## **Individual Best Times (All Time)**

Callum Wollaston - (831620) - City of St Albans SC - 400 Freestyle - Long Course Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

4:16.25 4:18.00 4:19.19 4:20.86 4:25.51	633 620 612 600 569	H H F F	06/05/18 31/07/21 05/08/18 16/02/19	East Swimming Long Course Championships 2018 British Swimming Festival of Swimming East Region Swim Wales Summer Nationals Swansea Aquatics Spring Long Course 2019	Norwich UEA Norwich Swansea WNPS	Bor of Brox Co St Albans Bor of Brox Cheshunt	1 1 1
4:19.19 4:20.86	612 600 569	F F	05/08/18 16/02/19	Swim Wales Summer Nationals	Swansea	Bor of Brox	1
4:20.86	600 569	F	16/02/19				1
	569			Swansea Aquatics Spring Long Course 2019	WNPS	Cheshunt	
4:25.51		Н	04/44/47			Officarium	1
	561		04/11/17	East Region Winter Championships	Norwich	Bor of Brox	1
4:26.81		F	03/08/17	Swim Wales Summer Nationals	Swansea	Cheshunt	1
4:29.37	545	Н	30/04/17	ASA East Long Course Championships	Luton	Cheshunt	1
4:38.48	493	F	04/08/16	Swim Wales Summer Nationals	Swansea	Cheshunt	1
4:40.33	483	Н	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Cheshunt	1
4:43.83	466	Н	24/05/15	ASA East Region Summer Championships	Norwich		1
4:46.36	453	F	27/07/15	Swim Wales Summer Open Meet	Swansea	Cheshunt	1
4:55.39	413	Н	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Cheshunt	1
5:04.22	378	Н	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Cheshunt	1
5:06.28	370	Н	16/11/13	Team Luton Autumn LC Open Meet	Luton	Cheshunt	1
5:11.07	354	Н	09/06/13	BGASA East Region Age Group Champs	Norwich	Cheshunt	1
5:36.80	278	Н	17/11/12	Team Luton Inaugural Long Course Meet	Luton	Cheshunt	1
5:39.52	272	Н	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Cheshunt	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:18.00	620	Н	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	Co St Albans	1
4:20.86	600	F	16/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	Cheshunt	1
4:19.19	612	F	05/08/18	Swim Wales Summer Nationals	Swansea	Bor of Brox	1
4:16.25	633	Н	06/05/18	East Swimming Long Course Championships 2018	Norwich	Bor of Brox	1
4:25.51	569	Н	04/11/17	East Region Winter Championships	Norwich	Bor of Brox	1
4:26.81 Copyright 2024	561 <b>4</b>	F	03/08/17	Swim Wales Summer Nationals	Swansea	Cheshunt Powered By SPORT	1 SYSTEMS

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4:29.37	545	Н	30/04/17	ASA East Long Course Championships	Luton	Cheshunt	1
4:38.48	493	F	04/08/16	Swim Wales Summer Nationals	Swansea	Cheshunt	1
4:40.33	483	Н	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Cheshunt	1
4:46.36	453	F	27/07/15	Swim Wales Summer Open Meet	Swansea	Cheshunt	1
4:43.83	466	Н	24/05/15	ASA East Region Summer Championships	Norwich		1
4:55.39	413	Н	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Cheshunt	1
5:04.22	378	Н	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Cheshunt	1
5:06.28	370	Н	16/11/13	Team Luton Autumn LC Open Meet	Luton	Cheshunt	1
5:11.07	354	Н	09/06/13	BGASA East Region Age Group Champs	Norwich	Cheshunt	1
5:36.80	278	Н	17/11/12	Team Luton Inaugural Long Course Meet	Luton	Cheshunt	1
5:39.52	272	Н	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Cheshunt	1

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