

Individual Best Times (All Time)

Samuel Jackson - (972452) - Nofio Clwyd - 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
4:29.97	541	F	01/12/17	Swim Wales Long Course Championships	Swansea	Wrexham	1
4:37.22	500	F	28/05/17	Cardiff International Open Meet 2017	Cardiff	Wrexham	1
4:43.35	468	H	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Wrexham	1
4:46.82	451	H	01/04/17	Stockport Metro Qualifying Window Meet	Stockport	Wrexham	1
4:58.46	400	H	23/04/16	City of Leeds National Qualifying Meet 2016	Leeds	Wrexham	1
4:59.84	395	F	04/08/16	Swim Wales Summer Nationals	Swansea	Wrexham	1
5:00.33	393	F	29/05/16	City of Cardiff Open Meet	Cardiff	Wrexham	1
5:14.28	343	F	27/07/15	Swim Wales Summer Open Meet	Swansea	Wrexham	1
5:14.92	341	H	20/12/15	City of Leeds Christmas Meet 2015	Leeds	Wrexham	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:43.35	468	H	13/01/18	City of Derby 17th LC Level 1 Licensed Open Meet	Sheffield	Wrexham	1
4:29.97	541	F	01/12/17	Swim Wales Long Course Championships	Swansea	Wrexham	1
4:37.22	500	F	28/05/17	Cardiff International Open Meet 2017	Cardiff	Wrexham	1
4:46.82	451	H	01/04/17	Stockport Metro Qualifying Window Meet	Stockport	Wrexham	1
4:59.84	395	F	04/08/16	Swim Wales Summer Nationals	Swansea	Wrexham	1
5:00.33	393	F	29/05/16	City of Cardiff Open Meet	Cardiff	Wrexham	1
4:58.46	400	H	23/04/16	City of Leeds National Qualifying Meet 2016	Leeds	Wrexham	1
5:14.92	341	H	20/12/15	City of Leeds Christmas Meet 2015	Leeds	Wrexham	3
5:14.28	343	F	27/07/15	Swim Wales Summer Open Meet	Swansea	Wrexham	1