Individual Best Times (All Time)

Matt Burton - (827791) - Swansea University SC - 400 Freestyle - Long Course Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

4:19.57 609	Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Leve
4:20.73 601 H 01/05/17 ASA South East Region Championships 2017 Wycombe Maxwell 4:20.97 599 F 28/05/17 2017 London Swimming May Open Meet London Maxwell 4:21.35 597 H 05/08/17 Swim England National Summer Meet (50m) Sheffield Maxwell 4:22.38 590 F 24/03/19 Wycombe Swimming's 4th LC Premier Meet Wycombe Wycombe Dist 4:25.90 566 F 12/03/17 Wycombe Long Course Premier Open Meet Wycombe Maxwell 4:27.52 566 F 14/05/16 MCASA Long Course Open Meet Guildford Ealing 4:30.17 540 F 20/04/19 Portsmouth Northsea Easter Meet Mountbatten SC Wycombe Dist 4:31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4:31.75 531 H 10/04/16 London Region Summer Championships London Ealing 4:33.43 521 H 04/05/15 Beckenham	4:19.57	609	Н	29/06/18	Scottish National Open Championships	Tollcross	Wycombe Dist	1
420.97 599 F 28/05/17 2017 London Swimming May Open Meet London Maxwell 4:21.36 597 H 05/08/17 Swim England National Summer Meet (50m) Sheffield Maxwell 4:22.38 590 F 24/03/19 Wycombe Swimming's 4th LC Premier Meet Wycombe Wycombe Dist 4:25.90 566 F 12/03/17 Wycombe Long Course Premier Open Meet Wycombe Maxwell 4:27.52 566 F 19/04/17 City of Bristol International Open Meet Bristol Maxwell 4:30.17 540 F 20/04/19 Portsmouth Northsea Easter Meet Mountbatten SC Wycombe Dist 4:31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4:31.75 531 H 10/04/16 London Region Summer Championships Crystal Palace 4:33.43 521 H 04/05/15 Beckenham Easter International Open 2015 Crystal Palace 4:33.43 521 H 05/04/15 Beckenham Easter International Op	4:20.67	601	Н	27/05/18	London Swimming 2018 Long Course Summer Open	London	Wycombe Dist	1
4.21.35 597 H 05/08/17 Swim England National Summer Meet (50m) Sheffield Maxwell 4.22.38 590 F 24/03/19 Wycombe Swimming's 4th LC Premier Meet Wycombe Wycombe Dist 4.25.90 566 F 12/03/17 Wycombe Long Course Premier Open Meet Wycombe Maxwell 4.25.94 566 F 09/04/17 City of Bristol International Open Meet Bristol Maxwell 4.27.52 556 F 14/05/16 MCASA Long Course Open Meet Guildford Ealing 4.30.17 540 F 20/04/19 Portsmouth Northsea Easter Meet Mountbatten SC Wycombe Dist 4.30.92 535 F 28/05/16 Plymouth Leander Level 1 National Qualifier 2016 Plymouth Luton Ealing 4.31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4.33.43 521 H 04/05/15 London Region Summer Championships Crystal Palace 4.35.32 510 H 05/04/15	4:20.73	601	Н	01/05/17	ASA South East Region Championships 2017	Wycombe	Maxwell	1
4.22.38 590 F 24/03/19 Wycombe Swimming's 4th LC Premier Meet Wycombe Wycombe Dist 4.25.90 566 F 12/03/17 Wycombe Long Course Premier Open Meet Wycombe Maxwell 4.25.94 566 F 09/04/17 City of Bristol International Open Meet Bristol Maxwell 4.27.52 556 F 14/05/16 MCASA Long Course Open Meet Guildford Ealing 4.30.17 540 F 20/04/19 Portsmouth Northsea Easter Meet Mountbatten SC Wycombe Dist 4.30.92 535 F 28/05/16 Plymouth Leander Level 1 National Qualifier 2016 Plymouth Ealing 4.31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4.33.43 521 H 04/05/15 London Region Summer Championships Crystal Palace 4.35.32 510 H 05/04/15 Beckenham Easter International Open 2015 Crystal Palace 4.36.83 492 H 09/08/15 ASA Summer Nationals 2015	4:20.97	599	F	28/05/17	2017 London Swimming May Open Meet	London	Maxwell	1
4.25.90 566 F 12/03/17 Wycombe Long Course Premier Open Meet Wycombe Maxwell 4.25.94 566 F 09/04/17 City of Bristol International Open Meet Bristol Maxwell 4.27.52 556 F 14/05/16 MCASA Long Course Open Meet Guildford Ealing 4.30.17 540 F 20/04/19 Portsmouth Northsea Easter Meet Mountbatten SC Wycombe Dist 4.30.92 535 F 28/05/16 Plymouth Leander Level 1 National Qualifier 2016 Plymouth 4.31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4.31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4.31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4.33.43 521 H 10/04/16 London Region Summer Championships Crystal Palace 4.35.32 510 H 05/04/15 Beckenham Easter International Open 2015 Crystal Palac	4:21.35	597	Н	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Maxwell	1
