

Individual Best Times (All Time)

John Wright - (809181) - Harrogate District 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
4:39.57	592	H	21/11/15	ASANER Regional Senior & Youth Championships	Sunderland		2
4:39.99	589	H	06/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland		2
4:42.64	573	H	08/09/16	Harrogate District Club Championships	Harrogate	Harrogate	4
4:42.73	572	H	25/10/15	Middlesbrough Halloween Open Meet	Middlesbrough		2
4:43.04	570	F	06/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland		2
4:45.56	555	F	21/11/15	ASANER Regional Senior & Youth Championships	Sunderland		2
4:50.67	527	H	26/10/14	City of Leeds Grand Prix	Leeds		2
4:51.31	523	H	14/09/15	Harrogate District Club Championships	Harrogate		4
4:55.78	500	H	20/09/14	Harrogate District Club Championships	Harrogate		4
4:56.34	497	H	20/07/14	City of Bradford SC End of Season A B Graded Meet	Shipley		3
5:08.17	442	H	01/12/13	ASA North East Region Senior & Junior Meet	Sunderland	Harrogate	2
5:14.45	416	H	28/07/13	City of Bradford SC End of Season Meet	Shipley	Harrogate	3
5:17.54	404	H	16/09/13	Harrogate District Club Championships	Harrogate	Harrogate	4
5:24.29	379	H	27/10/12	Harrogate Autumn Open Meet	Harrogate	Harrogate	3
5:24.37	379	H	20/04/13	Harrogate SC Spa Town A B Grade Open	Harrogate	Harrogate	3
5:28.99	363	H	02/12/12	ASA North East Region Age Groups Meet	Sunderland	Harrogate	2
5:51.35	298	H	22/10/11	Harrogate Junior Meet	Harrogate	Harrogate	2
5:52.72	295	H	31/10/11	Harrogate Club Championships	Harrogate	Harrogate	4
5:55.10	289	H	20/11/11	City of Hereford Open Meet	Hereford	Harrogate	3
6:28.46	220	H	23/10/10	Harrogate Junior Open Meet	Harrogate	Harrogate	2
6:29.36	219	H	28/02/11	Harrogate Club Championships	Harrogate	Harrogate	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:42.64	573	H	08/09/16	Harrogate District Club Championships	Harrogate	Harrogate	4
4:45.56	555	F	21/11/15	ASANER Regional Senior & Youth Championships	Sunderland		2

4:39.57	592	H	21/11/15	ASANER Regional Senior & Youth Championships	Sunderland			2
4:42.73	572	H	25/10/15	Middlesbrough Halloween Open Meet	Middlesbrough			2
4:51.31	523	H	14/09/15	Harrogate District Club Championships	Harrogate			4
4:43.04	570	F	06/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland			2
4:39.99	589	H	06/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland			2
4:50.67	527	H	26/10/14	City of Leeds Grand Prix	Leeds			2
4:55.78	500	H	20/09/14	Harrogate District Club Championships	Harrogate			4
4:56.34	497	H	20/07/14	City of Bradford SC End of Season A B Graded Meet	Shipley			3
5:08.17	442	H	01/12/13	ASA North East Region Senior & Junior Meet	Sunderland	Harrogate		2
5:17.54	404	H	16/09/13	Harrogate District Club Championships	Harrogate	Harrogate		4
5:14.45	416	H	28/07/13	City of Bradford SC End of Season Meet	Shipley	Harrogate		3
5:24.37	379	H	20/04/13	Harrogate SC Spa Town A B Grade Open	Harrogate	Harrogate		3
5:28.99	363	H	02/12/12	ASA North East Region Age Groups Meet	Sunderland	Harrogate		2
5:24.29	379	H	27/10/12	Harrogate Autumn Open Meet	Harrogate	Harrogate		3
5:55.10	289	H	20/11/11	City of Hereford Open Meet	Hereford	Harrogate		3
5:52.72	295	H	31/10/11	Harrogate Club Championships	Harrogate	Harrogate		4
5:51.35	298	H	22/10/11	Harrogate Junior Meet	Harrogate	Harrogate		2
6:29.36	219	H	28/02/11	Harrogate Club Championships	Harrogate	Harrogate		4
6:28.46	220	H	23/10/10	Harrogate Junior Open Meet	Harrogate	Harrogate		2