

Individual Best Times (All Time)

Henry Williams - (1394705) - Arun Tridents SC - 400 Freestyle - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
7:06.76	123	F	17/11/19	Littlehampton 400m Freestyle	Bognor Regis	Arun Trident	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
7:06.76	123	F	17/11/19	Littlehampton 400m Freestyle	Bognor Regis	Arun Trident	4