	492	F	14/05/16	City of Swansea Long Course Meet 2016	Swansea	Neath	1
4:39.18	489	F	24/10/15	Neath ASC Open Meet 2015	Swansea	Neath	1
4:39.44	488	F	29/05/16	City of Cardiff Open Meet	Cardiff	Neath	1
4:39.70	487	F	16/11/14	Welsh Capital Open Meet	Cardiff	Neath	1
4:40.23	484	F	31/05/15	Cardiff International Open Meet 2015	Cardiff	Neath	1
4:41.44	478	F	04/08/16	Swim Wales Summer Nationals	Swansea	Neath	1
4:42.45	472	F	22/10/16	Neath Level 1 Open Meet	Swansea	Neath	1
4:44.28	463	F	10/01/15	Swim Wales Open New Year Meet	Swansea	Neath	1
4:47.06	450	F	17/05/14	Swim Swansea Long Course Meet 2014	Swansea	Aberavon	1
4:49.13	440	F	21/10/17	Neath ASC Open Meet 2017	Swansea	Neath	1
4:49.66	438	F	07/08/14	Swim Wales Summer Nationals 2014	Swansea	Aberavon	1
4:51.06	432	F	23/03/14	Tiger Bay Open Meet 2014	Cardiff	Aberavon	3
4:52.85	424	F	11/01/14	British Gas Swim Wales New Year Meet	Swansea	Aberavon	1
4:55.90	411	F	29/07/13	Swim Wales Summer Nationals	Swansea	Aberavon	1
5:03.25	382	F	19/05/13	Swim Swansea Annual LC Meet	Swansea	Aberavon	1
5:08.55	362	F	12/01/13	British Gas Swim Wales New Year Meet	Swansea	Aberavon	1
5:08.63	362	F	13/05/12	Swim Swansea Long Course Meet	Swansea	Aberavon	1
5:10.93	354	F	22/07/12	Welsh Summer National 2012	Swansea	Aberavon	1
5:33.57	287	F	22/01/12	British Gas Swim Wales New Year Meet 2012	Swansea	Aberavon	1

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