425.94 566 F 09/04/17 City of Bristol International Open Meet Bristol Maxwell 427.52 556 F 14/05/16 MCASA Long Course Open Meet Guildford Ealing 430.17 540 F 20/04/19 Portsmouth Northsea Easter Meet Mountbatten SC Wycombe Dist 430.92 535 F 28/05/16 Plymouth Leander Level 1 National Qualifier 2016 Plymouth 4:31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4:31.75 531 H 10/04/16 London Region Summer Championships London Ealing 4:33.43 521 H 04/05/15 London Region Summer Championships Crystal Palace 4:38.58 492 H 09/08/15 Beckenham Easter International Open 2015 Crystal Palace 4:49.38 439 H 15/06/14 ASA Summer Nationals 2015 Crawley Windsor 4:49.38 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot Wind	4:22.38	590	F	24/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	Wycombe Dist	1
4:27.52 556 F 14/05/16 MCASA Long Course Open Meet Guildford Ealing 4:30.17 540 F 20/04/19 Portsmouth Northsea Easter Meet Mountbatten SC Wycombe Dist 4:30.92 535 F 28/05/16 Plymouth Leander Level 1 National Qualifier 2016 Plymouth 4:31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4:31.75 531 H 10/04/16 London Region Summer Championships London Ealing 4:33.43 521 H 04/05/15 London Region Summer Championships Crystal Palace 4:35.32 510 H 05/04/15 Beckenham Easter International Open 2015 Crystal Palace 4:38.58 492 H 09/08/15 ASA Summer Nationals 2015 Sheffield 4:42.43 473 H 15/06/14 ASA South East Region Age Group Championships Crawley Windsor 4:49.83 437 H 17/05/14 Bracknell & Wokingham SC L1 Distance Meet Aldershot Windsor<	4:25.90	566	F	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Maxwell	1
4:30.17 540 F 20/04/19 Portsmouth Northsea Easter Meet Mountbatten SC Wycombe Dist 4:30.92 535 F 28/05/16 Plymouth Leander Level 1 National Qualifier 2016 Plymouth 4:31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4:31.75 531 H 10/04/16 London Region Summer Championships London Ealing 4:33.43 521 H 04/05/15 London Region Summer Championships Crystal Palace 4:35.32 510 H 05/04/15 Beckenham Easter International Open 2015 Crystal Palace 4:38.58 492 H 09/08/15 ASA Summer Nationals 2015 Sheffield 4:42.43 473 H 15/06/14 ASA South East Region Age Group Championships Crawley Windsor 4:49.83 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor <td>4:25.94</td> <td>566</td> <td>F</td> <td>09/04/17</td> <td>City of Bristol International Open Meet</td> <td>Bristol</td> <td>Maxwell</td> <td>1</td>	4:25.94	566	F	09/04/17	City of Bristol International Open Meet	Bristol	Maxwell	1
4:30.92 535 F 28/05/16 Plymouth Leander Level 1 National Qualifier 2016 Plymouth 4:31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4:31.75 531 H 10/04/16 London Region Summer Championships London Ealing 4:33.43 521 H 04/05/15 London Region Summer Championships Crystal Palace 4:35.32 510 H 05/04/15 Beckenham Easter International Open 2015 Crystal Palace 4:38.58 492 H 09/08/15 ASA Summer Nationals 2015 Sheffield 4:42.43 473 H 15/06/14 ASA South East Region Age Group Championships Crawley Windsor 4:49.83 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet London Windsor <td>4:27.52</td> <td>556</td> <td>F</td> <td>14/05/16</td> <td>MCASA Long Course Open Meet</td> <td>Guildford</td> <td>Ealing</td> <td>1</td>	4:27.52	556	F	14/05/16	MCASA Long Course Open Meet	Guildford	Ealing	1
4:31.58 532 F 16/05/15 MCASA Long Course Open Meet Luton Ealing 4:31.75 531 H 10/04/16 London Region Summer Championships London Ealing 4:33.43 521 H 04/05/15 London Region Summer Championships Crystal Palace 4:35.32 510 H 05/04/15 Beckenham Easter International Open 2015 Crystal Palace 4:38.58 492 H 09/08/15 ASA Summer Nationals 2015 Sheffield 4:42.43 473 H 15/06/14 ASA South East Region Age Group Championships Crawley Windsor 4:49.38 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot 4:49.83 437 H 17/05/14 Bracknell & Wokingham SC L1 Distance Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet Cardiff Windsor 4:59.14 398	4:30.17	540	F	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	Wycombe Dist	1
