

Individual Best Times (All Time)

Simon Short - (760751) - Neath ASC - 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 |
|---------|--------|-------|----------|---|----------------|-----------------|-------|
| 4:27.23 | 501 | F | 28/11/15 | Swim Wales West Region Sub Regional Championships | Haverfordwest | Neath | 3 |
| 4:28.05 | 496 | F | 30/01/16 | Swim Wales West Regional Championships | Haverfordwest | Neath | 2 |
| 4:29.16 | 490 | F | 08/11/15 | City of Cardiff Welsh Capital Open Meet | Cardiff | Neath | 2 |
| 4:30.00 | 485 | F | 31/01/15 | SWWR Regional Championships | Haverford West | Neath | 2 |
| 4:37.75 | 446 | F | 30/11/15 | Neath ASC Club Championships | Neath | Neath | 3 |
| 4:41.98 | 426 | F | 14/12/16 | Neath Club Championships | Neath | Neath | 3 |
| 4:42.30 | 425 | F | 09/02/14 | West Wales Regional Championships | Haverfordwest | Aberavon | 2 |
| 4:43.99 | 417 | F | 30/11/13 | West Wales Sub Regional Championships | Haverfordwest | Aberavon | 4 |
| 5:00.80 | 351 | F | 10/02/13 | West Wales Championships | Haverfordwest | Aberavon | 2 |
| 5:08.29 | 326 | F | 24/11/12 | West Wales Sub Regional Competition 2012 | Haverfordwest | Aberavon | 4 |
| 5:19.78 | 292 | F | 12/02/12 | West Wales Regional Championships | Haverfordwest | Aberavon | 2 |
| 5:25.46 | 277 | F | 03/12/11 | West Wales Sub Regional Competition | Haverfordwest | Aberavon | 4 |
| 5:43.09 | 236 | | 07/05/11 | Swansea Valley Junior Open Meet | Neath | Aberavon | 1 |

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