

Individual Best Times (All Time)

Benjamin Foulston - (866536) - Bramcote 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
4:25.88	508	H	06/11/16	Midland Short Course Championships 2016	Nottingham	Nova Cent'n	2
4:27.44	499	H	16/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	Nova Cent'n	2
4:29.02	491	H	08/11/15	Midland 2015 Short Course Championships	Nottingham		2
4:32.43	472	H	25/10/15	Nova Centurion October Short Course Open Meet	Nottingham		2
4:35.32	458	H	11/04/15	The 2015 Leicester Age Group Meet	Leicester		3
4:39.75	436	H	23/11/14	BG Para-Swimming Championships	Manchester	E M Region	2
4:41.69	427	H	27/09/14	ASA West Midlands Regional Disability Championship	Rugby		3
4:41.85	427	H	01/03/15	Nottinghamshire County Championships	Nottingham		2
4:43.89	417	H	07/12/14	Midland Short Course Championships	Rugby		2
4:47.91	400	F	12/10/14	Bramcote Combined Diddy & BAGCAT Club Champ	Bramcote	Bramcote	4
4:49.17	395		11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	Loughborough	2
4:49.17	395	H	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	Loughborough	2
4:58.12	360	H	01/03/14	DSE National Junior & Youth Championships	Sheffield	Bramcote	2
5:03.34	342	H	28/06/14	ASA East Midland Regional Disability Meet	Nottingham		3
5:08.63	325	H	08/12/13	Midland Short Course 2013	Stafford	Bramcote	2
5:12.89	312	F	13/10/13	Bramcote Combined Diddy & Club Champs	Bramcote	Bramcote	4
5:20.83	289		20/10/13	ASA East Midlands Regional Disability	Wellingborough	Bramcote	3
5:34.04	256	H	19/05/13	DSE East Midlands Championships 2013	Braunstone	Bramcote	2
6:41.89	147		13/11/11	Bramcote Club Championships	Bramcote	Bramcote	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:49.17	395	H	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	Loughborough	2
4:49.17	395		11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield	Loughborough	2
4:25.88	508	H	06/11/16	Midland Short Course Championships 2016	Nottingham	Nova Cent'n	2
4:27.44	499	H	16/10/16	Nova Centurion October L2 SC Open Meet	Nottingham	Nova Cent'n	2

4:29.02	491	H	08/11/15	Midland 2015 Short Course Championships	Nottingham		2
4:32.43	472	H	25/10/15	Nova Centurion October Short Course Open Meet	Nottingham		2
4:35.32	458	H	11/04/15	The 2015 Leicester Age Group Meet	Leicester		3
4:41.85	427	H	01/03/15	Nottinghamshire County Championships	Nottingham		2
4:43.89	417	H	07/12/14	Midland Short Course Championships	Rugby		2
4:39.75	436	H	23/11/14	BG Para-Swimming Championships	Manchester	E M Region	2
4:47.91	400	F	12/10/14	Bramcote Combined Diddy & BAGCAT Club Champ	Bramcote	Bramcote	4
4:41.69	427	H	27/09/14	ASA West Midlands Regional Disability Championship	Rugby		3
5:03.34	342	H	28/06/14	ASA East Midland Regional Disability Meet	Nottingham		3
4:58.12	360	H	01/03/14	DSE National Junior & Youth Championships	Sheffield	Bramcote	2
5:08.63	325	H	08/12/13	Midland Short Course 2013	Stafford	Bramcote	2
5:20.83	289		20/10/13	ASA East Midlands Regional Disability	Wellingborough	Bramcote	3
5:12.89	312	F	13/10/13	Bramcote Combined Diddy & Club Champs	Bramcote	Bramcote	4
5:34.04	256	H	19/05/13	DSE East Midlands Championships 2013	Braunstone	Bramcote	2
6:41.89	147		13/11/11	Bramcote Club Championships	Bramcote	Bramcote	4