

# Individual Best Times (All Time)

John Wright - (809181) - Harrogate District SC - 400 Individual Medley - 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
4:51.53	575	F	02/05/15	Manchester Open Meet 2015	Manchester	Harrogate	1
4:51.54	575	H	19/12/15	City of Leeds Christmas Meet 2015	Leeds	Harrogate	3
4:51.93	573	H	28/07/15	British Summer Championships	Sheffield		1
4:51.96	573	H	30/05/15	Sports Aid Long Course Licensed Meet	Leeds		1
4:52.45	570	H	30/04/16	ASANER Regional Championships 2016	Sunderland	Harrogate	1
4:52.51	569	H	01/08/16	ASA Summer Nationals 2016	Sheffield	Harrogate	1
4:53.42	564	H	21/02/15	Yorkshire County Championships	Leeds		1
4:54.34	559	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Harrogate	1
4:54.88	556	H	19/03/16	City of Sunderland National Qualifier	Sunderland	Harrogate	1
4:57.09	543	F	13/02/16	Yorkshire County Championships	Leeds	Harrogate	1
4:57.47	541	H	13/02/16	Yorkshire County Championships	Leeds	Harrogate	1
4:59.68	529	H	10/04/16	Richmond Dales Open Meet	Leeds	Harrogate	1
5:19.76	436	H	03/11/13	City of Sunderland Firecracker 2013	Sunderland	Harrogate	3
5:29.96	396	H	11/05/13	Sports Aid Long Course Meet	Leeds	Harrogate	1
5:38.00	369	H	13/05/12	Sports Aid Open Meet	Leeds	Harrogate	1
5:40.04	362	H	03/06/12	North East Region BAGCAT Championships	Sheffield	Harrogate	1
5:45.40	346	H	25/02/12	Yorkshire County Championships	Leeds	Harrogate	1
6:24.53	250	H	26/02/11	Yorkshire County Championships	Leeds	Harrogate	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:52.51	569	H	01/08/16	ASA Summer Nationals 2016	Sheffield	Harrogate	1
4:52.45	570	H	30/04/16	ASANER Regional Championships 2016	Sunderland	Harrogate	1
4:59.68	529	H	10/04/16	Richmond Dales Open Meet	Leeds	Harrogate	1
4:54.88	556	H	19/03/16	City of Sunderland National Qualifier	Sunderland	Harrogate	1
4:57.09	543	F	13/02/16	Yorkshire County Championships	Leeds	Harrogate	1

4:57.47	541	H	13/02/16	Yorkshire County Championships	Leeds	Harrogate	1
4:54.34	559	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Harrogate	1
4:51.54	575	H	19/12/15	City of Leeds Christmas Meet 2015	Leeds	Harrogate	3
4:51.93	573	H	28/07/15	British Summer Championships	Sheffield		1
4:51.96	573	H	30/05/15	Sports Aid Long Course Licensed Meet	Leeds		1
4:51.53	575	F	02/05/15	Manchester Open Meet 2015	Manchester	Harrogate	1
4:53.42	564	H	21/02/15	Yorkshire County Championships	Leeds		1
5:19.76	436	H	03/11/13	City of Sunderland Firecracker 2013	Sunderland	Harrogate	3
5:29.96	396	H	11/05/13	Sports Aid Long Course Meet	Leeds	Harrogate	1
5:40.04	362	H	03/06/12	North East Region BAGCAT Championships	Sheffield	Harrogate	1
5:38.00	369	H	13/05/12	Sports Aid Open Meet	Leeds	Harrogate	1
5:45.40	346	H	25/02/12	Yorkshire County Championships	Leeds	Harrogate	1
6:24.53	250	H	26/02/11	Yorkshire County Championships	Leeds	Harrogate	1