

Individual Best Times (All Time)

Matthew Allen - (33682) - Beau Sejour Barracuda 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
4:18.67	552		14/03/09	Hampshire County Champs	Southampton	Beau Sejour	2
4:18.82	551		21/11/08	Guernsey Island Champs	Guernsey	Beau Sejour	4
4:19.80	545		24/05/09	Beau Sejour Barracudas NRG	Guernsey	Beau Sejour	2
4:20.37	541	F	28/06/13	The Specsavers Open Meet 2013	Guernsey	Beau Sejour	2
4:23.56	522		23/01/09	Channel Islands Champs	Guernsey	Beau Sejour	2
4:25.54	510		28/10/05	Tigers 24th Autumn Open Mt	St Brelade	Beau Sejour	2
4:25.96	508		20/11/09	Guernsey Island Champs	Guernsey	Beau Sejour	3
4:25.97	508		15/03/08	Hampshire County Champs	Southampton	Beau Sejour	2
4:26.03	507	F	21/01/11	Channel Island Closed Swimming Champs	Guernsey	Beau Sejour	2
4:26.57	504		27/10/08	Beau Sejour Barracudas NRG	Guernsey	Beau Sejour	4
4:26.90	502		23/05/08	Beau Sejour Barracuda Open	Guernsey	Beau Sejour	2
4:26.93	502		23/11/07	Guernsey Island Champs	Guernsey	Beau Sejour	3
4:27.41	500		26/05/06	Beau Sejour Barracuda	Guernsey	Beau Sejour	1
4:27.61	498		19/01/08	Channel Island Champs	Jersey & Guernsey	Beau Sejour	2
4:27.67	498		07/11/09	South East Winter Champs	Aldershot	Beau Sejour	2
4:27.87	497		17/03/07	Hampshire County Champs	Southampton	Beau Sejour	2
4:28.29	495	F	18/01/13	Channel Island Championships	Guernsey	Beau Sejour	2
4:28.29	495	F	04/12/13	Guernsey Club Championships	Guernsey	Beau Sejour	4
4:28.39	494	H	25/02/06	Hampshire County Champs	Waterlooville	Beau Sejour	2
4:28.73	492	H	11/03/06	Hampshire County Champs	Southampton	Beau Sejour	2
4:29.24	489		31/03/06	Guernsey Island Champs	Guernsey	Beau Sejour	1
4:29.99	485		27/05/05	Beau Sejour Barracudas Meet	Guernsey	Beau Sejour	2
4:30.64	482	F	23/11/12	Guernsey Channel Island Championships	Guernsey	Beau Sejour	3
4:30.66	482	H	06/03/05	Hampshire County Champs 2005	Waterlooville	Beau Sejour	2
4:30.71	481		31/10/07	Beau Sejour Barracudas	Guernsey	Beau Sejour	4
4:31.44	478		15/01/05	CI Closed Championships 2005	Guernsey	Beau Sejour	2
4:31.58	477		22/01/05	Guernsey Island Championships	Guernsey	Beau Sejour	2

4:31.36	477		22/04/03	Guernsey Island Championships	Guernsey	Beau Sejour	2
4:33.49	467		26/10/07	AIB Jersey Tigers Open	St Brelade	Beau Sejour	2
4:34.74	461		24/10/09	AIB Tigers (Jersey) Open	Le Quennevais Jersey	Beau Sejour	2
4:34.84	460		27/10/06	Tigers AIB 25th Autumn	Jersey	Beau Sejour	2
4:36.80	450		22/10/04	Tigers 23rd Autumn Open Meet	Les Quennevais	Beau Sejour	2
4:38.49	442		23/04/11	City of Birmingham 18th Easter Level 2 Mee	Birmingham	Beau Sejour	2
4:39.82	436		14/01/06	Channel Island Champs	Jersey	Beau Sejour	2
4:39.98	435	F	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey	Beau Sejour	2
4:41.43	428		28/05/04	Beau Sejour Barracudas Meet	Guernsey	Beau Sejour	2
4:45.35	411	F	16/10/13	Beau Sejour Barracudas Specsavers Series	Guernsey	Beau Sejour	4
4:46.26	407	F	30/05/10	Beau Sejour Barracudas Meet	Guernsey	Beau Sejour	2
4:46.51	406	H	07/03/04	Hampshire County Championships	Waterlooville	Beau Sejour	2
4:48.31	398		26/03/04	Guernsey Island Championships	Guernsey	Beau Sejour	2
4:55.22	371		23/01/04	Jersey C I Closed Champs	Jersey	Beau Sejour	2
4:56.98	365		05/12/10	Nuneaton & Bedworth Open	Nuneaton	Beau Sejour	2
4:59.75	355		23/05/03	Beau Sejour Barracudas Meet	Guernsey	Beau Sejour	2
5:05.68	334		28/03/03	Guernsey Island Championships	Guernsey	Beau Sejour	2
5:11.89	315		31/01/03	Guernsey Island Closed Champs	Guernsey	Beau Sejour	2

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4:20.37	541	F	28/06/13	The Specsavers Open Meet 2013	Guernsey	Beau Sejour	2
4:28.29	495	F	18/01/13	Channel Island Championships	Guernsey	Beau Sejour	2
4:30.64	482	F	23/11/12	Guernsey Channel Island Championships	Guernsey	Beau Sejour	3
4:39.98	435	F	27/10/12	Tigers SC 31st Autumn Open Meet	Jersey	Beau Sejour	2
4:38.49	442		23/04/11	City of Birmingham 18th Easter Level 2 Mee	Birmingham	Beau Sejour	2
4:26.03	507	F	21/01/11	Channel Island Closed Swimming Champs	Guernsey	Beau Sejour	2
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