4:31.75 531 H 10/04/16 London Region Summer Championships London Ealing 4:33.43 521 H 04/05/15 London Region Summer Championships Crystal Palace 4:35.32 510 H 05/04/15 Beckenham Easter International Open 2015 Crystal Palace 4:38.58 492 H 09/08/15 ASA Summer Nationals 2015 Sheffield 4:42.43 473 H 15/06/14 ASA South East Region Age Group Championships Crawley Windsor 4:49.83 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet London Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Winds	4:30.92	535	F	28/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth		1
4:33.43 521 H 04/05/15 London Region Summer Championships Crystal Palace 4:35.32 510 H 05/04/15 Beckenham Easter International Open 2015 Crystal Palace 4:38.58 492 H 09/08/15 ASA Summer Nationals 2015 Sheffield 4:42.43 473 H 15/06/14 ASA South East Region Age Group Championships Crawley Windsor 4:49.33 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot Windsor 4:49.83 437 H 17/05/14 Bracknell & Wokingham SC L1 Distance Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet London Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:10.51 347 F 18/11/1	4:31.58	532	F	16/05/15	MCASA Long Course Open Meet	Luton	Ealing	1
4:35.32 510 H 05/04/15 Beckenham Easter International Open 2015 Crystal Palace 4:38.58 492 H 09/08/15 ASA Summer Nationals 2015 Sheffield 4:42.43 473 H 15/06/14 ASA South East Region Age Group Championships Crawley Windsor 4:49.38 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot 4:49.83 437 H 17/05/14 Bracknell & Wokingham SC L1 Distance Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet Cardiff Windsor 4:54.48 417 H 11/05/14 Beckenham International Open Meet London Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:31.75	531	Н	10/04/16	London Region Summer Championships	London	Ealing	1
4:38.58 492 H 09/08/15 ASA Summer Nationals 2015 Sheffield 4:42.43 473 H 15/06/14 ASA South East Region Age Group Championships Crawley Windsor 4:49.38 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot Windsor 4:49.83 437 H 17/05/14 Bracknell & Wokingham SC L1 Distance Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet Cardiff Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:10.94 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:33.43	521	Н	04/05/15	London Region Summer Championships	Crystal Palace		1
4:42.43 473 H 15/06/14 ASA South East Region Age Group Championships Crawley Windsor 4:49.38 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot 4:49.83 437 H 17/05/14 Bracknell & Wokingham SC L1 Distance Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet Cardiff Windsor 4:54.48 417 H 11/05/14 Beckenham International Open Meet London Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:10.94 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:35.32	510	Н	05/04/15	Beckenham Easter International Open 2015	Crystal Palace		1
4:49.38 439 H 26/10/14 Rushmoor Royals 11th Autumn Meet Aldershot 4:49.83 437 H 17/05/14 Bracknell & Wokingham SC L1 Distance Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet Cardiff Windsor 4:54.48 417 H 11/05/14 Beckenham International Open Meet London Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:38.58	492	Н	09/08/15	ASA Summer Nationals 2015	Sheffield		1
4:49.83 437 H 17/05/14 Bracknell & Wokingham SC L1 Distance Meet Aldershot Windsor 4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet Cardiff Windsor 4:54.48 417 H 11/05/14 Beckenham International Open Meet London Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:42.43	473	Н	15/06/14	ASA South East Region Age Group Championships	Crawley	Windsor	1
4:52.09 427 F 30/11/13 Portsmouth Northsea Cracker Meet Portsmouth Windsor 4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet Cardiff Windsor 4:54.48 417 H 11/05/14 Beckenham International Open Meet London Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:49.38	439	Н	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot		1
