

Individual Best Times (All Time)

Ciaran Thomas - (760903) - Newcastle SwimTeam - 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
4:03.97	733	H	23/07/19	British Summer Championships	Glasgow	Newcastle	1
4:04.22	731	H	16/04/19	British Championships 2019	Glasgow	Newcastle	1
4:06.02	715	H	01/03/20	ESSA 70th National Inter-Divisional Championships	Sheffield		1
4:07.35	704	H	11/01/20	City of Sunderland New Year Meet 2020	Sunderland	Newcastle	1
4:07.62	701	H	15/03/20	Edinburgh International	Edinburgh	Newcastle	1
4:07.67	701	C	15/03/20	Edinburgh International	Edinburgh	Newcastle	1
4:08.04	698	H	24/07/18	British Summer Championships	Sheffield	Newcastle	1
4:08.11	697	C	17/03/19	Edinburgh International	Edinburgh	Newcastle	1
4:08.19	697	F	24/07/18	British Summer Championships	Sheffield	Newcastle	1
4:08.57	693	H	01/02/20	Northumberland & Durham SA County Championships	Sunderland	Newcastle	1
4:08.75	692	H	17/03/19	Edinburgh International	Edinburgh	Newcastle	1
4:08.84	691	F	04/05/19	Swim England North East Region Championships (50)	Sheffield	Newcastle	1
4:08.99	690	H	24/03/18	ESSA 68th National Inter-Divisional Championships	Crawley		1
4:09.72	684	H	04/05/19	Swim England North East Region Championships (50)	Sheffield	Newcastle	1
4:09.92	682	H	13/12/17	Swim England Winter Championships 2017	Sheffield	Newcastle	1
4:10.04	681	F	25/07/17	British Summer Championships	Sheffield	Newcastle	1
4:11.17	672	H	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	Newcastle	1
4:11.44	670	H	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Newcastle	1
4:12.25	664	H	03/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
4:12.25	664	H	03/02/18	N & D 2018 Championships	Sunderland	Newcastle	1
4:12.55	661	H	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Newcastle	1
4:13.52	654	F	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	Newcastle	1
4:13.90	651	H	27/05/17	ASA North East Region Championships	Sunderland	Newcastle	1
4:14.77	644	H	25/07/17	British Summer Championships	Sheffield	Newcastle	1
4:16.37	632	H	26/05/19	Glasgow International Swim Meet	Tollcross	Newcastle	1
4:16.82	629	H	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	Newcastle	1
4:18.48	617	H	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Newcastle	1

4:18.49	617	H	20/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Newcastle	1
4:19.07	612	F	26/07/16	British Summer Championships	Sheffield	Newcastle	1
4:19.22	611	H	09/04/17	Richmond Dales April Fool Gala	Leeds	Newcastle	1
4:19.29	611	H	26/07/16	British Summer Championships	Sheffield	Newcastle	1
4:19.58	609	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Newcastle	1
4:20.08	605	F	12/03/17	Edinburgh International Meet 2017	Edinburgh	Newcastle	1
4:21.61	595	F	29/05/16	ASANER Regional Championships 2016	Sheffield	Newcastle	1
4:24.72	574	H	10/04/16	Richmond Dales Open Meet	Leeds	Newcastle	1
4:27.02	559	H	29/05/16	ASANER Regional Championships 2016	Sheffield	Newcastle	1
4:27.19	558	H	28/02/16	Northumberland & Durham County Champs	Sunderland	Newcastle	1
4:27.56	556	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Newcastle	1
4:45.25	459	F	14/06/15	ASA North East Regional Age Group Championships	Sheffield		1
4:49.95	437	H	14/06/15	ASA North East Regional Age Group Championships	Sheffield		1
4:51.64	429	H	01/03/15	Northumberland & Durham County Championships	Sunderland		1
4:54.17	418	H	29/03/15	City of Sheffield Swim Squad Premier Meet	Sheffield	Tynemouth	1
4:59.51	396	H	17/01/15	City of Sunderland New Year Meet	Sunderland		1
5:21.70	320	H	17/05/14	City of Sunderland May Open 2014	Sunderland	Tynemouth	1
5:24.80	311	H	22/02/14	Northumberland & Durham SA County Champs	Sunderland	Tynemouth	1
5:40.20	270	H	19/04/14	City of Leeds National Qualifying Meet 2014	Leeds	Tynemouth	1

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