

# Individual Best Times (Masters)

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## Long Course

| Stroke                | Time    | FINA Pts | Swim Date | Meet                      | Venue   | Licence | Level |
|-----------------------|---------|----------|-----------|---------------------------|---------|---------|-------|
| 50 Freestyle          | 38.58   | 229      | 18/05/18  | Norfolk Masters Open Meet | Norfolk | MAS818  | 0     |
| 100 Freestyle         | 1:27.15 | 208      | 18/05/18  | Norfolk Masters Open Meet | Norfolk | MAS818  | 0     |
| 200 Breaststroke      | 3:54.30 | 202      | 13/05/17  | Norfolk Masters Meet      | Norwich | MAS680  | 0     |
| 50 Butterfly          | 49.02   | 123      | 18/05/18  | Norfolk Masters Open Meet | Norfolk | MAS818  | 0     |
| 50 Backstroke         | 47.59   | 179      | 18/05/18  | Norfolk Masters Open Meet | Norfolk | MAS818  | 0     |
| 200 Backstroke        | 3:53.92 | 145      | 18/05/18  | Norfolk Masters Open Meet | Norfolk | MAS818  | 0     |
| 200 Individual Medley | 3:41.36 | 184      | 18/05/18  | Norfolk Masters Open Meet | Norfolk | MAS818  | 0     |

## Short Course

| Stroke                | Time    | FINA Pts | Swim Date | Meet                                        | Venue         | Licence | Level |
|-----------------------|---------|----------|-----------|---------------------------------------------|---------------|---------|-------|
| 50 Freestyle          | 36.92   | 239      | 28/10/17  | Swim England Masters National Championships | Sheffield     | MAS718  | 0     |
| 100 Freestyle         | 1:24.37 | 211      | 29/10/21  | Swim England National Masters Champs 2021   | Sheffield     | MAS924  | 0     |
| 200 Freestyle         | 3:06.84 | 205      | 24/04/22  | 8th Newmarket Masters Meet 2022             | Newmarket     | MAS951  | 0     |
| 400 Freestyle         | 6:30.40 | 207      | 01/10/17  | East Swimming Open Masters Meet             | Newmarket     | MAS712  | 0     |
| 50 Breaststroke       | 46.56   | 226      | 26/10/18  | Swim England Masters Meet 2018              | Sheffield     | MAS801  | 0     |
| 100 Breaststroke      | 1:45.13 | 208      | 28/10/17  | Swim England Masters National Championships | Sheffield     | MAS718  | 0     |
| 200 Breaststroke      | 3:56.38 | 184      | 19/02/17  | Valentine Masters Meet 2017                 | Sudbury       | MAS662  | 0     |
| 50 Butterfly          | 47.62   | 134      | 19/02/17  | Valentine Masters Meet 2017                 | Sudbury       | MAS662  | 0     |
| 100 Butterfly         | 1:50.53 | 116      | 01/10/17  | East Swimming Open Masters Meet             | Newmarket     | MAS712  | 0     |
| 50 Backstroke         | 45.83   | 167      | 17/02/19  | Valentine Masters Meet 2019                 | Kingfisher LP | MAS823  | 0     |
| 100 Backstroke        | 1:40.70 | 161      | 22/04/18  | 5th Newmarket Club Masters Open 2018        | Newmarket     | MAS757  | 0     |
| 200 Backstroke        | 3:39.61 | 158      | 29/09/19  | Swim England East Region Seniors & Masters  | Newmarket     | MAS877  | 0     |
| 200 Individual Medley | 3:47.63 | 153      | 17/02/19  | Valentine Masters Meet 2019                 | Kingfisher LP | MAS823  | 0     |
| 100 Individual Medley | 1:37.31 | 195      | 26/10/18  | Swim England Masters Meet 2018              | Sheffield     | MAS801  | 0     |