

Individual Best Times (All Time)

Matthew Rishworth - (556418) - Staines Swimming Club - 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
4:57.87	361	H	25/06/17	National Junior Para-Swimming 2017	Sunderland	Staines	2
4:59.32	356	H	05/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Staines	2
5:31.63	262	H	23/11/14	BG Para-Swimming Championships	Manchester	S E Region	2
5:41.30	240	F	12/10/14	Staines Club Championships	Englefield		4
6:01.74	202	F	08/02/14	DSE South East Regional	Southampton	Staines	3
6:04.53	197	F	23/09/13	Staines SC Club Championships	Staines	Staines	4
6:52.79	135	F	26/09/12	Staines Club Championship	Spelthorne	Staines	4

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