

# Individual Best Times (All Time)

Now Parry - (1490268) - Clwb Nofio Caernarfon - 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
4:56.43	367	F	11/11/23	John Sharp Invitational Meet 2023	Llandudno		3
5:02.48	345	F	25/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno		2
5:07.76	328	F	21/10/23	Swim Conwy Autumn Meet 2023	Llandudno		2
5:09.86	321	F	11/02/23	Swim Wales North Regional Championships 2023	Llandudno		2
5:10.08	320	F	18/03/23	Swim Conwy Spring Meet 2023	Llandudno		3
5:15.35	304	F	13/11/22	CNC, PBP & Llandudno Swim Squad John Sharp Gala	Llandudno		3
5:18.47	296	F	26/11/22	Swim Wales North Sub Regionals 2022	Llandudno		3
5:42.55	237	F	22/05/22	Swim Conwy Whitsun Gala	Llandudno		2
6:09.27	189	F	26/02/22	Swim Conwy Spring Gala	Llandudno		3
7:27.65	106	F	10/11/19	Caernarfon S.C. John Sharp 2019	Llandudno	Caernarfon	3

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