

Individual Best Times (All Time)

Ben Gilchrist - (856706) - Richmond Dales ASC - 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
4:48.42	594	H	06/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Durham City	1
4:50.02	584	F	30/04/22	SE North East Region Open/Youth Championships 2022	Sheffield	RichmondDale	1
4:50.65	580	H	04/05/19	Swim England North East Region Championships (50)	Sheffield	Durham City	1
4:50.91	579	F	05/05/18	North East Region Championships	Sheffield	Durham City	1
4:51.08	578	H	14/04/24	City of Leeds National Qualifier 2024	Leeds	RichmondDale	1
4:51.37	576	F	04/05/19	Swim England North East Region Championships (50)	Sheffield	Durham City	1
4:51.38	576	H	31/07/19	Swim England National Summer Meet	Sheffield	Durham City	1
4:51.80	573	H	05/05/18	North East Region Championships	Sheffield	Durham City	1
4:51.98	572	H	26/05/18	DX 2nd Long Course Open Meet	Sheffield	Durham City	1
4:52.83	567	F	09/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth		1
4:53.16	566	H	31/07/18	Swim England National Summer Meet	Sheffield	Durham City	1
4:53.38	564	H	02/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	RichmondDale	1
4:53.39	564	H	24/03/18	City of Sunderland National Qualifier	Sunderland	Durham City	1
4:53.49	564	F	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	RichmondDale	1
4:53.51	563	H	25/05/19	Glasgow International Swim Meet	Tollcross	Durham City	1
4:53.64	563	F	05/08/22	Swim England National Summer Meet 2022	Sheffield	RichmondDale	1
4:54.51	558	H	14/03/20	Liverpool Spring Open Meet 2020	Liverpool	RichmondDale	1
4:55.21	554	H	15/04/18	City of Leeds National Qualifier 2018	Leeds	Durham City	1
4:55.32	553	H	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	RichmondDale	1
4:55.37	553	H	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Durham City	1
4:55.41	553	F	14/04/24	City of Leeds National Qualifier 2024	Leeds	RichmondDale	1
4:55.52	552	F	21/05/23	Cardiff International Open Meet 2023	Cardiff		1
4:55.63	551	H	30/04/22	SE North East Region Open/Youth Championships 2022	Sheffield	RichmondDale	1
4:55.90	550	H	25/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	RichmondDale	1
4:56.10	549	H	25/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	RichmondDale	1
4:56.20	548	C	25/05/19	Glasgow International Swim Meet	Tollcross	Durham City	1
4:56.40	547	H	05/08/22	Swim England National Summer Meet 2022	Sheffield	RichmondDale	1

4:36.42	347	H	03/09/22	Swim England National Summer Meet 2022	Sheffield	RichmondDale	1
4:56.66	546	H	18/02/24	Northumberland & Durham SA County Championships 24	Sunderland	RichmondDale	1
4:56.87	545	H	05/02/23	Northumberland & Durham County Championships 2023	Sunderland	RichmondDale	1
4:56.87	545	H	05/02/23	Northumberland & Durham County Championships 2023	Sunderland	RichmondDale	1
4:57.09	543	H	02/08/23	Swim England National Summer Meet 2023	Sheffield	RichmondDale	1
4:57.62	540	H	15/02/20	Speedo and BUCS Long Course Swimming Champs 2020	Sheffield		1
4:58.19	537	H	25/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	RichmondDale	1
4:58.32	537	H	10/06/23	Co Sheffield SS Team Steel Meet 2023	Sheffield	RichmondDale	1
4:58.33	537	H	17/12/22	Northampton SC Winter Festival 2022	Corby	RichmondDale	1
4:58.69	535	H	11/02/18	N & D 2018 Championships	Sunderland	Durham City	1
4:58.85	534	H	29/04/23	SE NE Region Open/Youth Championships (50m) 2023	Sheffield	RichmondDale	1
4:58.95	533	F	15/04/18	City of Leeds National Qualifier 2018	Leeds	Durham City	1
4:59.19	532	H	04/11/17	ASA North East Region Senior Junior Champs	Sheffield	Durham City	1
5:00.63	524	H	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	RichmondDale	1
5:01.07	522	H	13/02/22	Northumberland & Durham SA County Championships 22	Sunderland	RichmondDale	1
5:02.17	516	H	22/06/24	City of Sheffield Team Steel Meet 2024	Sheffield	RichmondDale	1
5:02.24	516	H	22/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	RichmondDale	1
5:04.50	505	H	17/12/23	Northampton SC Winter Festival 2023	Corby	RichmondDale	1
5:06.96	493	H	27/05/17	ASA North East Region Championships	Sunderland	Wear Valley	1
5:07.46	490	H	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Wear Valley	1
5:07.46	490	H	05/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Wear Valley	1
5:09.34	481	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Wear Valley	1
5:11.65	471	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Wear Valley	1
5:13.39	463	H	30/04/16	ASANER Regional Championships 2016	Sunderland	Wear Valley	1
5:17.09	447	H	07/02/16	Northumberland & Durham County Champs	Sunderland	Wear Valley	1
5:17.09	447	H	07/02/16	Northumberland & Durham County Champs	Sunderland	Wear Valley	1
5:17.80	444	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Wear Valley	1
5:36.83	373	H	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	Wear Valley	1
5:45.25	346	H	17/01/15	City of Sunderland New Year Meet	Sunderland	Wear Valley	1
6:17.50	265	H	08/03/14	Northumberland & Durham SA County Champs	Sunderland	Wear Valley	1

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4:53.49	564	F	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	RichmondDale	1
4:55.32	553	H	04/05/24	SE North East Regional Open/Youth Championships	Sunderland	RichmondDale	1
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