

Individual Best Times (All Time)

Ben Gilchrist - (856706) - Richmond Dales ASC - 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
4:19.44	610	H	07/04/19	Derventio Excel 13th Long Course Open Meet	Sheffield	Durham City	1
4:22.05	592	H	25/02/23	Northumberland & Durham County Championships 2023	Sunderland	RichmondDale	1
4:22.08	592	H	05/05/24	SE North East Regional Open/Youth Championships	Sunderland	RichmondDale	1
4:24.24	577	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Durham City	1
4:25.03	572	H	23/03/19	City of Sunderland National Qualifier 2019	Sunderland	Durham City	1
4:25.49	569	H	03/02/18	N & D 2018 Championships	Sunderland	Durham City	1
4:25.49	569	H	03/02/18	N & D 2018 Championships	Sunderland	Durham City	1
4:26.00	566	H	20/03/22	Richmond Dales ASC April Fool Gala	Leeds	RichmondDale	3
4:26.61	562	H	01/02/20	Northumberland & Durham SA County Championships	Sunderland	RichmondDale	1
4:26.69	561	H	27/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Durham City	1
4:27.80	554	H	26/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	RichmondDale	1
4:27.83	554	H	26/02/22	Northumberland & Durham SA County Championships 22	Sunderland	RichmondDale	1
4:28.58	550	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Wear Valley	1
4:28.88	548	H	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	Durham City	1
4:29.00	547	H	01/05/23	SE NE Region Open/Youth Championships (50m) 2023	Sheffield	RichmondDale	1
4:29.23	546	H	18/12/22	Northampton SC Winter Festival 2022	Corby	RichmondDale	1
4:29.54	544	H	26/05/19	Glasgow International Swim Meet	Tollcross	Durham City	1
4:29.81	542	H	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	RichmondDale	1
4:30.71	537	H	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	RichmondDale	1
4:30.83	536	H	26/02/17	Northumberland & Durham SA 2017 Championships	Sunderland	Wear Valley	1
4:31.94	529	F	08/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth		1
4:33.60	520	H	30/04/16	ASANER Regional Championships 2016	Sunderland	Wear Valley	1
4:38.79	491	H	27/05/17	ASA North East Region Championships	Sunderland	Wear Valley	1
4:39.00	490	H	28/02/16	Northumberland & Durham County Champs	Sunderland	Wear Valley	1
4:42.79	471	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Wear Valley	1
4:45.13	459	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Wear Valley	1
5:03.88	388	H	12/10/19	Northumberland & Durham SA Autumn Meet	Sunderland	Wear Valley	2

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5:33.80	286	H	13/10/13	Northumberland & Durham SA Autumn Meet	Sunderland	Wear Valley	3