

Individual Best Times (All Time)

Joshua Jones - (1134340) - Carmarthen - 400 Freestyle - Short 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
4:38.02	444	F	03/02/18	SW West Regional Championships	Haverfordwest	Carmarthen	2
4:50.57	389	F	04/02/17	Swim Wales West Regional Championships	Haverfordwest	Carmarthen	2
5:20.99	289	F	28/11/15	Swim Wales West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
5:41.97	239	F	29/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	Carmarthen	2

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