

# Individual Best Times (All Time)

Jake Newley - (1611490) - London Borough of Redbridge SC - 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
4:48.78	397	H	17/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	BorRedbridge	3
4:53.67	377	H	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	BorRedbridge	3
4:56.96	365	H	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	BorRedbridge	3
4:57.23	364	H	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	BorRedbridge	3
4:57.94	361	H	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	BorRedbridge	3
5:19.02	294	F	18/03/23	Enfield SS Regional Qualifier Open Meet 2023	Enfield		3
5:21.08	288	H	01/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	BorRedbridge	3
5:27.90	271	H	10/07/22	Romford Town SC End of Season Meet July 2022	Essex	BorRedbridge	3
5:44.85	233	H	17/04/22	Romford Town Last Chance Regional Qualifier Meet	Essex	BorRedbridge	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:53.67	377	H	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	BorRedbridge	3
4:57.94	361	H	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	BorRedbridge	3
4:48.78	397	H	17/12/23	Romford Town SC Christmas Cracker Meet 2023	Harrow Lodge LC	BorRedbridge	3
4:56.96	365	H	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	BorRedbridge	3
4:57.23	364	H	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	BorRedbridge	3
5:19.02	294	F	18/03/23	Enfield SS Regional Qualifier Open Meet 2023	Enfield		3
5:21.08	288	H	01/10/22	Romford Town SC Autumn Season Opener Meet 2022	Essex	BorRedbridge	3
5:27.90	271	H	10/07/22	Romford Town SC End of Season Meet July 2022	Essex	BorRedbridge	3
5:44.85	233	H	17/04/22	Romford Town Last Chance Regional Qualifier Meet	Essex	BorRedbridge	3