

Individual Best Times (All Time)

Jevon Penny - (962266) - City of Manchester Aquatics - 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
4:48.81	591	F	24/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	Northampton	1
4:49.69	586	H	18/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Northampton	1
4:49.87	585	H	14/04/18	Swim England East Midland Championships 2018	Sheffield	Northampton	1
4:50.38	582	H	19/04/19	Beckenham Easter International Open 2019	London	Northampton	1
4:53.60	563	H	26/07/18	British Summer Championships	Sheffield	Northampton	1
4:55.02	555	F	14/04/18	Swim England East Midland Championships 2018	Sheffield	Northampton	1
4:55.85	550	F	18/05/19	SE East Midlands Region Champs 2019 Gala 3	Sheffield	Northampton	1
4:57.35	542	F	07/05/22	Swansea Aquatics Long Course Open Meet 2022	Swansea		1
4:58.69	535	H	27/01/19	2019 NASA County Championships	Corby	Northampton	1
5:01.29	521	H	31/03/18	Beckenham SC 125th Anniversary International Open	London	Northampton	1
5:03.72	508	H	14/12/19	Amsterdam Euro Cup	Amsterdam, Holland		1
5:05.41	500	H	27/05/17	ASA EM Region Youth Champs 2017	Sheffield	Northampton	1
5:05.82	498	H	10/02/18	NASA 2018 County Championships	Corby	Northampton	1
5:06.18	496	F	16/04/17	PNSC Easter Meet	Portsmouth	Northampton	1
5:07.25	491	H	02/08/17	Swim England National Summer Meet (50m)	Sheffield	Northampton	1
5:07.46	490		21/01/18	9e Trophe National des Hortillons	Amiens, France	Northampton	1
5:08.64	485	H	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	Northampton	1
5:09.95	478		21/01/18	9e Trophe National des Hortillons	Amiens, France	Northampton	1
5:12.06	469	F	11/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Northampton	1
5:13.62	462	H	11/02/17	NASA 2017 County Championships	Corby	Northampton	1
5:20.41	433	H	17/12/16	Northampton Winter Festival	Corby	Northampton	3
5:28.86	400	H	28/05/16	ASA East Midland Region Swimming Champs	Corby	Northampton	1
5:31.88	390	H	06/02/16	Northamptonshire County Championships	Corby	Northampton	1
5:35.67	377	H	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	Northampton	1
5:38.81	366	H	20/12/15	Northampton 2015 Long Course Winter Festival	Corby	Northampton	1
5:56.32	315	H	31/05/15	Sports Aid Long Course Licensed Meet	Leeds	Northampton	1
5:00.16	285	H	11/07/15	Northampton Summer Festival Open Meet	Corby	Northampton	2

6:00.16	300	H	11/07/15	Northampton Summer Festival Open Meet	Corby	Northampton	1
6:02.11	300	H	21/12/14	Northampton Winter Festival Meet	Corby	Northampton	1
6:02.22	300	H	22/02/15	Northamptonshire ASA 2015 County Championships	Corby	Northampton	1
6:32.15	236		15/03/14	2014 NASA County Championships	Corby	Northampton	1
6:36.14	229	F	20/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	Northampton	1

Swims in Date Order

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