

# Individual Best Times (All Time)

Thomas Menlove - (826722) - Winchester City Penguins - 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
4:09.46	686	F	04/08/19	Swim England National Summer Meet	Sheffield	Winchester	1
4:11.42	670	H	04/08/19	Swim England National Summer Meet	Sheffield	Winchester	1
4:12.37	663	F	13/02/20	Middle East Open and Junior Championships	Dubai	Winchester	1
4:14.11	649	F	15/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Winchester	1
4:14.21	648	H	20/04/19	Team Luton April Open Meet	Luton	Winchester	1
4:14.81	644	F	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Winchester	1
4:14.82	644	F	23/06/19	2019 Long Course Summer Open	London	Winchester	1
4:15.04	642	H	06/05/19	Swim England 15 Over Swimming Championships 2019	Wycombe	Winchester	1
4:15.54	638	H	08/02/20	Hampshire County Championships 2020	Portsmouth	Winchester	1
4:15.74	637	F	07/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	Winchester	1
4:15.97	635	H	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Winchester	1
4:16.00	635	F	24/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	Winchester	1
4:16.18	633	F	13/02/20	Middle East Open and Junior Championships	Dubai	Winchester	1
4:16.93	628	H	04/08/18	Swim England National Summer Meet	Sheffield	Winchester	1
4:17.04	627	H	07/05/18	Swim England South East Championships 2018	Wycombe	Winchester	1
4:17.10	627	H	05/04/22	British Championships 2022	Sheffield	Bath Univ	1
4:17.24	626	F	13/03/22	2022 Wycombe Long Course Premier Meet	High Wycombe		1
4:17.99	620	F	08/04/18	City of Bristol International Open Meet	Hengrove Park		1
4:18.29	618	F	25/03/17	Aquae Sulis Grand Prix	Bristol		1
4:19.26	611	F	17/12/21	Swim Wales Winters 2021	Swansea		1
4:19.49	609	F	14/07/18	Portsmouth Northsea End of Season Meet 2018	Mountbatten SC	Winchester	3
4:20.56	602	H	03/02/18	Hampshire County Championships 2018	Mountbatten LC	Winchester	1
4:20.60	602	F	28/05/17	PNSC May Madness Meet	Portsmouth	Winchester	1
4:20.91	600	F	30/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	Winchester	1
4:21.22	597	F	18/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove		1
4:22.65	588	H	27/05/18	London Swimming 2018 Long Course Summer Open	London	Winchester	1
4:23.65	588	F	20/01/20	Somerset ASA County Championships 2020	Millfield		1

4:22.65	500	F	29/01/22	Somerset ASA County Championships 2022	Millfield		
4:22.88	586	H	11/02/17	Hampshire County Swimming Championships 2017	Portsmouth	Winchester	1
4:23.48	582	H	01/05/17	ASA South East Region Championships 2017	Wycombe	Winchester	1
4:24.09	578	H	04/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	Winchester	1
4:27.85	554	H	02/05/16	ASA South East Region Swimming Championships	Portsmouth	Winchester	1
4:29.19	546	F	29/05/16	City of Cardiff Open Meet	Cardiff	Winchester	1
4:29.81	542	F	10/04/16	City of Bristol International Open Meet	Bristol	Winchester	1
4:30.87	536	F	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth		1
4:32.03	529	H	06/02/16	Hampshire County Swimming Championships 2016	Portsmouth	Winchester	1
4:34.41	515	H	19/12/15	Northampton 2015 Long Course Winter Festival	Corby	Winchester	1
4:42.41	473	F	18/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	Winchester	3
4:48.32	444	F	12/04/15	City of Bristol Level 1 April Meet	Bristol	Winchester	1
4:50.61	434	F	25/04/15	Millfield & Taunton Super Series (LC)	Millfield	Winchester	1
4:51.81	428	H	28/02/15	Hampshire County ASA Championships	Portsmouth	Winchester	1
5:05.82	372		01/03/14	Hampshire County Championships	Portsmouth	Winchester	1
5:06.30	370	F	18/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	Winchester	1
5:25.62	308	H	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	Winchester	3
5:27.37	303		02/03/13	Hampshire County Championships	Portsmouth	Winchester	1

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