

Individual Best Times (Masters)

Nicholas Parkes - (1112650) - Harrogate District SC - 400 Freestyle - Short Course

Time Order

Time	FINA Pts	Round	Swim Date	Meet	Venue	Licence	Level
4:40.00	435		30/06/13	Northumberland & Durham Master	Durham	MAS421	0
4:40.23	434	H	25/10/14	ASA Masters Short Course Meet 2014	Sheffield	MAS494	0
4:40.42	433		14/12/14	South Yorkshire Masters Meet	Sheffield	MAS504	0
4:43.96	417	H	28/10/17	Swim England Masters National Championships	Sheffield	MAS718	0
4:44.72	414		27/09/14	Cheshire County WP & SA Masters Gala	Macclesfield	MAS489	0
4:44.99	413	H	25/03/18	Billingham Masters 2018	Billingham	MAS746	0
4:45.37	411		22/03/15	Billingham Masters Open Meet	Billingham	MAS512	0
4:45.86	409	H	18/11/18	South Yorkshire Masters Open Meet 2018	Sheffield	MAS806	0
4:48.30	399	H	24/09/17	NER Masters Meet	Harrogate	MAS709	0
4:52.93	380	H	24/03/19	Billingham Masters 2019	Billingham	MAS828	0
4:54.21	375	H	26/10/18	Swim England Masters Meet 2018	Sheffield	MAS801	0
4:54.36	374	H	29/02/20	8th Billingham Masters 2020	Billingham	MAS906	0
4:57.39	363	H	08/08/21	East Leeds	John Charles	LEX3744	0
4:57.62	362	H	26/03/17	Billingham Forum Masters & Seniors Open Meet 2017	Billingham	MAS671	0
4:58.28	360	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
4:58.31	360	F	09/04/22	Scottish National Masters	Glasgow	MAS949	0
4:59.40	356	H	13/11/22	South Yorkshire Open Masters 2022	Sheffield	MAS996	0
5:05.93	333		09/12/12	South Yorkshire Masters Meet	Sheffield	MAS343	0

Swim Order

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4:58.28	360	H	30/10/21	Swim England National Masters Champs 2021	Sheffield	MAS924	0
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4:54.36	374	H	29/02/20	8th Billingham Masters 2020	Billingham	MAS906	0
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4:45.86	409	H	18/11/18	South Yorkshire Masters Open Meet 2018	Sheffield	MAS806	0
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5:05.93	333		09/12/12	South Yorkshire Masters Meet	Sheffield	MAS343	0