4:52.39 426 F 17/11/13 City of Cardiff Capital Open Meet Cardiff Windsor 4:54.48 417 H 11/05/14 Beckenham International Open Meet London Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:49.83	437	Н	17/05/14	Bracknell & Wokingham SC L1 Distance Meet	Aldershot	Windsor	1
4:54.48 417 H 11/05/14 Beckenham International Open Meet London Windsor 4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:52.09	427	F	30/11/13	Portsmouth Northsea Cracker Meet	Portsmouth	Windsor	1
4:59.14 398 09/06/13 ASA South East Region Age Group Championships 2013 Crawley Windsor 4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:52.39	426	F	17/11/13	City of Cardiff Capital Open Meet	Cardiff	Windsor	1
4:59.44 396 H 30/06/13 Rushmoor Royals Summer Festival Aldershot Windsor 5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:54.48	417	Н	11/05/14	Beckenham International Open Meet	London	Windsor	1
5:00.40 393 F 13/07/13 Portsmouth Northsea End of Season Meet Portsmouth Windsor 5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:59.14	398		09/06/13	ASA South East Region Age Group Championships 2013	Crawley	Windsor	1
5:12.98 347 F 18/11/12 Welsh Capital Open Meet 2012 Cardiff Windsor	4:59.44	396	Н	30/06/13	Rushmoor Royals Summer Festival	Aldershot	Windsor	3
E-10-E1 200 E 14/07/10 Partamenth Northean End of Conson Mont Partamenth Window	5:00.40	393	F	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
	5:12.98	347	F	18/11/12	Welsh Capital Open Meet 2012	Cardiff	Windsor	1
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5:20.62	323	Н	13/05/12	Beckenham International Open Meet	London	Windsor	1
5:35.44	282	F	11/02/12	Wycombe District Open Meet 2012	Wycombe	Windsor	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:30.17	540	F	20/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	Wycombe Dist	1
4:22.38	590	F	24/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	Wycombe Dist	1
4:19.57	609	Н	29/06/18	Scottish National Open Championships	Tollcross	Wycombe Dist	1
4:20.67	601	Н	27/05/18	London Swimming 2018 Long Course Summer Open	London	Wycombe Dist	1
4:21.35	597	Н	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Maxwell	1
4:20.97	599	F	28/05/17	2017 London Swimming May Open Meet	London	Maxwell	1
4:20.73	601	Н	01/05/17	ASA South East Region Championships 2017	Wycombe	Maxwell	1
4:25.94	566	F	09/04/17	City of Bristol International Open Meet	Bristol	Maxwell	1
4:25.90	566	F	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Maxwell	1
4:30.92	535	F	28/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth		1
4:27.52	556	F	14/05/16	MCASA Long Course Open Meet	Guildford	Ealing	1
4:31.75	531	Н	10/04/16	London Region Summer Championships	London	Ealing	1
4:38.58	492	Н	09/08/15	ASA Summer Nationals 2015	Sheffield		1
4:31.58	532	F	16/05/15	MCASA Long Course Open Meet	Luton	Ealing	1
4:33.43	521	Н	04/05/15	London Region Summer Championships	Crystal Palace		1
4:35.32	510	Н	05/04/15	Beckenham Easter International Open 2015	Crystal Palace		1
4:49.38	439	Н	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot		1
4:42.43	473	Н	15/06/14	ASA South East Region Age Group Championships	Crawley	Windsor	1
4:49.83	437	Н	17/05/14	Bracknell & Wokingham SC L1 Distance Meet	Aldershot	Windsor	1
4:54.48	417	Н	11/05/14	Beckenham International Open Meet	London	Windsor	1
4:52.09	427	F	30/11/13	Portsmouth Northsea Cracker Meet	Portsmouth	Windsor	1
4:52.39	426	F	17/11/13	City of Cardiff Capital Open Meet	Cardiff	Windsor	1
5:00.40	393	F	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
4:59.44	396	Н	30/06/13	Rushmoor Royals Summer Festival	Aldershot	Windsor	3
4:59.14	398		09/06/13	ASA South East Region Age Group Championships 2013	Crawley	Windsor	1
5:12.98	347	F	18/11/12	Welsh Capital Open Meet 2012	Cardiff	Windsor	1
5:19.51	326	F	14/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
5:20.62	323	Н	13/05/12	Beckenham International Open Meet	London	Windsor	1
5:35.44	282	F	11/02/12	Wycombe District Open Meet 2012	Wycombe	Windsor	1

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