

# Individual Best Times (All Time)

Lauren Heppell - (967721) - Chester-Le-Street SC - 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
4:37.57	578	H	26/11/23	Tynemouth ASC Autumn Meet 2023	Tynemouth	Newcastle	3
4:38.06	575	H	09/12/23	Scottish National Short Course Championships 2023	Edinburgh		2
4:39.76	565	H	17/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Tynemouth	2
4:40.54	560	H	22/10/23	Chester-le-Street ASC Junior Meet	Chester-le-Street	Newcastle	3
4:41.22	556	H	13/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	Newcastle	2
4:41.52	554	H	06/11/22	SE North East Open Championships (25m) 2022	Sheffield	Newcastle	2
4:41.70	553	H	07/11/21	SE North East Region Open Championships (25m) 2021	Sheffield	Newcastle	2
4:42.43	549	H	08/12/19	Middlesbrough Christmas 2019 Meet	Middlesbrough	Tynemouth	3
4:42.53	548	H	10/12/22	Scottish National Short Course Meet 2022	Edinburgh		2
4:42.98	546	H	21/06/24	Tynemouth ASC Summer Meet 2024	North Shields	Chester Le S	3
4:44.02	540	H	20/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	Newcastle	2
4:44.04	539	H	31/10/21	City of Sunderland Spooktacular 2021	Sunderland	Newcastle	3
4:46.06	528	H	16/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	Tynemouth	3
4:46.34	527	F	23/06/19	Tynemouth ASC Club Championships	Tynemouth	Tynemouth	4
4:46.41	526	H	11/10/19	BOSSS Winter Swim Festival 2019	Billingham	Tynemouth	2
4:46.65	525	H	02/11/19	North East Region Age Group Championships (25m)	Sheffield	Tynemouth	2
4:46.94	523	H	10/12/21	KUHSC The Richardson Short Course 2021	Hull	Newcastle	3
4:49.62	509	H	27/06/21	Newcastle Swim Team	Gosforth	Newcastle	0
4:50.87	502	H	15/10/21	BOSSS Winter Swim Festival 2021	Billingham	Newcastle	2
4:52.58	494	H	14/10/22	BOSSS Winter Swimming Meet 2022	Billingham Forum	Newcastle	2
4:59.03	462	H	03/11/18	Swim England North East Region Age Group (25)	Sheffield	Chester Le S	2
5:00.53	455	H	27/10/18	Chester Le Street Junior Gala 2018	Chester-le-Street	Chester Le S	3
5:00.96	453	H	16/06/18	Harrogate Summer A Grade Meet	Harrogate	Chester Le S	3
5:01.02	453	H	29/09/18	Richmond Dales Back to School Gala	Middlesborough	Chester Le S	2
5:05.94	432	H	08/04/18	Gaw Spring Meet	Dunston	Chester Le S	3
5:10.57	413	F	19/11/17	Tynemouth ASC Winter Gala	Tynemouth		3
5:14.18	388	H	22/04/17	South Tyneside Spring Meet	South Shields	Chester Le S	2

5:14.16	399	H	23/04/17	South Tyneside Spring Meet	South Shields	Chester Le S	3
5:14.72	396	H	28/10/17	ASA North East Region Age Group Championships	Sunderland	Chester Le S	2
5:14.77	396	H	18/06/17	Middlesbrough 2017 Open Meet Gala	Middlesbrough	Chester Le S	3
5:22.80	367	F	20/11/16	Tynemouth Winter Gala	Tynemouth	Chester Le S	3
5:33.08	334	H	09/10/16	City of Sunderland Short Course Qualifier	Sunderland	Chester Le S	2
5:47.47	294	H	17/07/16	GAW Summer Invitation Meet	Dunston	Chester Le S	4
5:59.41	266	H	21/02/16	Middlesbrough AA Grade 2016 Gala	Middlesbrough	Chester Le S	3
6:03.42	257	H	25/10/15	Chester-Le-Street 40th Anniversary Junior Meet	Chester-Le-Street		3

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5:10.57	413	F	19/11/17	Tynemouth ASC Winter Gala	Tynemouth		3
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