

# Individual Best Times (All Time)

Jessica Richens - (719215) - University of Nottingham SC - 400 Individual Medley - 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
5:02.32	628	F	26/11/17	Swim Bournemouth Short Course L2 Meet	Bournemouth	Poole	2
5:02.83	625		20/02/16	Dorset County ASA Integrated Champs & AG	Littledown	S Bournem'th	2
5:03.03	623	H	07/12/14	ASA South West Region Short Course Champs	Millfield		2
5:03.78	619	H	08/11/15	ASA South West Short Course Championships	Millfield		2
5:04.47	615	F	17/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	Poole	2
5:06.06	605	H	06/11/16	ASA SWR Winter Championships	Millfield	S Bournem'th	2
5:08.84	589		28/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	S Bournem'th	2
5:09.69	584	H	25/02/17	Dorset County Champs & Age Groups	Bournemouth	S Bournem'th	2
5:12.39	569	H	08/12/13	ASA SWR Short Course Championships	Millfield	S Bournem'th	2
5:12.91	566		01/03/14	Dorset County Age Group Champs 2014	Littledown	S Bournem'th	2
5:15.23	554	H	03/02/18	Dorset County ASA Champs & Age Group Competition	Littledown	Poole	2
5:19.23	533		02/03/13	Dorset County Championships	Littledown	S Bournem'th	2
5:37.12	453		18/02/12	Dorset County Championships	Littledown	S Bournem'th	2
5:51.99	398		17/12/11	Swim Bournemouth 3rd Christmas Meet	Bournemouth	S Bournem'th	2
6:01.70	366		26/02/11	Dorset County Championships	Bournemouth	S Bournem'th	2
6:07.64	349		18/12/10	Bournemouth Dolphins 2nd Xmas Open	Littledown	S Bournem'th	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:15.23	554	H	03/02/18	Dorset County ASA Champs & Age Group Competition	Littledown	Poole	2
5:04.47	615	F	17/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	Poole	2
5:02.32	628	F	26/11/17	Swim Bournemouth Short Course L2 Meet	Bournemouth	Poole	2
5:09.69	584	H	25/02/17	Dorset County Champs & Age Groups	Bournemouth	S Bournem'th	2
5:06.06	605	H	06/11/16	ASA SWR Winter Championships	Millfield	S Bournem'th	2
5:02.83	625		20/02/16	Dorset County ASA Integrated Champs & AG	Littledown	S Bournem'th	2
5:03.78	619	H	08/11/15	ASA South West Short Course Championships	Millfield		2

5:08.84	589		28/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	S Bournem'th	2
5:03.03	623	H	07/12/14	ASA South West Region Short Course Champs	Millfield		2
5:12.91	566		01/03/14	Dorset County Age Group Champs 2014	Littledown	S Bournem'th	2
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