

Individual Best Times (Masters)

Paul Allen - (507098) - Mid Sussex Marlins

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	25.53	549	01/02/14	South East Region LC Masters	Crawley	MAS462	0
100 Freestyle	57.09	553	13/06/15	GB Masters 2015	Manchester	MAS537	0
200 Freestyle	2:10.39	478	10/05/08	Welsh Capital Masters Meet	Cardiff	MAS091	0
400 Freestyle	4:54.83	415	23/01/22	South East Open LC Masters	K2 Crawley	MAS937	0
800 Freestyle	10:07.64	411	24/01/16	SER Long Course Masters Meet	Crawley	MAS585	0
50 Butterfly	29.27	440	05/05/12	British Gas Masters Meet	Sheffield	MAS328	0
50 Backstroke	30.60	455	04/05/12	British Gas Masters Meet	Sheffield	MAS328	0
100 Backstroke	1:06.66	463	19/06/09	British Gas Masters 2009	Cardiff	MAS150	0
200 Backstroke	2:26.01	450	12/06/15	GB Masters 2015	Manchester	MAS537	0
200 Individual Medley	2:33.73	407	13/06/15	GB Masters 2015	Manchester	MAS537	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	24.43	561	25/10/14	ASA Masters Short Course Meet 2014	Sheffield	MAS494	0
100 Freestyle	55.14	537	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0
200 Freestyle	2:03.32	523	24/10/09	BG ASA Masters & Age Grps 2009	Sheffield	MAS156	0
400 Freestyle	4:31.81	476	23/04/16	Scottish Masters Short Course Meet	Aberdeen	MAS602	0
800 Freestyle	9:38.33	450	11/07/15	Barnet Cophall Masters Distance Meet	Barnet	MAS546	0
1500 Freestyle	19:10.04	399	26/11/22	Masters 1500 Freestyle Meet	Barnet Cophall	MAS1000	0
50 Breaststroke	33.63	408	22/11/15	South Yorkshire Open Masters 2015	Sheffield	MAS583	0
100 Breaststroke	1:18.71	346	04/03/23	Bracknell Masters 2023	Bracknell	MAS1016	0
200 Breaststroke	2:58.06	307	05/03/22	Bracknell Masters Meet	Bracknell	MAS942	0
50 Butterfly	28.10	463	27/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
100 Butterfly	1:06.78	366	10/05/15	Eastbourne Masters Gala	Eastbourne	MAS529	0
50 Backstroke	29.31	429	28/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
100 Backstroke	1:02.98	451	27/10/12	BG ASA Masters & Senior Meet	Sheffield	MAS335	0
200 Backstroke	2:18.73	441	22/04/16	Scottish Masters Short Course Meet	Aberdeen	MAS602	0
200 Individual Medley	2:30.15	389	04/03/23	Bracknell Masters 2023	Bracknell	MAS1016	0
100 Individual Medley	1:04.05	455	24/10/15	ASA National Masters 2015	Sheffield	MAS570	0