

Individual Best Times (All Time)

Ben Ford - (855940) - Havant & Waterlooville SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:31.40	292		01/03/14	Hampshire County Championships	Portsmouth	Havant & Wat	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:31.40	292		01/03/14	Hampshire County Championships	Portsmouth	Havant & Wat	1