

Individual Best Times (Masters)

Helen Atton - (106997) - Neptune (Leicester) SC

Long Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	42.70	169	10/12/23	East Midland Masters & Senior Age Group Championsh	Derby	MAS1106	0
100 Freestyle	1:36.32	154	10/12/23	East Midland Masters & Senior Age Group Championsh	Derby	MAS1106	0
400 Freestyle	7:10.84	163	18/12/22	Swim England East Midlands Masters Championships	Derby	MAS1003	0
100 Breaststroke	2:08.67	123	18/12/22	Swim England East Midlands Masters Championships	Derby	MAS1003	0
200 Breaststroke	4:25.20	139	18/12/22	Swim England East Midlands Masters Championships	Derby	MAS1003	0

Short Course

Stroke	Time	FINA Pts	Swim Date	Meet	Venue	Licence	Level
50 Freestyle	40.84	176	18/09/22	Leicestershire Masters Meet 2022	Leicester	MAS979	0
100 Freestyle	1:28.73	181	28/03/14	2014 Midland Masters Open Meet	Leamington Spa	MAS448	0
200 Freestyle	3:16.35	177	15/05/15	Midland Masters 2015	Leamington Spa	MAS533	0
400 Freestyle	6:49.26	180	28/03/14	2014 Midland Masters Open Meet	Leamington Spa	MAS448	0
50 Breaststroke	55.50	133	28/03/14	2014 Midland Masters Open Meet	Leamington Spa	MAS448	0
100 Breaststroke	2:01.98	133	18/09/22	Leicestershire Masters Meet 2022	Leicester	MAS979	0
200 Breaststroke	4:15.02	146	17/09/23	Leicestershire ASA Masters gala	Leicester	MAS1070	0
50 Backstroke	1:01.62	68	17/09/23	Leicestershire ASA Masters gala	Leicester	MAS1070	0
100 Individual Medley	1:50.04	135	26/11/22	Etwall Eagles Masters Meet	Alfreton	MAS999	0