

# Individual Best Times (All Time)

Oliver Duckworth - (978018) - Grimsby Aquatics Swim Team - 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 |
|---------|--------|-------|----------|---|---------------|-----------------|-------|
| 4:12.08 | 665    | F     | 15/03/20 | 2020 Wycombe Long Course Premier Meet             | Wycombe       | Royal Wolv      | 1     |
| 4:15.14 | 641    | F     | 14/04/19 | Exeter & Taunton April Level 1 Graded Meet        | Millfield     | Royal Wolv      | 1     |
| 4:15.49 | 639    | F     | 24/03/19 | Wycombe Swimming's 4th LC Premier Meet            | Wycombe       | Royal Wolv      | 1     |
| 4:16.04 | 634    | H     | 04/08/19 | Swim England National Summer Meet                 | Sheffield     | Royal Wolv      | 1     |
| 4:16.72 | 629    | F     | 12/05/19 | West Midlands LC Championships 2019               | Coventry      | Royal Wolv      | 1     |
| 4:16.94 | 628    | F     | 05/08/17 | Swim England National Summer Meet (50m)           | Sheffield     | Grimsby AST     | 1     |
| 4:17.76 | 622    | H     | 19/05/18 | Nova Centurion May Level 1 LC Open Meet           | Nottingham    | Grimsby AST     | 1     |
| 4:17.80 | 622    | H     | 11/01/20 | City of Sunderland New Year Meet 2020             | Sunderland    | Royal Wolv      | 1     |
| 4:18.31 | 618    | H     | 25/03/18 | ESSA 68th National Inter-Divisional Championships | Crawley       |                 | 1     |
| 4:18.73 | 615    | H     | 12/05/19 | West Midlands LC Championships 2019               | Coventry      | Royal Wolv      | 1     |
| 4:19.09 | 612    | H     | 13/12/17 | Swim England Winter Championships 2017            | Sheffield     | Grimsby AST     | 1     |
| 4:20.15 | 605    | H     | 05/08/17 | Swim England National Summer Meet (50m)           | Sheffield     | Grimsby AST     | 1     |
| 4:20.56 | 602    | F     | 05/01/19 | UOB & Bristol Henleaze New Year Open Meet         | Hengrove Park | Royal Wolv      | 1     |
| 4:23.92 | 579    | H     | 13/05/17 | Nova Centurion May Level 1 LC Open Meet           | Nottingham    | Grimsby AST     | 1     |
| 4:24.57 | 575    | F     | 04/08/16 | ASA Summer Nationals 2016                         | Sheffield     | Grimsby AST     | 1     |
| 4:25.21 | 571    | H     | 04/02/17 | Yorkshire SA County Championships                 | Leeds         | Grimsby AST     | 1     |
| 4:25.35 | 570    | H     | 04/08/16 | ASA Summer Nationals 2016                         | Sheffield     | Grimsby AST     | 1     |
| 4:26.44 | 563    | F     | 04/02/17 | Yorkshire SA County Championships                 | Leeds         | Grimsby AST     | 1     |
| 4:27.04 | 559    | H     | 17/12/16 | City of Leeds Christmas Meet 2016                 | Leeds         | Grimsby AST     | 3     |
| 4:27.64 | 555    | H     | 08/05/16 | Rotherham Metro Level One Long Course Meet        | Sheffield     | Grimsby AST     | 1     |
| 4:30.12 | 540    | H     | 10/04/16 | Derventio Excel 10th Open Meet 2016               | Sheffield     | Grimsby AST     | 1     |
| 4:41.83 | 476    | H     | 20/12/15 | City of Leeds Christmas Meet 2015                 | Leeds         | Grimsby AST     | 3     |
| 4:41.89 | 475    | F     | 14/06/15 | ASA North East Regional Age Group Championships   | Sheffield     |                 | 1     |
| 4:42.00 | 475    | F     | 06/02/16 | Yorkshire County Championships                    | Leeds         | Grimsby AST     | 1     |
| 4:43.34 | 468    | H     | 12/04/15 | Derventio Excel 9th Open Meet                     | Sheffield     |                 | 1     |
| 4:45.86 | 456    | H     | 14/06/15 | ASA North East Regional Age Group Championships   | Sheffield     |                 | 1     |
| 4:46.20 | 454    | H     | 06/02/16 | Yorkshire County Championships                    | Leeds         | Grimsby AST     | 1     |

|         |     |   |          |  |            |             |   |
|---------|-----|---|----------|--|------------|-------------|---|
| 4:46.30 | 434 | F | 06/02/16 | Yorkshire County Championships         | Leeds      | Grimsby AST | 1 |
| 4:52.70 | 425 | H | 21/06/14 | ASA North East Region Age Group Champs | Sunderland | Cleethorpes | 1 |
| 4:53.80 | 420 | F | 21/06/14 | ASA North East Region Age Group Champs | Sunderland | Cleethorpes | 1 |
| 4:53.85 | 420 | H | 20/12/14 | Derventio Excel 2nd Christmas Cracker  | Sheffield  | Cleethorpes | 1 |
| 5:01.66 | 388 | H | 14/02/15 | Yorkshire County Championships         | Leeds      | Cleethorpes | 1 |
| 5:10.43 | 356 | H | 06/04/14 | Derventio Excel 8th LC Open Meet       | Sheffield  | Cleethorpes | 1 |

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| 4:52.70 | 425    | H     | 21/06/14 | ASA North East Region Age Group Champs            | Sunderland    | Cleethorpes     | 1     |
| 5:10.43 | 356    | H     | 06/04/14 | Derventio Excel 8th LC Open Meet                  | Sheffield     | Cleethorpes     | 1     |